

News

From Age UK Exeter



Registered Charity: 1010973

Autumn 2019



A Letter from our CEO

Dear Reader,

As I write this, I am conscious how much harder it has become to ensure all the many services we provide for the benefit of over one thousand older people, each week, remain sustainable for the future. With rising costs, proposed changes to Exeter City Council grants, public sector cuts and pressure on charitable trust funding, our finances are often a hard circle to square. This is why we are so appreciative of all those who support our work through volunteering with us, being a 'Friend' and making a regular donation and through hosting or attending fundraising events.

As you will see on pages 9 and 10, our Super Hero 10K Run was a great event in June, generating a net income of over £8,000 towards our work.

Go to page 13 for an article about our Men in Sheds social enterprise project which had its best ever week at the beginning of June, with sales of over £2,000. An amazing achievement!

The big news for 2019 though, is the launch of our new fundraising campaign *Eat Together for Age UK Exeter*. This is where we're asking people to host a tea party, a coffee morning, a barbeque, a candlelit dinner, or any food related event - with their guests invited to make a donation to Age UK Exeter. You can find full details on page 3 and we very much hope you'll feel inspired to get involved.

The opportunities and support we offer are often life-changing for the many older people whose worlds have shrunk to four walls and the TV. With your support we can continue to make a positive difference to the lives of thousands of older people in Exeter.

Thank you!



Martyn Rogers, Chief Executive



Bringing Generations Together

.....

We love being involved with a fantastic project running in St. Thomas. Funded by the National Heritage Lottery, 'What's on Your Plate? - The Food that Makes our Community' is being led by West Exe Nursery School. The project aims to bring together members of the community from the youngest to the oldest to capture food history of up to five generations. It's a wonderful initiative that we are so pleased to be a part of and a perfect fit for our Eat Together for Age UK Exeter campaign.

Another exciting project that it's great to be part of is a weekly visit from the Reception class children at St. Thomas Primary School. The children do something different with the West Exe Day Centre guests every week - ranging from practicing their reading to crafts and playing games. The children always put a smile on everyone's faces and our lovely ladies and gentlemen seem to put big smiles on their faces too!



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Age UK Exeter

News from Age UK Exeter, Autumn 2019

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Charity No: 1010973

Eat Together for Age UK Exeter



In April we celebrated the start of our new campaign – Eat Together for Age UK Exeter – with a VIP launch party at the beautiful and historic Devon and Exeter Institution in Cathedral Close. The launch was attended and supported by a number of local businesses with guest speaker Jim Fisher of Exeter Cookery School. The campaign will raise vital funds for our charitable services whilst raising awareness of the problem of loneliness among older people in our city.

“Sharing food nurtures more than our physical body. It feeds our friendships, bolsters our bonds and nourishes our sense of community – and those factors are vital to our happiness.” - Meik Wiking
The Little Book of Lykke

How Can You Get Involved?

We are asking our supporters to organise and host shared-food events with friends, families and colleagues. Some ideas for events are;

There are 1.2 million chronically lonely older people in the UK. In Exeter alone there are 20,400 people over the age of 65; 1 in 10 of those are lonely most or all of the time. That’s over 2,000 lonely older people just in this city!

a weekend brunch, picnic in the park, street party, world food evening, zero waste cook up or even a simple coffee and cake get together. A full list of ideas is available on our website. It doesn’t have to be huge and people can choose what they would like to donate.

If you’d like to know more about this campaign, or any of other fundraising work, please do get in touch. Together we can do so much more to end loneliness.

Huge thanks to the following people who have already held events ...

Trustee **Richard Halstead** held an event at 4,000ft in the Cairngorms, in the Eastern Highlands of Scotland, raising £50.

Rachel Harriss held an afternoon tea raising £70. She said “Age UK Exeter supplied me with decorations, bunting and a collection tin. Sometimes the simple ideas are the best.”

Chuckle Cakes held an Easter cupcake decorating workshop for us raising £160 and have also donated 15% of sales generated by Age UK Exeter bring the total to £308.95!

Maresa Bossano held a Vegan ‘Bring Your Own Dish’ Eat Together event raising £30.

A Beautiful Friendship



One of the wonderful services your fundraising and donations support is Befriending. In Exeter alone there are 20,400 people over the age of 65. Research shows that 1 in 10 of those is lonely most or all of the time. That's over 2,000 lonely older people in Exeter! This is why the Befriending service is so vital to so many older people.

