



WELCOME TO OUR

# April Local Loop

t: 0115 844 0011 e: [info@ageuknotts.org.uk](mailto:info@ageuknotts.org.uk) info: [www.ageuk.org.uk/notts](http://www.ageuk.org.uk/notts)

Welcome to the April edition of our Local Loop!

Hopefully you've all had a lovely break over Easter.  
Spring is most definitely springing and we are looking forward to Summer!

This month we meet a volunteer, look forward to VE day celebrations, hear all about what's new in fundraising including one team facing their fears to raise money for our charity! Read on to find out more...

**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.**

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## MEET THE VOLUNTEER

David is one of our most recent Best Foot Forward Volunteer Walk Leaders, joining the charity in August 2024.



After reading last month's edition of the Inside Loop, where several staff members shared their hobbies/pets, he was inspired to get in touch and share pictures of his hobbies.

The pictures show some of the things he enjoys making as a hobby, as well as model railway building and collecting Corgi, Dinky, matchbox vehicles which are also hobbies.

Thank you, David, for sharing how you like to spend your time when you're not leading walks for us and for the wonderful photos which show just how creative you are. It certainly gives us an idea of the size of your model car collection.



**Feeling inspired to tell us about your story? We'd love to hear them!**  
email: [marketing@ageuknotts.org.uk](mailto:marketing@ageuknotts.org.uk)

# WE'D REALLY LIKE YOUR HELP!

Every year, an army of woolly warriors take up their knitting needles and crochet hooks as part of the innocent Big Knit in partnership with Age UK.

Thanks to all those creative crafters - we've dropped off our first few batches of little creations. We still have a way to go to our 10,000 hat target so let's get those needles & hooks clicking and create a real yarn to remember!

For all information regarding this campaign and some fab ideas on what to create and where to hand in those woolly masterpieces in follow the link below:

[Age UK Nottingham & Nottinghamshire | The Big Knit 2025](#)

The deadline for sending in those cute little hats is 30th June 2025.

We can't wait to see your clever creations!

**[Get Inspired](#) - download free patterns here**

simple crochet hat



cherries hat



crochet tortoise



woolter melon pattern



the monster hat



cat hat



a beginner hat



a stripe hat



Share your efforts with us and spread the crafting joy on our social channels.



#innocentbigknit  
#getknitting  
#ageuknotts



## Drop Off Points

**Re:Store**

**Age UK Notts**  
**29 Forest Street**  
**Sutton in Ashfield**  
**Notts**  
**NG17 1DA**

**Advantage Mobility**

**16-18 The Bridgeway Centre**  
**The Meadows**  
**Nottingham**  
**NG2 2JD**

**You can also post your completed hats to:**

**Age UK Notts**  
**16-18 The Bridgeway Centre**  
**The Meadows**  
**Nottingham**  
**NG2 2JD**



## FUNDRAISING

# WHAT'S NEW?

Coming up!



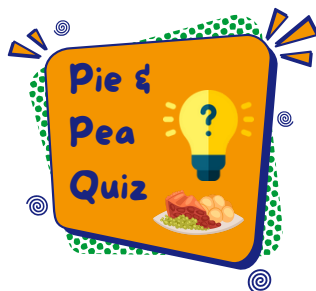
Charity  
Valuation Day



Chungs  
of Mapperley



Fashion  
Show



You can support the following events:



June - Charity Valuation Day

July - Chungs Fundraiser

November - Fashion Show

January - Pie and Pea Quiz

If you have  
fundraising ideas  
contact :

[elaine.hopkins@ageuknotts.org.uk](mailto:elaine.hopkins@ageuknotts.org.uk)

We

need your

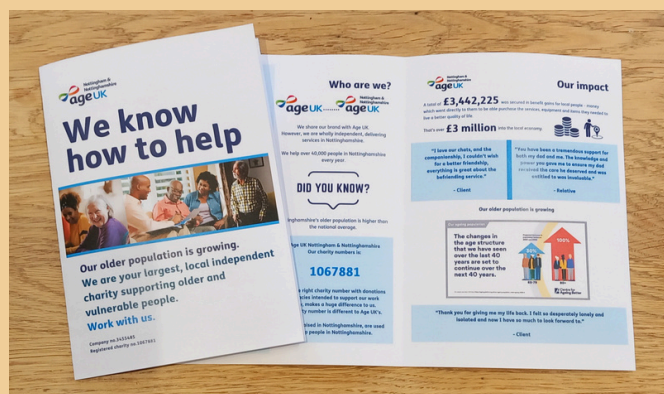
support!

