

WELCOME TO OUR

July Local Loop

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

Welcome to the July edition of The Local Loop!


It's been a month of mixed weather - sunshine, showers, and everything in between - but that hasn't stopped the energy and enthusiasm across our community!

In this issue, we're bringing you a vibrant mix of updates and inspiration, including:

- Fundraising news and how you can get involved including a look back at Valuation Day and the Rowing Challenge
- Fun ideas for the kids this summer
- Tips on keeping Warm & Wise
- Staying Scam Aware

As ever, we'd love to hear from you - share your stories, photos, and upcoming events with us. Let's keep the loop alive and thriving!

As ever, we would love to hear from you, share your stories and up and coming events with us!



Maria Cooke
Innovations and Communications Director



Sarah Elliott
Communications Coordinator



Social Media - We want to hear from you! Like, Save, Share and Comment on our posts.

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VOLUNTEER 5 YEAR ANNIVERSARY

This July, we're pleased to mark Michael's 5-year anniversary as a valued volunteer at the Blidworth Shed.

Over the years, Michael has shown dedication and commitment, contributing his time and energy to support the work at the shed and the members we support.

We extend our thanks for his support and are grateful for the difference he has made over the past 5 years through his volunteering.



To find out more about volunteering,
please contact us on:

t: 0115

8414464

e: volunteering@ageuknotts.org.uk

www.ageuknotts.org.uk/volunteer



FUNDRAISING EVENTS



TREASURES, TREATS AND GENEROSITY: A MEMORABLE VALUATION DAY AT NUTHALL TEMPLE

On Thursday 26th June, the Nuthall Temple Community Centre played host to a truly special occasion as James Lewis and his expert team from Bamfords Auctioneers joined us for a vibrant and engaging Valuation Day.



Visitors arrived with an intriguing range of curiosities in tow—gleaming coins, delicate glassware, and even centuries-old paintings. The Bamfords team provided insightful valuations, generously sharing their knowledge and enthusiasm for history and craftsmanship. Their presence brought not only professional expertise but a real sense of excitement and wonder to the day.



Alongside the antique treasures, guests were treated to a culinary spread just as delightful. Thanks to the fantastic volunteers from Approach Personnel - Poppy, Joseph, and Connor, refreshments flowed freely, with a tempting selection of cakes, sweet treats and savoury bakes keeping everyone happily fuelled.



The event was more than just a trip down memory lane—it was a fundraiser with heart. A fantastic amount of money was raised to support older and vulnerable members of the Nottingham community. It was truly a day to remember—full of stories, smiles, and the joy of giving back.



FUNDRAISING EVENTS



Rowing Challenge!

Dunelm Mansfield was the vibrant setting for our Rowing Challenge - and on one of the hottest days of the year, it truly lived up to the name!

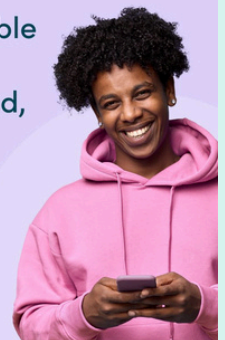
Despite the heat, spirits were high as we chatted with passers-by, sharing information about the wide range of services we offer and the impactful work we do. Many people opened up about how we've supported their friends and family, and it was heartwarming to hear their stories.

We also raised funds through a lively tombola and generous donations from the public — a big thank you to everyone who contributed! Leaflets and keyrings were handed out to help spread awareness even further, reminding people of the support we can offer.



Raise up to £150!

Big donations available when you purchase insurance, broadband, mobiles and ISAs.



You could raise BIG donations including up to £150 for Age UK Notts when you use #easyfundraising to purchase insurance, your broadband & TV, upgrade your mobile phone and invest in your future with ISAs. MoneySupermarket, BT Broadband, giffgaff, Foresters Friendly Society and many more will donate to us for FREE!

Visit: **AGE UK NOTTINGHAM & NOTTINGHAMSHIRE**

Donate easily by downloading the Easyfundraising app!

Visit the App store to find out more!



FUNDRAISING

COMING UP!