Lis has been visiting Bridie since late January this year. Bridie says it has changed her life. They meet every Tuesday afternoon and usually go out in the car for a coffee or a cup of tea somewhere. These visits have boosted Bridie's confidence and she has the company of a volunteer who has very quickly become a great friend.

Lis said "I love listening to Bridie's stories and listening to her lovely Irish lilt." She loves the time she spends with her and the memories she has awakened of her own late mother. She loves her sense of humour and feels very protective towards her. "She's a surrogate

Mum, fun loving, a dear lady and a fantastic raconteur."

"I get everything out of our visits ... She's a breath of fresh air." - Bridie on Lis

Bridie said of Lis "I get so much out of our visits. Laughter, humour and I love the stories she tells me about her dog! I have been to Lis's house and met the family and the dog! I feel included in the family through conversation, contact, photos and videos I have been shown. I've been told about the wedding plans for the imminent wedding. She's a breath of fresh air. I admire the way she dresses and her lovely personality."

As Ireland meets the UK, Bridie commented that they have great 'craic' and Lis said that there are "no hard borders in this friendship."

Meet our Patron - Judi Spiers

Banging the Drum for Age UK Exeter

How and when did you first get involved with Age UK Exeter?

I first became involved with the charity when I was asked to take part in a sponsored walk around the Exeter Quay area. Shortly after this I was part of an Age UK Exeter Dragon Boat team at the Charity Dragon Boat Racing. What a great day that was!! My job was to bang the drum to keep all the rowers in time. I remember my good friend rowing too fast so we kept going round in circles!

Why did you choose to get involved and support Age UK Exeter?

I remember when I first moved to Exeter, I used to drive past the Centre in Cowick Street. I thought, "What is this restaurant that is full every day? It must be good!" Then I noticed the Age Concern (as it was then) sign. I realised just how proactive the charity was.

When I speak to younger people I always say "If you are very lucky you will reach old age someday!" We all have a vested interest in this.

We will all, with luck, get to reach old age and it's nice to know, in these very difficult times, that there is a positive organisation out there when we need support.

What do you love about Age UK Exeter?

At every Age UK Exeter event I have been to, I have seen so many happy people. Whether it is belly dancing in the park at the summer fete or celebrating with volunteers at last

year's Wimbledon themed Volunteers Party. Everybody can contribute something. It doesn't have to be money!

"There is always something you can do - whether it is visiting, shopping or organising an Eat Together for Age UK Exeter event."

Is there a particular service you are passionate about?

The biggest thing for me is combatting isolation so I particularly love the Befriending service. It's so important and I also know, from personal experience, that the volunteers get as much out of it as the people they visit.



Dementia Services

Budding Friends - A Life More Ordinary



Our Budding Friends service enables people with dementia, and their partners, to access a community allotment, grow their own vegetables and enjoy the outdoors. It also allows them to meet people and feel understood and supported through, what can be, a difficult and life changing illness.

This year the project was lucky enough to work with three well known artists on the *A Life More Ordinary* project. This involved creating a banner to showcase allotment experiences of dementia. The project originated from research led by the University of Exeter, which aims to support people to live as well as possible with dementia.

Ian McMillan, the poet known as The Bard of Barnsley; Tony Husband, an award winning cartoonist and Ian Beesley, an international photographer, worked with the group designing the banners. Ian Beesley (pictured above with group member, Barrie) said “Budding Friends was an incredible group to work with. They’re extremely self-reliant and

full of ideas, and they want to make people aware of their experiences.”

Anne and her husband Clive, who lives with dementia, attend the group. Clive said “The allotment is great fun. It’s a fantastic community and that support is really important. At first I wasn’t too sure about the idea of the banners, but it’s really grown on me and I’m so impressed!”

Anne said: “We really look forward to coming to the allotment. It’s getting together with other people who know what you’re going through that is so special. There’s a lot of laughter, and that’s reflected in these wonderful banners.”

If you would like to see the banners they will be displayed at Exeter Central Library from 25th September 2019 to 22nd January 2020.

Our other services for families living with dementia include day activity clubs at the Park Club in St Thomas and the Lane Club in Mount Pleasant. Both clubs offer fun and stimulation plus a break for carers.