At our March staff meeting we discussed the importance of legacy donations to our work.

More specifically, the importance of donations intended for Age UK Notts being sent to the right charity number. (Charity no. **1067881**)

As part of our legacies strategy, we have written to solicitors across Nottinghamshire to raise awareness of our many services and boost visibility of our charity number.

We're keen to expand our relationships with local solicitors further and welcome any contacts.



Questions and suggestions welcomed to:  
[heather.griffin@ageuknotts.org.uk](mailto:heather.griffin@ageuknotts.org.uk)

Lastly, a heartfelt "Thank You!" to Rothera Bray solicitors who support our beneficiaries with free legal advice clinics.

You can download our  
'Leaving a Legacy'  
leaflet [here](#)



# WHAT'S NEW?

## AGE AFFECTS US ALL

We recently held a staff information session with Dunelm's Mansfield store. It was certainly time well spent and proved yet again that age affects us all. The private conversations held helped staff share their worries and understand more about locally available support. It was particularly important to note the range in ages of those who came along. We all know older and sometimes vulnerable adults, be they family, friends or neighbours who we care for and want to help.

### DID YOU KNOW?

**That over the next forty years, we will see an increase in 65-79yr olds of 30%, and an increase in 80yr olds of 100%.  
(Centre For Ageing Better)**

The outcomes of our information session were that

- Staff felt uplifted and more aware of local services
- Staff felt further connected to their partner charity, boosting local relationships
- Further reach of Age UK Nott's services was made possible to those in need

Thank you, **Dunelm**  
for always making us so welcome!

**"This has really helped. I feel heard and that there are options I can explore."**

**"I feel so much better for talking this through and realise there are more positive ways to approach it."**



## FACE YOUR FEAR - ABSEIL CHALLENGE

**On Saturday, 16th August, our 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.**

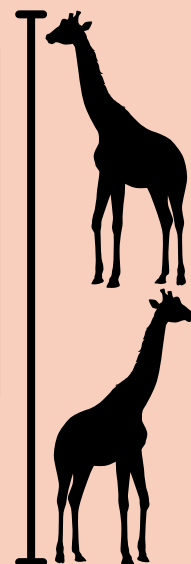
**We're committed to improving the lives of older and/or vulnerable people in our community—and you can make a difference too by supporting our cause!**

**Scan the QR below to donate!**

### SCAN ME



**\*For scale 12m is roughly the equivalent of 2 male giraffes!**



**If you'd like to know more about staff information opportunities, please contact:**

**[heather.griffin@ageuknotts.org.uk](mailto:heather.griffin@ageuknotts.org.uk)**





## RUN JO RUN

You may remember last month Jo Saxton, who works at our Sybil Levin Centre told us how she is fundraising for Age UK Nottingham & Nottinghamshire.

On April 13th she ran from Redcar to Whitby along the Cleveland way coastal path. She said:

**“I did it !!!  
2650ft of  
elevation was  
extremely hard  
but amazing at  
the same time!  
5h 40 mins hills  
galore - not my  
favourite.  
But over £800  
raised so super  
happy”**



**Well done Jo - what an achievement!  
Thank you for raising a fantastic amount  
for our charity.**



## HISTORY LESSON

This fascinating piece of local information was found at Sybil's our Specialist Dementia Day Service.

