

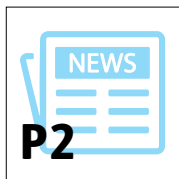
SPRING 2020

MEMBERS' UPDATE

Age Friendly Sheffield Awards – 2019 Winners!



In this issue...



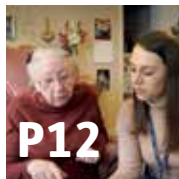
Welcome
2020



Awards
Ceremony
Recap!



Our AGM



Meet the
team



Member
offers



Members' Update is produced by Age UK Sheffield for Sheffield 50+ members and Friends of Age UK Sheffield.

Hello and Happy New Year to you all.

If you are receiving this edition of Members' Update, it means you have renewed your annual donation to Age UK Sheffield. Thank you for doing that. Your donation enables us to cover the costs of sending this quarterly magazine to your home address, and also contributes towards some of my team's work in putting on the activities and negotiating the offers that are available to our members.



2020 will be another important year for us. For years, we have been searching to develop our own place in which we can run services and activities for older people in Sheffield. Our Stage 2 Lottery bid will be submitted by March and we should find out in the summer whether our Hillsborough Park project will be funded.

At a national level, Age UK are lobbying the new Government to respond to older people's needs for good quality health care, social care, housing and money. We have summarised the Age UK manifesto in this magazine. Locally, we continue to keep the pressure on Sheffield City Council and the local NHS to improve services for older people. We also took the first step in celebrating the amazing contribution older people make to our city with the first Age Friendly Sheffield awards, and planning is already under way for the 2020 edition.

We know for some older people it gets a little more difficult to do some of the simple everyday things like cleaning and shopping, which is why we operate



our paid-for service, At Home with Age UK Sheffield. If you've never tried the service before, we have some New Year special offers available. Whilst it is a charged-for service, we don't make any profit on it. The feedback we receive from satisfied customers is amazing, and we recently published a YouTube video about it. You can view it at: <https://tinyurl.com/vedvkje>

Our work can only take place if we have the funding to support it, which is why it was so important for us to open our first two shops on Twentywell Lane and Abbeydale Road recently. If you are having a post-Christmas clearout we'd be delighted to receive your donations. If you have a few spare hours in the week, maybe you would consider volunteering for us in one of the shops. Or maybe you could spread the word to your friends who enjoy hunting for charity shop bargains.

Whatever you do in 2020, I hope the year brings you happiness and joy.

Best wishes.

Steve Chu

Chief Executive, Age UK Sheffield

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ageuk



@ageuksheffield

Age Friendly Awards Sheffield 2019



On 18 October 18, we hosted a truly inspiring event; the first ever Age Friendly Sheffield awards ceremony, which will become an annual date in the Sheffield diary! We hosted the event as part of our Age Friendly Sheffield Programme, which is part of the wider Age Better Sheffield programme.

We welcomed all of the incredible nominees from across Sheffield so that we could celebrate their dedication and commitment to the work they do. A delicious afternoon tea and some bubbly were served, before the award winners were

announced! The winners were:

- Tony Foulds was awarded an Age Friendly Special Recognition Award and was presented this award by Lord Mayor of Sheffield Tony Downing.

This Award was given to Tony to thank him for the role he has played in encouraging and inspiring people to reflect upon the history of Sheffield, and for bringing the city together for the “Mi Amigo” memorial flypast.

- Tony Maltby won one of two Age Friendly Special Recognition Awards for being passionately committed to making Sheffield an ageing friendly city.
- Diana Booth won the Age Friendly Lifetime Achievement Award for spending 15 years working tirelessly to maintain the running of two activity/ social groups in Arbourthorne.
- The Sheffield Mencap and Gateway Sunday Lunch Club won the Award for Age Friendly Group/Project. The award was presented to the three volunteers who organise the lunch club which is for older family carers aged 70+ of people with learning disabilities, the person they care for and for older people with learning disabilities who live independently.
- The Remember When Cafe, a café created for people living with dementia, run by Ruth Bartles won the award for Age Friendly Business.
- The Wincobank Udenominational Church won the award for Age Friendly organisation. Rosemary Francis collected the award on behalf of all of the volunteers who help run the organisation which offers help and friendship to older people in the community.
- Toffee Music (Dave Markham & Mike Lydiat) won the award for Age Friendly Fundraiser; they have raised thousands of pounds to create a better life for cancer patients and their families.
- Steve Howard won the Age Friendly Volunteer Award; he is a former porter of Weston Park Hospital, who still volunteers there, coordinating the snack trolley, entertaining patients and even dressing up as Santa to deliver presents!
- Betty Tyan won the Age Friendly Champion Award, for her dedication to helping to organise activities for the older people who live at Guildford View and for managing the weekly Irish Elders Club.