We also offer a Carers Support service, which provides advice and emotional support to over 100 local carers of people with dementia. We’re currently piloting a new service called *Time for You*, where trained volunteers provide company for the person with dementia so that their carer is able to have a couple of hours of ‘me time’ each week.

To find out more about these services, please visit our website at www.ageukexeter.org.uk.

Thank You! Thank You! Thank You!



In March we were honoured to be chosen as the charity to benefit from **The Big Noise Chorus** Spring Concert. The sell-out event was incredible, with over 100 people attending at St. Thomas Methodist Church. Thank you to The Big Noise Chorus for choosing to support us. Over £1,160 was raised.

A big thank you to **Paddy Tuohy** who showed his work at the Teignmouth Arts Action Group - TAAG CIC Art Show in March. Paddy has sold and auctioned a number of paintings with donations going to our Enabling Service. We are hugely proud of Paddy and grateful for his generosity.



Thank you so much to everyone who came along to see the amazing **Steve Knightley** do a special gig for us on 4th April. We raised over £1,000! Extra special thanks to Alistair at **Higher Eggbeer Farm** for letting us use his beautiful 15th Century barn for free. Huge thanks to Steve and his crew for putting on such a great show.



Mary Dinham organised another, very successful **Barnfield Music Club Showcase** on July 5th, raising an incredible £1,000!

Many thanks to the ladies of **Whipton Heath WI** who kindly donated some wonderful homemade blankets for us to give away as gifts and for their kind donation from their fundraising over the last year.



Thank You! Thank You! Thank You!

We are very grateful that **Charlie Siegle at Kitsons LLP** once again kindly agreed to host a *write-a-will* event in aid of Age UK Exeter raising over £1,000.

In March we received £1,155.30 from the **John Lewis Exeter** Community Matters programme. This money will support our Social Support and Information & Advice Service. Thank you to everyone who voted for us using the green tokens in store.



In May, we were delighted to be chosen to benefit from the Seasalt Giving Scheme for 2019. **Seasalt Exeter** Staff members have signed up to volunteer with our Taskforce and in May we received a £500 donation. Manager, Harriet Dismore said “We feel that the aims and work of your charity align with the Seasalt spirit. We hope (the donation) will help towards the work in Exeter for dementia support, and also for the community groups working to combat loneliness in older people”. Thank you Seasalt, it certainly will!

We would like to say a big thank you to longstanding volunteer and supporter **John Hill**. John and his siblings, Roger and Gill, celebrated their 80th Birthday in April. The

Triplets generously collected donations to Age UK Exeter in lieu of gifts. Guests at their party donated an amazing £437.40



Special thanks to **Donald and Barbara Bligh** who not only volunteer with Age UK Exeter running our Soundbase and Swimming Groups, but also held an **Eat Together for Age UK Exeter** Coffee Morning, raising £325.





AGE UK EXETER

From Wonder Woman to Captain America, they were all there at our Superhero 10K on June 16th. Having moved from a March date in a bid to avoid snow, the weather was pretty much perfect for running. Following a superhero themed warm up, courtesy of Katie at Good Vibes Studio, the runners were on their way. Just 35 minutes later, the first runner, Sam Hopton, was coming over the finishing line. Over the next hour all the runners returned, each a superhero





SUPERHERO 10K

in their own right. Every runner received a reusable drinks bottle and energy bar courtesy of our sponsors, Pi Society and Good Full Stop! Moving away from single use plastic isn't easy but we managed it at this event with thanks to Pi Society and to Rockfish who filled our drinks bottles for us. Thank you to everyone who took part and to all our sponsors. We look forward to seeing you all again next year!



Meet Malcolm

Volunteer with the Information and Advice Service

I found myself retired, widowed, and feeling pretty useless, when I learned that Age UK Exeter were looking for volunteers to visit older people in their homes to help them apply for much needed benefits and assistance. Good, honest, hardworking people, who had not had the luck, like you and me, to stay fit and healthy and who now needed all sorts of help. The forms to fill out to ask for help are long and daunting and are near impossible to do if you have the tremors of Parkinson's Disease, partial sight, or no experience with such forms.