### CINDERHILL METHODIST CHURCH NUTHALL ROAD.

This was an ex Primitive Methodist Church. About 1842 the Primitive Methodists began preaching services in a cottage at Cinderhill, which were continued until they were able to buy land and build a chapel. The foundation stone of the chapel was laid on 12th October 1852. During the building a severe gale destroyed part of the structure. A small village cause was maintained until in 1930 when the Nottingham Corporation required the site of the chapel for road-widening, offering compensation and an alternative site. The memorial stones of the present chapel were laid on 10th October 1931. This was closed in 1994 and later purchased by Age Concern as the Sybil Levin Centre.



For more information or to book a visit, please contact us at:

sybils@ageuknotts.org.uk  
or telephone 0115 978 0011

**or to visit our service page click here**



## SPRING INTO ENERGY SAVINGS THIS BANK HOLIDAY!

It's bank holiday season and if you're enjoying some extra time off, why not tick a few energy saving DIY jobs off your list?

You don't have to spend a lot to make a difference to your energy bills. Even small changes like adding draught-proofing strips can help you save money and energy.

### Fill the kettle less



"Only boil enough water in the kettle that you need. Saves water, energy and money!"

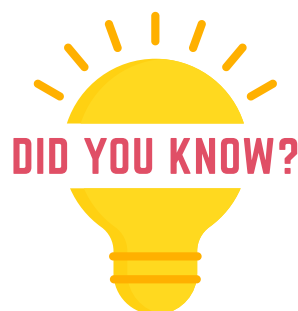
If you're making a cup of tea, fill your cup first and empty that into the kettle rather than filling it from the tap.

### Maintain your appliances



"Fix those dripping taps and running toilets."

Having poorly maintained appliances leads to them not working as efficiently, which wastes water. So if you want to use less water, make sure everything is working as expected.



If you have electric heating, you might have an RTS meter, which must be replaced before 30 June 2025.

**"Very impressed with the service, have been using the equipment provided and recommended to friends, thank you."**

**- Warm & Wise Client**

Our specialist Warm and Wise team helps adults living across Nottinghamshire to stay safe, warm and independent in their own homes.

If you are 50+ living in the city and county and would like to be warmer and wiser about energy, we are here to help.

**Email: [warmandwise@ageuknotts.org.uk](mailto:warmandwise@ageuknotts.org.uk)  
Telephone: 0115 8599 209**

**[Click here to find out more](#)**



## GOOD TO KNOW...

On May 8th, 1945, joy erupted across Europe as crowds flooded the streets in celebration—Victory in Europe Day had arrived! Prime Minister Winston Churchill's voice struck the nation, announcing that the war in Europe was over and that fighting with Germany had come to an end. After years of hardship and sacrifice, it was finally time to celebrate freedom. Just three months later, on August 15th, 1945, World War II officially came to an end across the globe. Peace had finally been declared, marking the close of one of the most significant chapters in modern history. In 2025, we mark the 80th anniversary of this monumental moment. Across the UK and the Commonwealth, commemorations and events will pay tribute to the millions of people who served during the Second World War—and celebrate the enduring freedom their service helped secure. Here in Nottinghamshire, There are a series of fantastic events to honour both VE Day remembering this landmark occasion in history. It's a wonderful opportunity for both locals and visitors to immerse themselves in the stories, sacrifices, and cultural significance of the time.

Want to be part of it? Click the link below to discover all the exciting ways you can get involved celebrating the 80th anniversary of the end of WWII.

[\*\*Visit Nottinghamshire - more info here\*\*](#)

**VE Day party held in Magson Terrace, Carlton Hill.**



**(Image: Sheila Clayton) via Nottingham Live**



### Events near you

#### **VE 80th Anniversary Event at Clipstone Headstocks Museum**

Thursday 8th May | 2025 | 10am - 4pm |  
Tickets from: £5.04

#### **Concert for Peace at Victoria Embankment**

Sunday 4th May | 2025 | 12pm - 4pm |  
Free

#### **Afternoon Tea at The Old Library Building - Workso**

Thursday 8th May | 2025 | 3:30pm -  
5:30pm | £20

Booking is essential — call 01909 470985 to reserve your spot, and don't forget to mention any dietary requirements when you book.