Thank you so much if you nominated someone for an award! There's still plenty of time to get involved and support our Age Friendly Sheffield work! If you're passionate about making Sheffield a city in which everyone is able to live later life to the full, you might like to join one of our steering groups! To find out more, please get in touch and let us know you're interested! enquiries@ageuksheffield.org.uk

Age UK's Political Priorities

What sort of policies does age UK as a national charity want to see prioritised following the general election?

There are 6 key areas that the charity has highlighted that will help our older population and that have the overall aim of enabling more people to enjoy a dignified, secure and fulfilling later life we all want for ourselves and those we love.



1. CARE

Care is in urgent need of government-led financing and reform.

The government must:

Create a sustainable care system that is fit for the future. This includes more support for unpaid carers, an independent, standardised national eligibility threshold and assessment process for accessing care.

Government spending on social care per person over the age of 65 **fell by nearly 25% between 2010-2018.**



2. INCLUSION

Commitments for those left behind and overlooked.

The government must:

We need to lead global efforts to create a UN convention on the rights of older people, ensure that every person has free and easy access to money and banking services, regardless of services become more digital.



3. MONEY

Pensioner poverty has risen.

The government must:

Reverse the change in pension credit rules regarding mixed age couples, protect the value if the state pension for current and future users and make fraud a national policing priority.

18% of people in the UK aged 60-64 were in poverty in 2017/18.



4. HOUSING

There is a lack of secure, safe and warm housing.

The government must: reform the law so that landlords cannot evict tenants without reason, build more suitable and affordable social housing and require all new housing to be built to the lifetime homes standards.

1.1 million older people in England live in unfit housing characterised by problems such as damp, rot and electrics.



5. LONELINESS

TV is the main form of companionship 38% of people aged 75+.

The government must: work with the BBC ensure that the free T.V licence remains available to everyone aged 75+ and commit to long term funding for the governments national loneliness strategy.



6. HEALTH

We are living longer, but with more complex, limiting conditions.

The government must: provide the NHS with support to turn it's long term plan into a reality. Invest in general practice and deliver support closer to home. Restore funding to public health services to decrease hospital admissions and ensure older people have timely access to essential treatment and services.



Our AGM

We hosted our Annual General Meeting on 6 December. It was a great opportunity to share news with people who support our charity via presentations highlighting key information about our services work and successes from the year from financial figures, to incredible case studies.

There was lots of news to share, and it's all available to view in our annual report now. We have included some small snippets from the report below, but you can read it in full either on our website (go to ageuk.org.uk/sheffield/about-us and scroll down to view the report) or by popping into our office!



In 2018/19, we supported **3,483 people** with recorded case work and handled thousands more information enquiries. Our website contains a wealth of information about the way in which we can support older people in Sheffield, and recorded **50,000 page views** from more than **14,500 unique users**.

Independent Living Co-ordination

“People have come and gone but you have been more consistent than anyone around and done more for us than anyone else. I very much appreciate everything you have done for him.”

ILC customer



We supported people in Sheffield to access **£2.62** million in increased benefit income in 2018/19.

EVENTS CALENDAR

Here's our events guide for January - April

Please note: You must be a Friends of Age UK Sheffield member to obtain these discounts, and be able to present your membership card/quote membership number at the time of booking.

Digital drop-in sessions

Would you like some help with your smart phone, tablet, camera or computer? Would you like to learn how to video call your family and friends?

We can help!

Pop along to our free digital drop-in session and see one of our knowledgeable and friendly digital volunteers. Everyone welcome! You can attend one of the sessions at either location below, no need to book, just show up!



