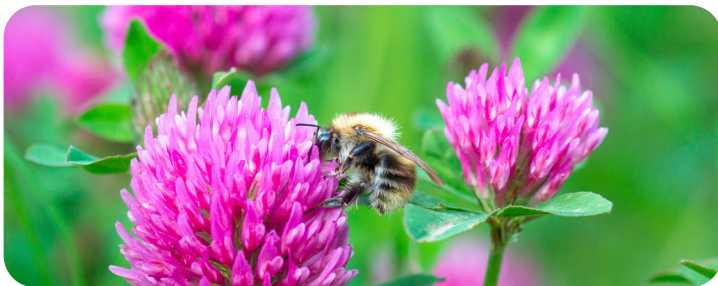




RELAUNCHING OUR GARDENING SERVICE

The benefits of fresh air and space to take a deep breath and relax are immense. Apart from being a great mood enhancer, a garden also provides the opportunity to grow your own food and beautify your space. Our gardens are important to us, but we recognise that in later life gardening can become more difficult.

That is why we are delighted to announce that Stewart Cormack has recently joined us as a Gardening Coordinator and will be looking after our clients who would like a gardener to help them keep their gardens looking neat and tidy.



We are looking to develop and add value to the service and now welcome new enquiries. Stewart will not only find out about what type of gardening support you would like, but also recruit and vet suitable gardeners to match your requirements. We want to make sure that you can continue to enjoy your garden and if you want to continue gardening alongside your gardener we would be very happy for you to do so as gardening has proven therapeutic benefits.

We will always try to provide the same friendly, reliable gardener on each visit. Many of our gardeners are multi-skilled and are able to provide specialist support with seasonal gardening tasks.

You are in control of your service and an initial assessment will allow us to schedule a plan specifically for you. This can be general weekly maintenance, grass cutting or planting. All our gardeners will be DBS checked and fully insured.

Call our friendly Gardening Team to discuss your requirements on 01483 503414; the benefits are many:

- **Physical Relief and Safety:** Our gardeners can handle more strenuous tasks in the garden, reducing physical strain or minimising the risk of falls/injuries.
- **Consistent Garden Maintenance:** A client's health issues or limited mobility could impede consistent garden maintenance. A gardener however ensures consistent care throughout the year.
- **Peace of Mind:** Knowing that a knowledgeable and reliable gardener sourced by Age UK Surrey is taking care of the garden provides peace of mind. Clients can rest assured that their garden is in good hands, allowing them to enjoy the benefits of a beautiful garden without the associated responsibilities and physical demands.

FROM OUR NEW CEO

I would like to introduce myself as the new CEO of Age UK Surrey. I'm absolutely delighted to join the team of dedicated staff and volunteers providing such a breadth of advice and support across our communities.

I join Age UK Surrey with wide experience of senior roles within the charity sector - as a Chief Executive of several charities, as a Trustee of both local and national organisations and as a Consultant specialising in strategy and fundraising.

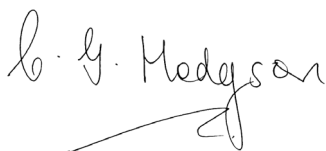


Ensuring that all older people in Surrey have access to the services and activities they need to help them live independently and well at home is so important to me. I shall be working hard to make sure that we and all organisations supporting older people, are working together so that every person receives the right support at the right time and of course that we continue to provide you with excellent customer service.

The cost of living is still a concern to many, and I am pleased that the Household Support Fund has been extended to the end of September. If you are struggling with household and energy bills, I do urge you to enquire. More information can be found on page 7.

We are delighted to be continuing Planning for your Future events throughout the year and a list of our latest dates and venues is also listed in the newsletter. For the first time we are having two Tea and Dance events in Caterham and Milford, celebrating Older People in October which you are warmly invited to.

Wishing you a pleasant summer with hopefully some sunshine along the way.