I took a deep breath and asked to join the Information & Advice volunteer team under an experienced manager. Knowing absolutely nothing about the work, I was allocated to a trainer who was patient and good humoured and who started me at the bottom and gradually introduced me to ways I could help, all at my own pace.



Eventually, when I felt I understood the work well enough, I was taken out with an experienced home visitor, visiting clients in their homes and watching how things were done. This stage of my training continued until I felt confident to conduct an interview myself with my trainer by my side.

I'm now a fully-fledged member of the team and get huge personal satisfaction knowing that I am doing something really valuable for others less fortunate than myself.

Our free and confidential **Information & Advice Service** is available Tuesday –Thursday 10am-1pm at our Cowick St. offices. Please phone the team on **01392 455614** and they will try to resolve your query by phone, as face-to-face appointments are limited. Our team specialise in welfare benefits for those of State Pension age but can advise on other issues, particularly social care and arranging help at home. Home visits can be arranged to complete applications for Attendance Allowance.

Our new **Information & Advice Manager, Sharon Pike** would love to hear from anyone who feels they could volunteer and undertake home visits. She said “We have a fantastic band of volunteers doing this vital work both in the office and on home visits. It is a friendly team and it would be lovely to have another home visitor to lighten the load.” **To find more please contact our Volunteer Coordinator, Jules Corkhill on 01392 202092 or email her at j.corkhill@ageukexeter.org.uk.**

The Perfect Match!

Nicky Dunn, Managing Director of Pi Society, tells us why she supports Age UK Exeter.

It has been two years since I began my journey with Pi Society. It all started at the Exeter Cookery School on 27th April 2017 with nearly 100 people celebrating its launch and finding out about a new and exciting venture to personalise the way we meet people: face-to-face and not through a virtual platform.

People don't want to see fake profiles or virtual people; they want to talk to real people and that is why we are different. We offer a service that creates the opportunity for longer term, more meaningful relationships. People can find companionship or love through our matchmaking service and through our extensive list of social events.

Pi Society have successfully matched 36 couples in long term relationships around Devon. The age range that we have matched is from 33 to 72! Not only that, we have also forged new friendships and great relationships with local businesses through hundreds of events including walks, supper nights, kayaking trips, author evenings, specialist evenings and so much more.

I have been involved with Age UK Exeter on and off for many years and started Pi Society with loneliness in mind and knowing how damaging it is to our society. We know that Loneliness doesn't just affect the older generation though, now the younger generation are admitting to it too. It poses a greater threat to health than obesity, and its life-shortening effects are comparable to smoking 15 cigarettes a day.

Pi Society donate 50p per month, per member to Age UK Exeter. I also became a volunteer driver to help assist with the logistics of trying to get clients with Dementia to the Lane Club, the Age UK Exeter day centre for people with moderate to more severe dementia. My colleague, Jess, also volunteers once a week with Park Club, for people with mild to moderate dementia. This gives us an insight into what others do to make these clients feel special. I work long hours and have two amazing children, but it gives me so much pleasure to volunteer. I do a lot to help other local and national charities too, but we will ALL grow old and we may need the amazing support of Age UK Exeter one day.

You can find out more about Pi Society by calling 01392 241142 or visit their website www.pisociety.co.uk



Men in Sheds



On Saturday, 1st June our Men in Sheds social enterprise project had its most successful day ever. Lead volunteer, Martyn Liddon, supported by Ray Bibby, Jim Franklin, Ray Smart and Bill Foster took their wares to Buckfast Abbey Garden Fayre where an estimated 5,000 visitors would enjoy all the best gardening products and arts and crafts Devon has to offer.

The most amazing thing was that the two items to sell first were two Christmas trees made from pallet wood and painted green with white highlights for snow! The lady who bought them was entering a flower arranging competition and her theme was 'White Christmas'. She thought our Christmas trees would complement her all white floral display splendidly and so snapped them up. After that it was sell, sell, sell, with Ray Bibby giving it all the patter and wooing the crowd (well, the ladies amongst them, anyway). Our bug boxes flew off the stall, followed closely by garden trugs large and small and a whole range of

tools. The guys ended the day with £530 in sales and a much lighter van to travel home in!

On that same Saturday our Men in Sheds shop in Paris Street, next to the bus station, lead by volunteer Ray Hood also had a bumper day with sales totalling £506. This gave a grand total of £1,036 in sales for one day – a record amount, which contributed to sales for the week of £2,078 – another record for the project.