Virgin Money Lounge

Fortnightly on Thursdays

2, 16 and 30 January

**13, 27 February
12, 26 March
9, 23 April**

1pm-3pm

Central Library

Fortnightly on Fridays

**24 January
7, 21 February
6, 20 March
3, 17 March**
Digital at Home Service

If you're unable to attend one of our drop in sessions or feel that you'd benefit from a member of the Age UK Sheffield team visiting you in your home to support you with using your phone, tablet, computer etc. then we can organise this for you! Our staff are all fully DBS checked, knowledgeable and very friendly. To enquire about this service for yourself or a family member/friend please email: AUKS.Digital@ageuksheffield.org.uk or call us on **(0114) 250 2850**.
9.30am-11.30am

Monthly meetings and coffee mornings

Sheffield 50+ monthly meetings (open to all Friends of Age UK Sheffield members)

The first Thursday of every month at the South Yorkshire Fire & Rescue HQ

1.30pm-3.30pm

Thursday 9 January
at St Mary's Community Centre, Bramall Lane.

**Thursday 6 February
Thursday 5 March
Thursday 2 April**

Laurel & Limes Coffee Mornings

Every Monday

10am - 12pm

We have partnered up with the Laurel and Limes Care Home to offer a new coffee morning, encouraging a cuppa and a catch up with care home residents. Making new friends and chatting to



people is so beneficial to health and wellbeing! There'll be new entertaining and engaging activities to get involved in each week. The coffee morning is a dementia friendly environment and people of all ages are welcome to attend. No need to book, simply show up on the day! Attendance and refreshments are provided free of charge but donations towards running costs are always greatly appreciated. If you have any questions, please call Age UK Sheffield on: (0114) 250 2850.

Venue: Laurel & Limes Care Home, 115 Manchester Road, Sheffield S10 5DN. (The number 51 bus stops just outside).

Coffee mornings at Crucible Corner Café

Every Friday

11am-12pm

Our popular coffee mornings take place every Friday from

11am-12pm. New members are especially welcome! Join us for a hot cuppa and good company in the city centre. It's a great opportunity to make new friends!

Venue: Crucible Corner Café.

Coffee mornings at Woodseats Library

Every Wednesday

10.30am-12pm

New members are more than welcome to turn up on the day and join us to make new friends!

Venue: Woodseats Library

Events at The Virgin Money Lounge

Every Wednesday

10.30am-12pm

The following events are free to attend at the Virgin Money Lounge on Fargate, City Centre. No need to book!

- **Book Group:** Join our friendly monthly book group – they're always

looking to welcome new members. 11am – 12.30pm, on the first Tuesday of the month.

- **Knit & Natter Group:** All welcome to join our friendly monthly knitting group. An ever expanding group meeting to enjoy their group knit or crochet and have a good natter. 10.30am – 12pm on the second Tuesday of the month.

- **Crime Reduction Drop-in:** Your chance to chat with our local Police Community Support Officers about staying safe when you're out and about and at home. 10.30am – 1pm on the last Thursday of the month.

Venue: Virgin Money lounge, 66, Fargate, City Centre

Memory Cafés

We want to encourage people experiencing memory loss or people who have a diagnosis of mild to moderate dementia, their carers and friends to come along and join us. There are activities to engage, inform, stimulate and entertain everyone. Plus, it'll be an opportunity to make new friends, keep active and feel more confident.

- **Dore:** The Dore cafes are held on the first and the third Tuesdays of each month at Dore Methodist Church Hall on Savage Lane. 2-4pm.
- **Totley:** The Totley cafes are held on the second and fourth Tuesday of each month at All Saints Totley Church Hall on Totley Hall Lane. 2-4pm.
- **Hillsborough:** The Hillsborough cafes are held on the second Wednesday of the month at Hillsborough Arena, Middlewood Road. 10am-12pm.
- **Porter Valley:** The Porter Valley Cafés are held on the first and third Thursday of the month at the Bents Green Methodist Church, 172 Knowle Lane. 2-4pm.

Everyone is welcome and the sessions are free to attend. (small donations towards refreshments & running costs are always welcome and greatly appreciated as they help us continue to keep these services running.)

Transport 17 will be offering accessible minibus door to door transport for the Dore and Totley cafes only for a small charge (£1.50 return per person). Let us know if you would like to book your

place on the minivan by calling us on **0114 2502580**.