Catherine Hodgson, CEO

EVENT DIARY

We have an array of exciting events and activities lined up just for you this year! Check out the list below to discover what's coming up, including tea parties, quiz nights, dances, and so much more. We look forward to seeing you there!

Quiz Night at The Clockhouse

September 6th, Friday at The Clockhouse, Milford, GU8 5EZ. Doors open at 6.00pm. Quiz starts at 7:00pm. Licenced bar and raffle available on the night. All proceeds to The Clockhouse.

Ticket £15 includes a two course meal. Available from our website or from The Clockhouse.

Tea and Dance Events

October 5th, Saturday, 1.30pm - 4.00pm at The Clockhouse, Milford, GU5 8EZ

November 2nd, Saturday, 1.30pm - 4.00pm at The Westway Centre, Caterham, CR3 5PG

Watch Ballroom and Latin dance demonstrations, then give it a go and enjoy an afternoon tea.

Ticket £10. Available from our website, The Clockhouse and The Westway Centre, Caterham.

Christmas Carol Service 2024

December 19th 2023, Thursday, 11.00am at Guildford Cathedral, Stag Hill, Guildford, GU2 7UP

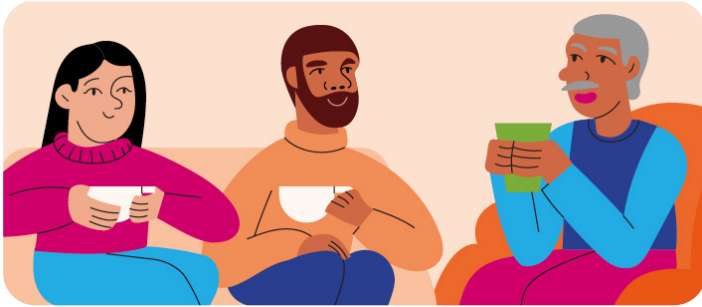
Our much anticipated annual carol service. Coffee, tea and mince pies served from 10.30am.

CHARITY SHOPS

Our three Vintage store charity shops sell good quality clothes, accessories and bric-a-brac. They deliver a good income and are also proving very popular with local communities. Please feel free to donate your wonderful, good-quality stock to our fabulous Age UK Surrey local charity stores. They can be found at:

- **30 - 32 High Street, Esher, KT10 9RT**
Tel: 01372 879842. Open: Monday to Saturday, 9.30am - 5.00pm. Sundays 11.00am - 4.00pm.
- **9-11 Junction Place, Haslemere, GU27 1LE**
Tel: 01428 289030. Open: Monday to Saturday, 9.30am - 5.00pm. Sundays 11.00am - 4.00pm.
- **23 High Street, Lingfield, RH7 6AA**
Tel: 01342 457935. Open: Monday to Saturday, 9.30am - 5pm. Sunday Closed.

PLANNING FOR OUR FUTURE AS WE AGE



We are delighted to continue working with Surrey County Council on the **'Planning for your Future'** campaign. The campaign encourages people to start a conversation with friends and family about planning for the future. A conversation is a positive first step to planning ahead and thinking about what is important to them and their family or friends if things change, and understanding their wishes when it comes to care arrangements.

Our online information hub has a checklist guide to planning for your future, covering everything from healthy living and care and support options to financial planning, Wills and Lasting Power of Attorney.

We are holding free information events throughout the County. To book please visit our online hub: www.ageuk.org.uk/surrey/planningforyourfuture or: planningforyourfuture@ageuksurrey.org.uk or telephone: 01483 446627

BOOKING REQUIRED:

