

# News Letter

Spring/Summer 2024

## Advice and Information Service

Our free Advice and Information service can support with issues facing anyone in later life such as pension age benefits and entitlements including blue badge and attendance allowance applications, housing, paying for energy, or consumer issues. No problem is too small so do not worry about it on your own as a problem shared is a problem halved. Here's what one person said about the service.

‘The way Nayeema dealt with my husband and the completion of the form was brilliant, your service is impeccable. It is a pleasure to speak to people who listen and have empathy’



The service offers a drop in service at Blackburn Library Monday to Friday 10am to 4pm and at Darwen Town Hall on weekday mornings (closed Tuesday) 9.30am to 1pm. No appointment is needed. You can also contact us on 01254 266620 or email [advice@ageukbwd.org.uk](mailto:advice@ageukbwd.org.uk)



	Activity	Where	Time	Frequency	Cost	Notes
Monday	Mens Group 50+	Darwen Town Hall	12pm - 2pm	Weekly	£1 Donation	Join us for a brew, informal chat & games
	Walking Football over 50's	Darwen AFC Anchor Road Darwen BB3 0BB	1.30pm - 2.30pm	Weekly	£3.50	No previous experience or ability required
Tuesday	Activity	Where	Time	Frequency	Cost	Notes
	Tai Chi	New Methodist Church Darwen BB3 1QL (Corner of Bright Street)	10.30 - 11.30	Weekly	£3.50	No previous experience or ability required
	Tai Chi	Mill Hill Community Centre	12 noon-1pm	Weekly	£3.50	No previous experience or ability required
	Talk and Tunes 50+	Albion Mill Community Hub Blackburn BB2 4LX	1.30pm - 3pm	Weekly	£1	Join us for a brew, a chat and a sing-a-long
Wednesday	Activity	Where	Time	Frequency	Cost	Notes
	Walking Group	Witton Park Blackburn	10.30am	Weekly	Free	Meet Witton Park entrance - 1 mile walk
	Remember the Rovers	2nd floor Darwen end Stand, take lift to 2nd floor and turn left	10am - 12Noon	Weekly	£1	Reminiscing the past of Blackburn Rovers
	Mens Group 50+	Blackburn Central library	1pm - 3pm	Weekly	£1	Join us for a brew, informal chat & games
	Observatory Group	The Observatory Pub Blackburn BB2 3HG	1.30pm - 3.30pm	Fortnightly	Free	
	Walking Netball	Darwen leisure centre, 3 The Green, Darwen BB3 1PW	2pm - 3pm	weekly	£3.00	No previous experience or ability required
	Yoga	New Methodist Church Darwen BB3 1QL (Corner of Bright Street)	6pm - 7pm	Weekly	£5	For those experiencing menopausal symptoms
Thursday	Activity	Where	Time	Frequency	Cost	Notes
	Walking Group	Sunnyhurst Woods Darwen BB3 1QX	10.30am - 12.30pm	Weekly	free	Meet at Falcon Avenue
	Ten Pin Bowling	Ten Pin Bowling Blackburn BB1 N1AQ (Vue Cinema)	2.30pm	Weekly	£6.00	2 games
Friday	Activity	Where	Time	Frequency	Cost	Notes
	Crown Creen Bowling	Lower Darwen URC Bowling Green (behind the URC Church at the bottom of sandy Lane)	10am - 12 noon	weekly	Free	May to September
	Seated Exercise	The Barlow Institute Edgworth BL7 0AP	2pm - 3pm	Weekly	£3.50	
	Wild Swimming	various locations inc River Ribble	various times	weekly	Free	Please ring for more info

For more information contact: Age UK Blackburn with Darwen 4 King Street Blackburn BB2 2DH  
Tel: 01254 266620 Email: enquiries@ageukbd.org.uk



## Get More active this Spring With our Active Ageing service

Spring is finally on the way with lighter nights and hopefully more sunshine. Why not come along and try an activity as we have a whole programme of things for you to do as detailed above plus keep your eyes open and register your interest for some exciting things that are being planned

**Wild Swimming** – as you may be aware, we have been facilitating wild swim sessions for some time and they are going exceptionally well, is it something you have always wanted to try? Now is the time as the weather starts to warm up.

**Gym taster session** – Save the date as we are holding a taster day at JD Sports gym at Whitebirk, Blackburn on Tuesday 14th May. On the day you will be able to go and try out the gym or any of the classes for free, there will be JD staff on hand to show you the ropes too. If you have thought about joining a gym but not plucked up the courage to go this taster day will be the perfect opportunity to do so.

**Trampolining Taster sessions** - We are hosting a taster session on Wednesday 19th June at Flip Out Blackburn. This is not one for the grandkids! Trampolining is great exercise and lots of fun too! The session will last for 1 hour but you can do less if you want or stop and rest in between.