Sporting chatter

Every other Friday

17, 31 January
14, 28 February
13, 27 March
10, 24 April

10am-12pm

Free and fun! You're guaranteed a warm welcome and a cuppa. An informal group that meets to chat about all things sport! Activities include talks from ex sporting professionals, visits and tours to professional sports grounds and Sporting Memorabilia Exhibitions, quizzes, book reviews, and films. No booking required everybody welcome!

Venue: Totley Library



Sporting Chatter Group

Dore and Totley Outdoor Task Force

These activities include

Totley Library Gardening and Litter Picking groups in both Dore and Totley on various dates throughout the year. Everyone is welcome! Please contact Joanna to book onto sessions – it's very easy and quick to do: Joanna.woodward@ageuksheffield.org.uk

Body conditioning class

Thursdays

2.30-3.30pm

Coffee afterwards. All people and abilities welcome! No booking required.

Venue: Dore and Totley United Reformed Church

Exercise to music class

Mondays

2.30-3.30pm

Coffee afterwards. All people and abilities welcome! No booking required.

Venue: Dore and Totley United Reformed Church

Table tennis

**Thursdays 3-5pm and
 Fridays 7-9pm**

No booking required, everybody welcome.

Venue: Bradway Community Hall

MEET THE TEAM

Louise Hawley

Louise is our At Home Service Coordinator, she has been part of the Age UK Sheffield team since 2002.

What is the At Home Service?

The At Home Service is a low level practical 1-1 support service that meets the needs of people in the community. We support people with everyday tasks, such as shopping, cleaning around the home, coking, managing correspondence, telephone calls to utilities or other places, helping people get their money by supporting them to the post office, or bank, getting out and about socially or going to hospital appointments. We are not limited to what we can do, we can take people where ever they wish to go in and

around Sheffield. We're not contracted to our customers so we can offer a flexible approach to the visits we schedule. Some folks have one visit per month whilst others have a visit every day One of the most important aspects of the service for relatives of older people is that we work closely with family members that are unable to support their elderly relatives because they are still working, or live away. This is something I know the families of our customers really appreciate about the At Home service.

What is your role within the service?

I'm responsible for all the assessments and first face to face meetings with our customers. I spend around 2 hours at each assessment, getting to know the person so that I can put together a support plan that best suits their individual needs. The more I know about the person, the better I am able to match them up to one of our support workers. I also manage the team's time from behind the scenes and answer service enquiries. I love my job because there's never a dull moment



Louise Hawley



How long have you worked for the Age UK Sheffield?

I have worked for the charity since 2002 and specifically with the At Home Service for the last 4 years. Before that I worked for the Housing Support service for 13 years providing support to people with housing needs. I've worked on some very interesting cases and with some very interesting people in my time.

What's your favourite part about your role?

I love how we all work together as an organisation to provide support for people. We all help each other in our

particular roles however we can. I also really enjoy meeting new people and their families. I have always liked meeting new people and the fact I get to do it as my job is awesome.

What inspires you in your work?

I am full of compassion and care deeply about older people. I have always felt compelled to help folks and its part of my nature to put people first.

What's the one thing you wish more people knew about the At Home Service?

Probably the fact that such amazing friendships

grow from the service. It really has a big impact on combating loneliness and isolation. Also the fact that it's a not for profit service. Our organisation has changed over the years but the ethos remains the same; we care.

What did you want to be when you were younger?

I wanted to be a vet because I care for animals very much. I hate cruelty and wanted to protect animals as much as possible. I guess I have now resigned my caring nature to people, but I still love animals, even crawly ones!

Membership offers

Daybell and Choo

15% discount for members. The promotion can be used for spectacle purchases in-store.

Daybell and Choo, 290-294 Sharrow Vale Road, Sheffield S11 8ZL

0114 267 1828

info@daybellchoo.co.uk



Greensleeves Lawn Care

Free consultation and 20%. Get a free lawn consultation with Greensleeves Lawn Care (South Sheffield), and get 20% discount on your first year.

To claim this offer, simply phone **(0114) 245 6539** or e-mail: southsheffield@greensleeves-uk.com

Offer available within the following Sheffield post code areas: S7, S8, S9,

S10, S11, S12, S13, S14, S17, S18.



John Lewis

Members can claim a £50 John Lewis voucher*, after purchasing a laptop or tablet from the Barker's Pool store. To redeem the offer, simply send proof of your purchase to Age UK Sheffield.