- **Tuesday 27 August**, 7.00pm - 8.00pm.
ONLINE EVENT
- **Wednesday 28 August**, 11.00am - 1.00pm,
Dorking Christian Centre, Church Street,
Dorking, RH4 1DW.
- **Wednesday 4 September**, 10.00am - 1.00pm,
Christ Church, Warwick Ave, Staines, TW18 1DP.
(Event for Hilary's Hut Members Only).
- **Thursday 5 September**, 11.00am - 1.00pm,
Cobham Village Hall, Lushington Drive,
Cobham, KT11 2LU
- **Tuesday 10 September**, 10.00am – 12.00pm,
Christ Church, Jubilee Square, Woking,
GU21 6YG.
- **Friday 13 September**, 11.00am - 1.00pm,
Tandridge Learning Trust (Beech Hall), Tithepit
Shaw Lane, Warlingham, CR6 9AP.
- **Thursday 19 September**, 11.00am - 1.00pm,
St John the Evangelist, Church Road, Redhill,
RH1 6QA.
- **Wednesday 25 September**, 7:00pm – 8:00pm,
ONLINE EVENT.

BOOK YOUR DANCING TICKETS NOW!



Tea & Dance

5 October
2 November

This is your chance to watch Ballroom and Latin dance demonstrations, try it yourself and have afternoon tea. All you need to bring is a comfortable pair of shoes. Come on your own or with a friend. PLUS there are two locations/dates to have some dance fun!

- **Saturday 5 October, 1.30pm - 4.00pm**
The Clockhouse Community Centre,
Chapel Lane, Milford, GU5 8EZ
- **Saturday 2 November, 1.30pm - 4.00pm**
The Westway Centre, Chaldon Road,
Caterham, CR3 5PG

This is a great family FUN fundraising event. Tickets £10 can be purchased online from our website, from The Clockhouse in Milford and from The Westway Centre in Caterham.

CONNECTION AND CREATION - MEN IN SHEDS

Retirement is something people often look forward to but when it does come, it can sometimes give people a sense of loss and lack of purpose. Men in Sheds can help change that.

Jim stopped working at the age of 74 and then sat at home bored and didn't know what to do. He even said to his partner, who was still working, that he felt as if he was buried alive!

"I wasn't going anywhere or doing anything because when you're at work you have your friends and at weekends you go out with them, or you go shopping or do whatever you do.

I found out about Men in Sheds moving into Merrist Wood and I thought I'd go for that because I wasn't doing anything - and it was the best thing I've done. I came here and I've met some blokes and we've been out on some outings. I enjoy coming here, it breaks the week up and I learn quite a bit.

Before retiring, I worked on the buildings, and I used to carve wood in my spare time so when I was told that Age UK Surrey had a woodworking project, I went for that. It was very strange coming here for the first time as I was stuck indoors not doing anything, but I settled in quite quickly and we have a good laugh and a joke.

You work all your life and you're dealing with people, I was a supervisor, and then suddenly after retirement it shuts off and you've got nothing to do. You can't play

golf because other people are at work and there's not much to do especially in the winter. I'm glad I came here; I've made some friends. It's good to get out of the house and it saves doing the housework!! It's a good outlet for me. I could be sitting at home just doing nothing! I'm glad to get out of the house and I look forward to it. It feels like you've done something, you've been out and met people, and it breaks up the week - it's good. I suppose as you get older things change. It's being able to talk to people and mixing which is a good outlet here at the Shed - I'm really glad I came along."



Connection, conversation and creation – that's what Men in Sheds located in Merrist Wood College is all about. It encourages both men and women to come together to make, repair and repurpose, supporting projects in the community.

To find out more about our Men in Sheds activity, for you or a family member: call 01483 503414 or email: enquiries@ageuksurrey.org.uk

SERVICES AND MORE AT THE CLOCKHOUSE

If you are looking for activities, good company and a café serving delicious food - The Clockhouse provides just this, Monday to Friday. There is something for everyone; Art sessions, Parent meet ups, Bingo, Bridge Club, Knit & Natter, a Community Choir and much more! Local services offer hairdressing, foot clinic, ear wax removal, exercise classes, Pilates sessions and beauty treatments. **The Clockhouse Community Centre, Chapel Lane, Milford, GU8 5EZ. Call 01483 420668 or email: clockhouse@ageuksurrey.org.uk**



Memory Lane (MCST Sessions): Open to people with any type of dementia diagnosis OR with mild cognitive impairment, Memory Lane are sessions to help maintain memory and mental functioning. £15 per session. Booking required.