August

SATURDAY 16TH AUGUST

FACE YOUR FEAR ABSEIL CHALLENGE -

YOU CAN SUPPORT THE COMMS & FUNDRAISING TEAM BELOW:

SCAN ME



September

5TH SEPTEMBER

2PM – 4.30PM



Afternoon Tea

£16.50 INCLUDES AFTERNOON TEA AND ENTERTAINMENT



"Thank you for a wonderful evening The food, company, and your brilliant organisation made it truly special - knowing it helped to raise funds was the icing on the cake! I am already looking forward to your next event!"

- Event Attendee

We're grateful to everyone who joins in with our events, as they also help raise vital funds that support our local services.

For more information about events or how to book:



Elaine: 07872 839605



fundraising@ageuknotts.org.uk

November

8TH NOVEMBER

2PM



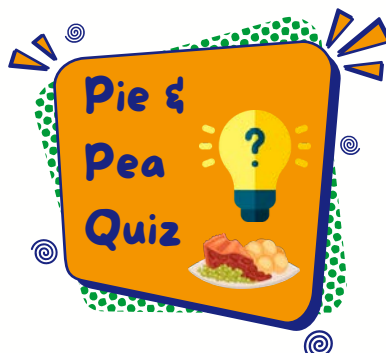
Fashion Show

£6.00 INCLUDES HOT DRINK AND BISCUITS

January 2026

18TH JANUARY 2026

2PM – 5PM



£12.00 PIE AND PEA QUIZ

Stay Warm, Stay Wise in Nottinghamshire!



We offer:

- ✓ Free energy-saving measures (like LED bulbs & draught excluders)*
- ✓ Personalised advice to reduce energy bills
- ✓ Tips to maintain a healthy home temperature
- ✓ Benefit checks to maximise your income
- ✓ Friendly support via home visits or phone

You can get more information about Warm and Wise and how it can help you or someone you know by contacting us:



0115 8599 209



warmandwise@ageuknotts.org.uk

DID YOU HEAR ?



**GREATEST
HITS
RADIO**

You can listen back to news bulletins each hour on the hour on Thursday 24th August to hear our very own Maria Cooke discussing Pensioner poverty with Charlotte from Greatest Hits Radio! Follow the link below & click on Thursday 24th August to listen in!



**GREATEST HITS RADIO
(EAST MIDLANDS) | PLAY
LIVE RADIO ON RAYO**

THINGS TO DO THIS SUMMER WITH YOUR KIDS



Summer Reading Challenge: Story Garden

All Inspire Libraries.

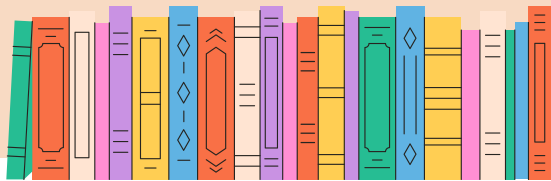
FREE.

5 July 2025 to 7 September 2025

This summer, Nottinghamshire libraries are tapping into a world of imagination through reading, fantasy and the magical world of storytelling to celebrate nature and the great outdoors.

The challenge invites children aged 4 to 11, to read six or more library books over the summer. There are stickers to collect along the way and a medal and certificate for every child who completes the challenge.

Find your nearest library and more information about the challenge.



Teens Holiday Club

4 August 2025 to 8 August 2025.

Brand new for summer 2025, the Teens Holiday Club has been specially designed for young adventurers aged 13 to 16. Your teen can enjoy an unforgettable week of outdoor exploration, confidence-building, and friendship-making in the breathtaking Peak District and on our reservoir.

This is a fantastic opportunity for your teen to get outdoors and try something new in a safe, supportive environment. Find out more and book now.



Kids Eat Free

Where can kids eat free or for £1 during the summer holidays 2025?

Find the complete roundup of the restaurants, cafés and supermarkets where you can save this summer with the kids.

Kids eat free this summer
[click here to find out more](#)



Holiday activities and food 2025

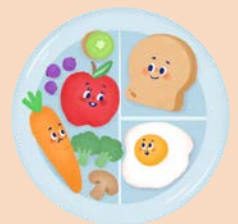
The Holiday Activities and Food programme (HAF) will continue to support the wellbeing of children between 5 and 16 years by providing a variety of activities and food during school holidays.

We offer activities and food for children who receive benefits-related free school meals during the spring (Easter), summer, autumn (October) and winter (Christmas) holidays across the county.