*Limited supply, first come, first served.



Nuffield Health – swim and sauna for free!

We've teamed up with Nuffield Health, off Ecclesall Road to organise a free 14 consecutive day pass for our members, and you have the option to bring a +1!

Facilities include...

- 25m Swimming Pool
- Sauna, 3 Jacuzzi's and Steam Room
- Fully equipped and air-conditioned gym
- Over 100 classes per week
- On site medical centre with fully qualified GPs and Physios
- Beauty salon
- Café

For further information, call **0114 276 5333**.

Please take this page and your membership card with you with you on the day to redeem offer.



Redbrik Estate Agents

Redbrik are offering a free market appraisal and a £100 discount from their selling fees.

Quote AGE UK – Redbrik20 when booking your Market appraisal.



Redbrik is the #1 Agent in Yorkshire & helps people sell homes across Sheffield.

Call **0114 399 0567** for a free market appraisal today.



Self-Guided Sheffield Heritage Walks

Explore, discover and enjoy Sheffield with two unique, self-guided, quirky, heritage walks with an optional treasure hunt.

Buy in booklet or instant download format from

www.curiousabout.co.uk/sheffield and explore in your own time. Enter code **“Sheffield20”** at the checkout for a 20% discount when you spend £10 or more with Curious About.

Sheffield Theatres

Sheffield Theatres are offering Friends of Age UK Sheffield members 10% off at their café and bar, on production of your membership card.



Solicitors

Free legal advice

The following solicitors firms offer free legal advice sessions on older people's issues if required to Age UK Sheffield members and customers.

- Keebles
- Best Solicitors
- Howells LLP

For information on booking a free legal advice session, call the Age UK Sheffield office on **(0114) 250 2850** or e-mail: enquiries@ageuksheffield.org.uk

Discounts from solicitors

Keebles – 15% off fees relating to Wills or lasting Power of Attorney. **0114 276 5555**.

Best Solicitors – 20% off all services. Home visits available if required. **0114 358 3134**.



The AgeUK LifeCARD

In order to access the lifeCARD, all customers need to provide their AgeUK card at the point of purchase. We are pleased to confirm the following across our sites:

- **Discounted Swimming**

– Age UK Lifecard holders can swim at **any SIV pool**, during opening hours, at a discounted price;

Ponds Forge - £2.55 (Mon-Fri 6.30am-3.30pm) / £4.65 (Mon-Fri after 3.30pm and weekends) – in the competition pool.

Selected leisure pool sessions Mon-Fri £3.85/ Weekends £4.65

Ponds Forge dedicated Age UK only sessions;

- Mondays - 12-2pm (competition pool) / 12-1.30pm (leisure pool) (Both members-only sessions)
- Wednesdays – 10-11am (leisure pool – open session)
- Fridays 12-1pm (competition pool – members-only session).
- **Café Discount** – 15% off selected food and beverages at the foodetc café at Concord

Sports Centre, EIS Sheffield, Hillsborough Leisure Centre and Ponds Forge.

- **Up to 20% discount** – off a wide range of sport and leisure activities across the city.
- **Access to discounts and offers** – from SIV and their partners

Our members should go to Ponds Forge to get their LifeCARD, which is free for new members. These LifeCARDS will not be issued at any other leisure centre.

- **Variable swimming prices** –

Pool	Offer
Ponds Forge	LifeCARD £4.65. Age UK LifeCARD Session £2.55
Heeley Pool, Springs Leisure Centre, Westfield Sports Centre & Concord Sports Centre	£3.85 for casual swim with Any LifeCARD. Over 60 rate £2.55 with any LifeCARD (Called Age UK Swim at Concord Sports Centre).
Hillsborough Leisure Centre	£4.65 with any LifeCARD

All first time Age UK members have the opportunity to receive a free lifeCARD with loaded free activities.

This offer has been funded by Sheffield City Trust, a charity whose primary role is to benefit the health and wellbeing of the people of Sheffield. SIV is the operating arm of Sheffield City Trust.

All offers can be redeemed Monday-Friday before 3.30pm. The Age UK LifeCARD is free and is open to all new members of Friends of Age UK

Sheffield even if you already have an existing LifeCARD.