Monday and Thursday, 11.00am - 12.30pm.

The 10 - 3 Club: We have spaces available at our 10 to 3 Club at the Clockhouse. We offer a day of structured activities including gentle chair based exercise, mental agility and activities to promote wellbeing. Advanced booking required. Our caring staff and volunteers are on hand all day to provide support and care. The day service includes a 2 course hot meal prepared by our in-house chef - for £40/day. **Monday to Friday, 10.00am - 3.00pm.**

THERE IS FUN IN FUNDRAISING

BBQ, Band and Bingo - a great evening for all

A fabulous fundraising evening was had by all at the BBQ, Band and Bingo event in June and **£779 was raised which will support Age UK Surrey's services and activities in local communities.**

Cozy & The Dukes provided live entertainment and created a wonderful atmosphere. Thank you also to



Tongham Community Centre for the great facilities and for helping us make the evening possible. Our super colleague, Tel, did a grand job in calling the Bingo numbers and we had plenty of winners! The BBQ food could not have been possible without Chef Steve and Sous Chef Ronnie – the tasty burgers and sausages complemented the salads provided by Signature Catering.

We could not have run a Fundraising Raffle without the support of many local businesses/organisations so we would like to also thank Hambledon Vineyard, Zumba with Shell & Jo, The Serenity Spot Surrey, Katie Wright Reflexology, Birdworld Surrey and Nikkis Retreat. A special thank you to all our volunteers supporting with pre-event preparations, during the event and clearing away at the end. To everyone who attended the event - thank you so very much!

Our First Online Quiz

We finished off our 60-year celebrations with an Online 60s Quiz. It was an evening of fun with some participants reminiscing about the 60s and others learning plenty. **We raised £40.73 so thank you to everyone who got involved** and a special thanks to our colleague Tel for creating such a thorough quiz - we were certainly challenged! It was lovely to have residents from Bournemouth Manor Care Home join us along with volunteers and colleagues. It was a good introduction to using technology in support of fundraising and we hope to run more online quizzes with different themes that you could join in!

Bottle Tombola at Godalming

A huge thank you to everyone who supported our Bottle Tombola at the **Godalming Town Show and Carnival in June. We raised a target breaking £691.**



The Big Charity Walk

The Big Charity Fund Raising Walk organised by The Rotary Club of Guildford was enjoyed by colleagues, family and dogs too! The Mayor of Guildford, Councillor Sallie Barker welcomed everyone and started the walk. Thank you to The Rotary Club of Guildford and their sponsors OSP Architecture for organising such a fantastic local community event and everyone who sponsored and supported our team - **we are grateful for raising £70.**

Milford Village Fete



A magnificent £2,164 was raised at the Milford Village Fete in June. The theme of the fete tied with the 80th Anniversary of the D-Day Celebrations. A big thank you to The Clockhouse staff and volunteers. It takes a huge amount of planning and effort to successfully manage the tea tent, the bottle tombola and name the teddy - you smashed it. Thank you to everyone who donated a bottle and supported us!

VOLUNTEERS' WEEK 2-7 JUNE

40 years of Volunteers' Week 2024 was celebrated in the first week of June throughout the UK. Volunteers make an incredible impact every single day in Age UK Surrey and we are so grateful for all that they do.

Bob said he was 'volunteered' by Pauline his wife (pictured here and also an Age UK Surrey Volunteer) and he didn't really want to do it as he was still working! "I decided to make a suggestion to the Volunteer Co-ordinator that I thought they wouldn't possibly fill. I told her that I wanted to visit an ex-military man as I'm ex-military, someone who swears and drinks a lot. I thought they won't have anyone like that, but the Volunteer Co-ordinator said I've got just the person for you!