**Find our shop
opposite
Shopmobility
on Paris Street.
Opening hours:
10am - 4pm,
Tuesday to
Saturday.**






Day Care

If you find it hard to get out and about, or have memory difficulties, and are looking for company and enjoyment in a supportive setting then talk to us.

Our specialist day services give a great day out as well as time off for carers. To find out more phone **01392 202092** or visit us at **www.ageukexeter.org.uk**



Save loved ones worry and money with an Age Co Funeral Plan

 Visit your nearest Age UK office
Age UK Devonwide (Exeter)
138 Cowick Street, St Thomas
Exeter, Devon, EX4 1HS



Call **01392 202092** or visit ageco.co.uk/funeralplan

Age Co Funeral Plans are provided by Advance Planning Limited, a subsidiary of Dignity plc.

Age Co Funeral Plans were previously sold under the trading name Age UK Funeral Plans.
*If you call the 0800 number, you may be transferred to an Age UK office or to Dignity plc. Calls may be recorded for monitoring and training purposes.
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Donations to Age UK's charitable work from Age Co sales are expected to reach £3 million each year



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Outings and lots more!

Become a Friend of Age UK Exeter

Please help us to sustain our vital services for older people across Exeter by becoming a regular donor.



Set up a Direct Debit

If you would like to make a regular donation to us you can set up a Direct Debit. Fill in your details above, tick this box and return this page to us and we will send you a Direct Debit form to complete.

Alternatively you can download a Direct Debit form from our website at www.ageuk.org.uk/exeter/get-involved/donate



Set Up a Standing Order via our website

Go to www.ageuk.org.uk/exeter and click on

Please Donate



Make a regular donation by cheque

You can send us a cheque made payable to **AGE UK EXETER** addressed to **Age UK Exeter, 138 Cowick Street, St Thomas, Exeter EX4 1HS**. If you want to make your donation go further, please complete the Gift Aid declaration below and include this page with your donation.

Name

Address

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I enclose £..... as a donation to Age UK Exeter

By signing below I confirm that 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 Exeter. 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.

Signed..... Dated.....



Leave us a legacy in your Will

Your thoughtfulness and generosity in supporting our work through a bequest could make a lasting difference to the lives of older people in Exeter.



Age UK Exeter Craft Group

Christmas all Wrapped up!

It may be too soon to talk about Christmas but lots of people are super organised and already looking for gifts. This year the Age UK Exeter Craft Group will have everything you need for unique and ethical Christmas gifts, cards and wrapping. From September, they will be selling homemade cards and fully recyclable cards in aid of Age UK Exeter along with recyclable gift bags and tags. We'll have a wide range of wonderful gift ideas including handmade hats, scarves, wrist warmers, hand knitted toys, lavender bags, mug warmers, tea cosies and much more. The Men in Sheds shop will also have a range of products suitable for gardeners and DIY lovers.

Introducing Octopus

Having raised over £4,500 in their first year, the Age UK Exeter Craft Group is continuing to develop, with an amazing new product range. Current best sellers include the wonderful octopuses which originated in Denmark where they were originally designed to calm premature babies. The tentacles of the octopuses replicate the umbilical cord, which babies hold onto in the womb. It is reported that holding them seems to alleviate some stress for the babies, according to the group. When the babies are holding the tentacles, they are also less likely to pull out the tubes from the incubator. The Craft Group have knitted and crocheted versions that are proving popular with all age groups.

Easter Bunny Trail

During the Easter holidays we ran our annual Easter Trail. This year there were 20 beautiful bunnies - handmade by our amazing Craft Group - hidden in shops and businesses around Cowick Street. We were inundated with entries and raised over £750 which will pay for 20 older people to attend a social group once a week for 7 months. We were hugely thankful to Fraser & Wheeler Estate Agents for all their support.

We would like to say a BIG thank you to the Craft Group members for their dedication, time and energy.



Tozers Charity of the Year

Not just talking the talk!



We were thrilled to find out we had been selected as Tozers Charity of the Year for 2019 and our partnership started with a meeting in early January. It soon became apparent that Tozers knew what they were doing when it comes to hands-on charity support.