For more information about the Nottinghamshire Holiday Activities and Food programme, please contact:

Email: haf@nottscc.gov.uk

Telephone: 0115 9774 999
(line open 10am to 2pm,
Monday to Friday)



Best Days Out In Notts For All Ages

Want to treat your kids to fun day out? From Indoor Karting, Picnics in the Park to a Jurassic Adventure click on the link below for a staggering 1062 Things To Do in Nottingham!

[Top days out with kids in Notts](#)



AGE UK NEWS FROM NATIONAL



DOORSTEP CRIME MAIL SCAMS TELEPHONE TEXT MSGS/WhatsApp INTERNET SAFETY

An important notice regarding a phishing campaign impersonating Age UK, and advice around what to do if you believe you've received a phishing email of any kind:

We've been made aware of a phishing campaign impersonating Age UK (the national organisation). These fraudulent emails are also targeting individuals as well as local Age UK Brand Partners such as ourselves.

Scammers are sending fake emails claiming to offer a "Free Age UK Health Monitoring Kit." These emails are designed to misuse Age UK's trusted name and trick recipients into clicking on links that lead to malicious websites.

If you believe you have received a phishing email of any kind



DO NOT CLICK ON ANY LINKS OR OPEN ANY ATTACHMENTS.

DO NOT FORWARD THE EMAIL TO OTHERS.

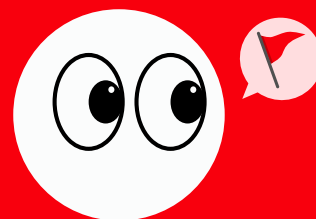
CONTACT THE IT HELPDESK FOR SUPPORT on 0115 841 4491 or email them at ithelpdesk@ageuknotts.org.uk

Age UK (national) have already taken positive steps by reporting these emails to the National Cyber Security Centre (NCSC) and are monitoring the situation closely.

Say no to scams!



**WHAT TO LOOK OUT FOR:
BE EXTREMELY VIGILANT
FOR EMAILS WITH THESE
RED FLAGS:**



Sender name:

May appear as "Age UK - Health Monitoring" or similar variations.

The following things that are also red flags in relation to all phishing emails:

- **Irresistible offers:** Promises of free health kits, urgent offers, or anything that sounds too good to be true.
- **Suspicious links:** Hover over links (without clicking!) to check if they point to unusual or unknown domains (e.g., not ageuk.org.uk).
- **Poor quality:** Watch for bad grammar, misspellings, unprofessional formatting, or language that tries to pressure you into immediate action.
- **Unusual contact details:** Any contact information that doesn't look official.

DATES FOR AUGUST

August 9th :

National Book Lovers Day

Celebrates the joy and importance of reading and encourages people worldwide to indulge in their love for books. Whether you prefer fiction, non-fiction, fantasy, or mystery, this day is dedicated to all book lovers who cherish the written word.

8th Aug 2025

International Cat Day

Organised by the International Fund for Animal Welfare, this is a day to think about your furry friend and appreciate everything you love about them.



15th - 16th August

Krishna Janmashtami - Hindu

Krishna Janmashtami in 2025 will be celebrated on August 15 and 16. Devotees stay awake through the night to welcome Lord Krishna's birth, which is believed to have occurred at midnight. Krishna Janmashtami is not merely a celebration of a birth; it symbolizes the triumph of good over evil.



August 13th : International Left Handers Day

Your chance to tell your family and friends how proud you are of being left-handed, and also to raise awareness of the everyday issues that lefties face in a world designed for right-handers.



16th August - Rising to the challenge!

Fundraising and Comms team will face their fear of heights and take on the thrilling 12m abseil down the 'POWER TOWER' to raise essential funds for AGE UK Notts. We're committed to improving the lives of older and/or vulnerable people in our community—and you can make a difference too by supporting our cause! Scan the QR code to donate!



15th Aug 2025 - VJ Day 80

The 80th anniversary of VJ Day, marking both the surrender of Japan and the end of the Second World War.



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HR

**Make a lasting impact on the lives
of older people in Nottingham &
Nottinghamshire -
Join our team!**



**Bank Support Worker
(Specialist Dementia Day Service)**



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

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