My client was a character; he was in Burma in World War II and had many war stories. I used to think Befriending was just to sit there and talk but I slowly realised that it actually meant 'be a friend' not just a visitor. I was quite choked up when he passed away and didn't want to do it anymore, but I was persuaded to carry on and was matched with another.

I went to visit him one day and when one of his carers came in, he introduced me as "this is my friend Bob", not as this is my Age UK Surrey visitor and I felt "Yeah, that's what it's all about"! I think you know when you get a good conversation going with someone because it's



like a game of ping-pong. You serve and it comes back. We put the world to rights as men do and it's great."

"When you walk in and they look up and smile and you've battled through traffic, wind, and rain, you know it's worth it. It's very rewarding."

The work of Age UK Surrey could not happen without the group of dedicated volunteers of all ages who are involved in every aspect of our effort in providing opportunities for older people to make their lives better and easier. It is also a great opportunity to make new friends, learn new skills or enhance existing ones.

Come and volunteer for us – we greatly value your time! We would love to hear from you. Please get in touch by email: volunteer@ageuksurrey.org.uk

SHOPMOBILITY NATIONAL AWARENESS DAY

Age UK Surrey's Shopmobility team celebrated Shopmobility UK Awareness Day at the Friary Centre in Guildford on June 7th. Thank you to our clients who showcased the mobility scooters, to Cllr Sallie Barker MBE, Mayor of Guildford and The Friary Guildford for supporting the event.



Anyone of any age can use our Shopmobility services. Shopmobility Guildford is not only for elderly individuals or people with chronic disabilities, it also provides support for those restricted by temporary

illness or injury. Maybe you have broken your leg or have strength problems after an operation? Do you have a child with disabilities who needs pushing in a wheelchair? Or simply do you find walking longer distances difficult? Whatever your need, Shopmobility is ready to help you access shops and facilities in Guildford with appropriate mobility equipment.

"The team at Shopmobility, Caroline, Jayne, and Brian couldn't be nicer. We stop for a chat with them when we visit, and they ask us where we're planning to go each week. They are always welcoming and friendly!"

We work in partnership with Guildford Borough Council to deliver the service. For more information and to hire a scooter or wheelchair, visit the team at the Bedford Road Car Park, level 3, in Guildford. We are open Monday to Saturday. **To find out more 01483 453993 or email: shopmobility@ageuksurrey.org.uk**

IMPROVING OLDER PEOPLE'S WELLBEING

Household Support Fund

The government has issued financial support called the Household Support Fund which has been made available locally through Surrey County Council and selected organisations, of which Age UK Surrey is one.

The fund is available to apply to until 30th September and gives direct financial support to pay gas, water and/or electricity bills potentially including arrears. The value of any individual funding award will be dependent upon individual circumstances.



Eligibility for the fund includes pensioners, families with children on low incomes and single householders on fixed incomes. Age UK Surrey has an allocation, while funds last, to support eligible pensioners. To find out if you are eligible and to receive support with applying to Age UK Surrey please contact us. Please have on hand your utility bill(s), estimated weekly income and household expenditure for eg, food/tel/mortgage or rent.

Tech Support

Need digital help with your computer, tablet or mobile phone? Our team of friendly and experienced Tech Support volunteers are just a phone call away. Free support is given for tasks you want to do; whether that be video calling family or friends, online shopping or pursuing your hobbies & interests, we are here to help.



We also have a Tech Support Centre in Guildford. Sessions by appointment only, **Monday to Friday, 10.00am - 12.00pm**. Drop-in sessions are available at The Clockhouse (Milford) **Mondays 10.00am - 12.00pm**.

Help at Home

Our Help at Home service is here to make your life easier for you - whether you need someone to keep your home clean and hygienic, do light housework, have a chat, go to the shops or tidy your garden. We provide a personal and tailored service.