Having developed their Charity of the Year scheme over a number of years, Tozers have a clear strategy and programme of events in the calendar. We discussed the events that we ourselves run and how their staff could get involved and they told us about the events they were planning themselves and how we could support them.

The first event supported by Tozers was the launch of our Eat Together for Age UK Exeter campaign, in March. Attended by Tozers' Endurance Arthurs and Simon Mansfield, the launch gave us all an opportunity to think about how this campaign could be rolled out to businesses and the community alike. The Tozers team are currently exploring ideas for events around this campaign.

In April, a team of 6 Tozers of staff completed

a 21km walk in the Lake District for the LawNet Challenge, raising an impressive £1,071.25.

As headline sponsors of the Exeter Live Better Marathon it was clear that they were running fans! Paul Zaleski (Teignmouth office) took part in the Exeter Marathon on 19th May and Amber Ballans and Kristi Ashworth competed the Exeter half marathon on the same day! On June 16th, Callum Skelly and Megan Andrews completed our 10K Superhero Run (left), while Endurance Arthurs and Helen Bishop volunteered their time as marshals for the event.

There are some pretty crafty Tozers staff too. Just before going to print we received a batch of knitted hats for the Innocent Smoothie Big Knit.

On July 6th Tozers put on a fantastic Family Fun Day (see below) in the park raising an impressive £950.



As well as all the wonderful fundraising, we have also enjoyed having Tozers' Sasha Brennan attend the monthly coffee mornings on a number of occasions to answer any legal questions our guests may have.



AGE UK EXETER GALA DINNER

FRIDAY 4 OCTOBER 2019 | 7PM
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£50 PER HEAD

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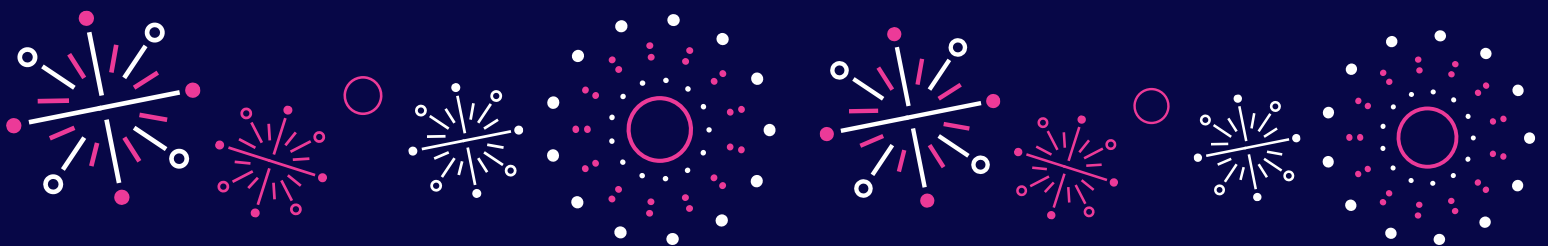
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VOLUNTEERS WEEK 2019

The 1st - 7th June was National Volunteers Week and, here at Age UK Exeter, we made sure our volunteers knew how important they all our to us. We simply couldn't achieve what we do without them. They help us in so many ways, whether it be in fundraising, befriending, driving, managing social groups, crafting and so much more. Here are just a few of the pictures from the week.



Dates for your Diary

- 3rd September 2019** 10 am: Coffee Morning, St. Stephens Church, Exeter
- 14th September 2019** Sky Dive for Age UK Exeter, Dunkeswell Airfield
- 1st October 2019** 10 am: Coffee Morning, St. Stephens Church, Exeter
- 4th October 2019** Age UK Exeter Gala Dinner, Rougemont Hotel, Exeter
- 5th November 2019** 10 am: Coffee Morning, St. Stephens Church, Exeter
- 3rd December 2019** 10 am: Coffee Morning, St. Stephens Church, Exeter
- 13th December 2019** Carol's with Age UK Exeter, St. Thomas Methodist Church, Cowick St., Exeter
- 16th May 2020** Age UK Exeter Friends and Family Sponsored Walk

VOLUNTEER WITH US

If you would like to make a difference to the lives of older people in Exeter, we've got lots of opportunities

Call us on **01392 202092**

or visit:

www.ageuk.org/exeter/getinvolved/volunteering

KEEP AN EYE ON OUR WEBSITE FOR MORE EVENT ANNOUNCEMENTS!