**Outdoor Adventure Taster Day** - We all know that getting outside in the fresh air is good for us both physically and mentally so why not join us for an Outdoor Adventure Taster Day at Canal Side Centre Blackburn in July. Activities will include kayaking, archery and axe throwing! For more details and to register your interest please contact Alison on 01254 266620 or email [enquiries@ageukbwd.org.uk](mailto:enquiries@ageukbwd.org.uk)

## **Social activities**

Throughout the week we also hold a number of social activities – with something for everyone.

Our men's Coffee and chat group meets in Darwen town hall on Mondays 1pm to 3pm and has space for some new members. Come and enjoy a quiz, and a chat along with brews and biscuits.

Our Talk and Tunes group held at Albion Mill has become more sociable now that the café is operating. Why not enjoy lunch in the café from 1.30pm and then stay for the session from 2pm – there is a weekly quiz and a sing a long to popular tunes – even if you are not a singer this is a friendly group so come along and meet new friends.



For more details of any of our social activities please call Mark on 01254 266620 or email [enquiries@ageukbwd.org.uk](mailto:enquiries@ageukbwd.org.uk)

## Wayfinder Dementia support service



If you are aged 50 and over and have a diagnosis of dementia our Wayfinder service can help you and your carer. They can offer support and information about local groups and activities such as the fabulous Revidge Fold Memory café and the memory choir at Mad Home in Blackburn. They can also help you to understand what benefits and entitlements you could receive, provide information about how to access more formal care provision if needed and offer a listening ear.

The service has been operating for just over a year now and has had some great feedback

‘Thank you for helping me to join groups and checking in on me to make sure everything is going ok; it is a very good service with amazing staff’

‘Thank you so much for sending me information, I really appreciated it. It has just allowed me to take all the information in and process it better, Thank you again for your help and support’

Contact Pam and Sarah on 01254 266620 or email [heretohelp@ageukbwd.org.uk](mailto:heretohelp@ageukbwd.org.uk) to access this service.



## Memory Maker sessions

If you are struggling with your memory or have a diagnosis of early stage dementia then our friendly Memory Maker small group sessions could help you to maintain your confidence and social skills.

We currently have spaces in our sessions in Morrisons Blackburn, Blackburn Rovers football club and Darwen Town Hall. Each week the session focusses on a different topic for the discussion and activities.

There is a charge of £5 per session.

For more details contact Mark on 01254 266620 or email [enquiries@ageukbwd.org.uk](mailto:enquiries@ageukbwd.org.uk)



## Please support us to keep being there

As a local charity that is responsible for finding all of its own funding we find ourselves in a position where our costs continue to rise at a time when demand for our services and support has never been so great. We rely heavily on our fundraising activities and donations to help us to keep providing the same level of quality services in the borough

### How you can help

No amount of support is too little, be it loose change in a collecting box, £5 which could help us pay for two phone calls to someone isolated or £50 which could cover the cost of two Advice visits to someone in need.

We understand that the cost of living crisis is still impacting on people so you may be unable to help us right now. Please do consider asking for donations in memory instead of buying flowers at a funeral or leaving a small gift in your will once friends and family are taken care of.

We recently received a very generous donation in memory of £1000 from a daughter whose father had used our befriending service and was very grateful for our help when he had needed it. This makes a huge difference to a local charity like us contributing to our own costs of providing services.

As long as you specify Age UK Blackburn with Darwen registered charity no 1143809 any support will come to us and will be put to the best use for Blackburn with Darwen's older people.

Alternatively, why not have a home collection box and use it for your loose change. The pennies soon add up to make pounds. Call us on 01254 266620 or email [enquiries@ageukbwd.org.uk](mailto:enquiries@ageukbwd.org.uk) to get yours



**Please leave a gift in your will or a donation in memory as a special way to help older people in Blackburn with Darwen**

#### Leave a gift in your will

Leaving a gift in your will once friends and family are taken care of, supports local older people both now and in the future.

#### Donations in lieu of flowers

A donation instead of funeral flowers will be a lasting gift. You can add this request into a will quite easily or your relatives can choose to do this.

Donations and legacies are hugely important to us and we promise to use your gift wisely to benefit local older people



*Thank you for your support!*

**Your small change could make a big difference**



**Ask us for a home collection box today and donate your small change to support our local services in Blackburn and Darwen**



AgeUKBWD

## **Changes to analogue telephone lines**

Telephone landlines have been delivered through an analogue network for decades, but this is being replaced over the next two years with newer digital technology which uses the internet. This change will affect both telephones and any device connected to the telephone such as a personal alarm.