Our friendly and reliable self employed Home Helps are selected by us and security checked. They visit regularly and provide peace of mind for you and your family. **Help at Home is so much more than just a cleaning service - please call to find out more.**



Check in and Chat

Staying connected and having someone to talk to is so important, especially for those of us that live alone. If you are missing companionship, we have friendly telephone **Check In and Chat** volunteers who would enjoy having a regular chat with you. After you tell us about yourself, we will match you with a volunteer who will arrange a mutually convenient time to call you. Do get in touch.

Lasting Power of Attorney

We offer a full Lasting Power of Attorney service to Surrey residents aged fifty and over. Our Co-ordinator will take you through the LPA process step by step during a face-to-face meeting and ensure all paperwork is submitted correctly to the Office of the Public Guardian. A fee applies.

For initial advice about Lasting Powers of Attorney, **call 01483 503414** and to set up a new LPA, please contact Leonie Dove, our LPA Co-ordinator, by emailing: **LPA@ageuksurrey.org.uk**

To find out more, call: 01483 503414 or email: enquiries@ageuksurrey.org.uk

WAYS TO SUPPORT US

Age UK Surrey is an independent local charity. We work for people over the age of 50 offering a wide range of services to help them make the most of life. We depend on donations and legacies to support our work in Surrey.

You can donate via our website: <https://ageuksurrey.enthuse.com/profile> or by sending a cheque and completing the form below.

Yes I would like to donate: £10 £15 £20 Other: £ to Age UK Surrey

Title Name

Address

Postcode Tel

Email

Signed Date

Using your personal information: Age UK Surrey would like to keep you informed about our events, campaigns, services and ways you can support us and to send you our newsletter. Please tick the appropriate boxes to let us know how you would like to hear from us:

I would like to be updated by EMAIL

I would like to be updated by POST

If you have any questions on how your data is used and our Privacy Policy please visit our website: www.ageuk.org.uk/surrey/help-page/privacy-policy/ or call us on **01483 503414**

Boost your donation by 25p of Gift Aid for every £1 you donate:

Gift Aid is reclaimed by the charity from the tax you pay for the current tax year. Your address is needed to identify you as a current UK taxpayer.

In order to Gift Aid your donation you must tick the box below:

Yes I want to Gift Aid my donation and any donations I make in the future or have made in the past 4 years to Age UK Surrey. I am a UK taxpayer and understand that if I pay less Income Tax and/or Capital Gains Tax than the amount of Gift Aid claimed on all my donations in that tax year it is my responsibility to pay any difference. Please notify us if you: want to cancel this declaration; change your name or home address; or no longer pay sufficient tax on your income and/or capital gains. If you pay Income Tax at the higher or additional rate and want to receive the additional tax relief due to you, you must include all your Gift Aid donations on your Self-Assessment tax return or ask HM Revenue and Customs to adjust your tax code. *giftaid it*

Leaving a gift in your Will. Age UK Surrey is committed to being there for older people who need us. If you decide to leave a gift in your Will you will be supporting us to make life better for older people in Surrey.

Every single gift is vital and we appreciate any gift you may choose to leave us after taking care of your family and friends. Whatever the value of your gift, it will go a long way to help someone who needs us.

Having a Will and keeping it up-to-date helps ensure that your wishes can be respected and your property and assets benefit people and causes you really care about. We would always recommend that you speak to a qualified professional such as a solicitor, when making or amending your Will. Your solicitor will be able to advise you on the required wording to carry out your wishes. If you wish to leave a gift to Age UK Surrey in your Will, all you need is our charity details below:

Age UK Surrey, The Clockhouse, Chapel Lane, Milford, GU8 5EZ Charity No: 1036450

If you have enjoyed reading News & More and would be happy to receive it by **email** please contact: fundraising@ageuksurrey.org.uk

Would you like to volunteer? Most of our services are supported by volunteers; if you would like to get involved we would love to hear from you. Please email our Volunteer Manager for more information: volunteer@ageuksurrey.org.uk

Please complete and return this form with your cheque made payable to **Age UK Surrey** to the following address: Age UK Surrey, The Clockhouse, Chapel Lane, Milford, GU8 5EZ