#### **VE Day Celebration with the Wollaton Royal British Legion**

Saturday 10th May | 2025 | 2pm onwards  
| Free

The event is free and open to all to attend so come on down and tuck into tasty BBQ food as you listen to the talented Rebecca Lomas take you on a musical journey with hits from the era.

#### **Ringling Church Bells and Beacon Lighting**

Thursday 8th May | 2025 | Bells - 6:30pm,  
Beacons - 9:30pm | Various locations |  
Free

#### **VE Day Afternoon Tea at Norwood Park**

Thursday 8th May | 2025 | 2pm - 6pm |  
Adults: £15pp Child: £5pp

Proceeds from the event will support the British Red Cross Society.

AND FINALLY....

# Introducing..

## Hi there!

This month we meet Maria Cooke - Innovations and Communications Director.

"I began work as a volunteer within the Charity in July 2012, then got a part-time temporary job in Business Development and then ended up staying for almost 13 years!"

"I absolutely love my job and my role within the charity. I get to work on lots of different projects – there's never a dull moment in my world. I have a great team to manage, a wonderful charity to represent and the privilege of seeing the impact our collective work has.

Every day is truly satisfying even though there are the occasional moments when I could tear my hair out."

**Outside of work**  
I like food –  
reading about  
it, cooking it  
and eating it  
plus eating out  
with friends!

Because of the food I  
like going to the



I also enjoy  
making  
tapestry  
cushion  
covers,  
reading and  
seeing my  
friends.

## Random FACTS

1 I've been to a Garden Party  
at



Buckingham  
Palace!

2 When I was younger  
I was pretty  
good at golf



3

I am  
scared  
of cows  
and  
spiders



Why not share  
your story next?

Contact me!

[sarah.elliott@ageuknotts.org.uk](mailto:sarah.elliott@ageuknotts.org.uk)



# DATES FOR MAY

## **May 1<sup>st</sup> - World Password Day**

One for us all!

World Password Day is celebrated annually on the first Thursday of May to encourage people to use stronger passwords and secure their online accounts. Intel created World Password Day in 2013 to raise awareness about the role strong passwords play in securing our digital lives. Strong passwords are important for protecting sensitive information and preventing unauthorized access. For another layer of protection you should also enable multi-factor authentication (MFA) on accounts for increased security.



## **World Laughter Day - 3rd May 2025**

The celebration of World Laughter Day is a positive manifestation for World Peace and it builds up a global consciousness of brotherhood and friendship through laughter.

What makes you laugh?



## **19th-25th May: Dementia Action Week**

Dementia Action Week will take place from 19 - 25 May 2025, continuing to raise awareness of the importance of an early diagnosis for people affected by dementia. Diagnosis is vital to give people access to the care, treatment and support they desperately need. Incredibly, 1 in 3 people with dementia do not have a diagnosis.

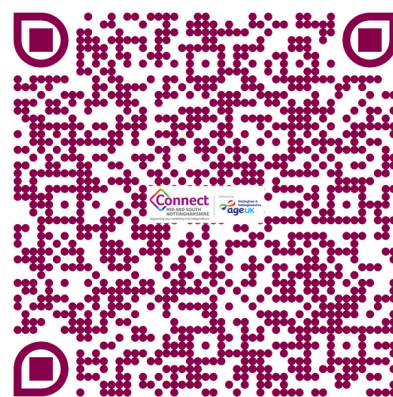
Our Sybil Levin Specialist Dementia Day Service is a SPECIAL-informed day service, unique within Nottinghamshire; which uses an innovative approach which quite simply changes the lives of people with dementia.



**[You can download the contented dementia brochure here](#)**

## **13-19<sup>th</sup> May Mental Health Awareness Week - The power in community**

Imagine a world where everyone feels supported with their mental health at home, school, and work. This Mental Health Awareness Week, Mental Health UK are working to make that vision a reality by showcasing the power of community in helping us all take care of our mental health. The Connect team can offer information, advice, signposting and practical support around physical and mental health, care needs, housing, finances, social interaction and engagement with community.



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# HR

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

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

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



## 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](mailto: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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