Age UK LifeCARD holders have 6 months to use the following free offers from the date they receive their card:

- **Free swimming** – swim for free 4 times at Concord Sports Centre, Heeley Swimming Pool, Hillsborough Leisure Centre, Ponds Forge or Springs Leisure Centre.
- **Free fitness classes** –take part in 4 classes

at Concord Sports Centre, EIS Sheffield, Hillsborough Leisure Centre, Ponds Forge, Springs Leisure Centre or Westfield Sports Centre. They can be the same class, or different ones, it's up to you.

- **Free tea dance** – you are entitled to one free entry to the tea dance at Sheffield City Hall on a Tuesday or Thursday – dates vary.
- **Free Golf** – enjoy a free 18 hole round of golf at Beauchief, Birley Wood, Sinfin (Derby), Tinsley Park or Tapton Park (Chesterfield) golf courses. The discount is for the green fee only.

NEWS IN BRIEF

Coach House update

The project has developed significantly behind the scenes throughout 2019 and we are glad to say the nearby Potting Shed has been added to the project. We hope to develop this as a Makers' Shed, in which we can run creative activities such as gardening, arts, crafts and woodwork.

We hope to hear by the summer whether they will be able to fund the project. If all goes to plan, we will commence building work in late 2020 with the intention of being open in 2021.

Dementia Advice service

Our Dementia Advice Service that begun in October is now well under way and we have whole host of training

sessions and resources in place. The service exists to support people across Sheffield who work with people living with dementia in either a professional or voluntary capacity to receive the best current training, information and advice as well as easy access to all of the local resources and services available.

Volunteering opportunities

Volunteers really are so fundamental to enabling our charity to do everything that we do! If you're interested in getting involved, no matter how many hours you can offer or what you feel you may be able to help with, there'll be something for you! All volunteer roles are listed on our website, but currently we would especially appreciate voluntary support with

our office reception desk and data input support. Call or email us to find out more!t us.

Age UK/Cadbury Campaign

Last year's #DonateYourWords campaign which saw the words disappear from the front of Cadbury chocolate bars to raise awareness of loneliness and its effect on older people raised over £300,000.

Charlotte's Fundraising

Charlotte Clewes, who's grandmother attends our wellbeing centre, has raised an incredible £528.75 for the centre. Charlotte spent over a month raising the money which will directly help to fund our specialist dementia day care service. Charlotte, you're an inspiration, thank you!

Our new Abbeydale Road shop

Our second charity shop is now open at 747 Abbeydale Road.



Every penny spent in this shop directly funds the services we provided for people across Sheffield. The shop sells a lovely variety of preloved clothes and items from homeware to children's toys, dresses and coats to shoes and hats. It's a lovely little shop and a great place to peruse for a bargain! If you're looking to have a bit of a New Year declutter, why not drop your unwanted Christmas gifts or clothing off at the shop? We can resell them and you'll be doing even more to support your local charity as well as second hand, sustainable shopping!

Our address is: 747 Abbeydale road, S7 2BG.

Opening Hours: The shop is open from Monday through to Saturday from 9am - 5pm. (We are only closed on Sundays)

Contact: You can contact our shop directly on **0114 255 9211**.

If you'd like to volunteer in the shop, please contact the Age UK Sheffield Office number.

A unique service that offers support and friendship

As we get older, it can sometimes become harder to keep on top of some tasks around the home. Our At Home service provides a flexible, fully trained and DBS checked personal assistant to help you or a loved one with a variety of day to day tasks to help customers maintain their independence in and around the home.

Examples of what we can do include:

Cleaning and domestic tasks

Taking you shopping or doing it for you

Helping you to get out and about

Enjoying a cup of tea and a chat

Help when you really need it

Supporting you to manage your money and pay your bills



This is a not for profit service begins with a free (no obligation) initial assessment and care plan, as well as a benefits check (to support you to ensure you are claiming any money that you are entitled to). It's a paid-for service, at a competitive rate of £21 per hour. We provide a full hour's service, and don't take time off for travelling. You can find out more, read service feedback and view our new video on our website.

For more info on our At Home Service, please contact us or watch our video online

☎ (0114) 250 2850 ✉ enquiries@ageuksheffield.org.uk

ageuk.org.uk/sheffield/our-services/at-home