The new system is called 'Voice over Internet Protocol' (VoIP). You may also hear this referred to as a digital landline or 'Digital Voice', the name of BT's new home phone service. BT is one of many network providers making this change. Currently anyone aged 75 or over, those with no broadband or mobile signal, anyone with a personal alarm or anyone who has advised of an additional need is not being invited to switch.

If you receive a communication about the switchover in relation to your home telephone and are unsure what is required, more information is provided on the Age UK website here <https://www.ageuk.org.uk/information-advice/money-legal/consumer-issues/changes-to-landline-telephones/or> please contact us on 01254 266620 and we will try to help.

## **Befriending service needs volunteers**

Our busy befriending service offers a regular contact to people in the borough who are lonely, socially isolated and have no contacts. Anyone who enquires about the befriending service also receives a short assessment to determine if any other support is required.

The befriending service is currently recruiting for volunteers to help meet demand. We are looking for people who can commit to at least one hour per week on a regular basis to have a chat with someone on the telephone or visit them in their own home.

For more information about volunteering please visit our website <https://www.ageuk.org.uk/blackburnwithdarwin/get-involved/volunteer/>, telephone 01254 266620, email [volunteering@ageukbwd.org.uk](mailto:volunteering@ageukbwd.org.uk) or call into any of our offices.

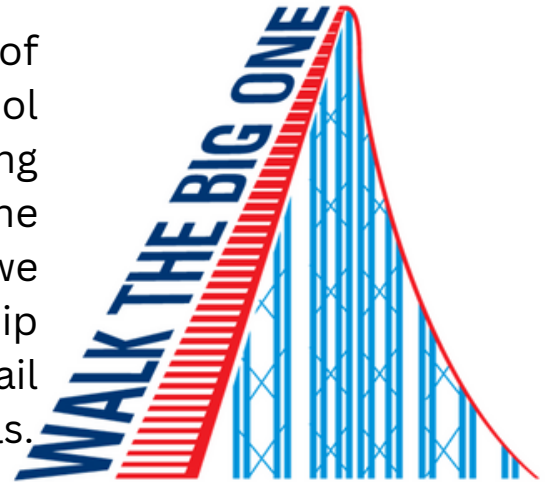
## **Integrated Care and practical support service**

Are you struggling to manage a long term condition or have recently been in hospital and need a bit of support to get back on your feet? This service can fast track you to local services and support and also help you practically with shopping for a short time if you are unable to get out yourself. Don't struggle please get in touch on 01254 266620 and we will do our best to help.

## Hold an event or take on a fundraising challenge

Could you host a bake sale, hold a quiz night or ask for donations in lieu of presents for a special birthday? We can help you with collecting boxes and materials.

Are you brave enough to take on the challenge of walking up the 'Big One' rollercoaster in Blackpool Pleasure beach on Friday 17th May in the evening or do you know someone who may be up for the challenge? A place will cost you just £35 and we ask you to raise around £250 in sponsorship monies. Contact Elaine on 01254 266620 or email [elaine.jennings@ageukbwd.org.uk](mailto:elaine.jennings@ageukbwd.org.uk) for more details.



## Community Day Care Service

We offer a community day care service for those who are unable to live at home independently without the support of a carer. The service operates from 2 community centres across the borough Monday to Friday providing a warm and friendly environment with trained staff and offering carer respite. Those who attend enjoy activities along with a two course meal and snacks and opportunities to socialise and make new friends. A social services assessment is needed to access the service. For more information about day care please call us on 01254 266620



## Charity shop

Our charity shop which is in Darwen at 3 Market Street, Darwen BB3 1AZ on the main road helps to support our local services for older people in Blackburn with Darwen by raising much needed income. The shop has a fabulous Kids Korner to the rear of the shop selling a range of nursery goods, toys, games and children's clothing.

The shop also sells women's and men's clothing, shoes and accessories, books, CD's and games, household items and bric a brac. Call in next time you are in Darwen and pick up a bargain. We also welcome donations of good quality items to sell and there is parking outside for convenient drop off.

## COVID VACCINATIONS

Seasonal spring boosters will be available across Lancashire and South Cumbria from April until the end of June 2024.

Those who are eligible will be contacted directly by the NHS to book a vaccine. You may be offered a spring COVID-19 vaccine if you:

- Are aged 75 years or older.
- Live in a care home for older adults.
- Are six months old or over and have a weakened immune system.

The programme will begin on 15 April and initially focus on those living in care homes and people who are housebound.

Appointments will then become available at local NHS services, such as GP practices or pharmacies, by visiting a walk-in COVID-19 vaccination site or by booking online using the [national booking system](#).

Age UK Blackburn with Darwen  
4 King Street  
Blackburn  
BB2 2DH

Mon - Fri 9am to 4.30pm

01254 266620

[www.ageukbwd.org.uk](http://www.ageukbwd.org.uk)



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