

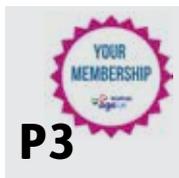
AUTUMN 2019

MEMBERS' UPDATE



Are older men struggling
with social isolation?

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



Welcome to this edition of our magazine.

As I write this column, it has been pouring down with rain for two days solid, so I hope summer finally arrived by the time this magazine dropped through your door.

We've also just had the news that the BBC is to end to automatic free TV licences for people aged 75 and over. Age UK has been campaigning against this and, a week after the announcement, we have over 500,000 signatures on a petition opposing this move.

People who claim Pension Credit will still get a free licence. But we believe around 30% of people who should be claiming Pension Credit aren't actually doing so. If you're not sure whether you're entitled to Pension Credit, or you would like help to claim it, our Information and Advice team can help. The service is totally free, and we can fill in the forms for you. Just call us on (0114) 250 2850.

Busy, busy, busy

We've spent much of the last few months working on our plans to open our first charity shop (see page 12 for more details), launching Sheffield's first ever Age Friendly Awards (page 4) and continuing the Old Coach House project. The feedback we've received from the public in support of the Coach House has been absolutely fantastic. We've now submitted our planning application and are working on our business plan.



New offer

We're constantly seeking new offers for our members, and in this issue we've added some money off self-guided heritage walks in the city. You may remember that we're coming up to the time of year when it's time to renew your membership of Friends of Age UK Sheffield. It's still an annual donation of just £12 for a wealth of member offers, including this magazine posted through your door four times per year.

To renew, simply follow the instructions on the back page.

Steve Chu

Chief Executive, Age UK Sheffield

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facebook.com/
ageuk



@ageuksheffield

Age Friendly Awards Sheffield



Do you know an older person who makes an amazing contribution to their community in Sheffield? Or a younger person, group or business that makes Sheffield a great place for older people to live in?

If so, make sure you nominate them for the

first ever annual Age Friendly Sheffield Awards Ceremony, which are being hosted by Age UK Sheffield in October 2019.

The Sheffield Age Friendly Awards are designed to reward and celebrate all the achievements and contributions of amazing local people, businesses, voluntary groups, and communities who make Sheffield a great place to



grow older and a fantastic city in which to live.

There'll be lots of special guests attending the tea party style event in October, including Tony Foulds, (responsible for the incredible military flypast in Endcliffe Park back in February) who'll be presenting the awards to the wonderful winners.

But, we need help from the public to find out who exactly is deserving of a nomination to win one of the first ever Age Friendly Sheffield awards. There are six award categories in total:

Category	Description
Age Friendly Organisation	An organisation which goes the extra mile to make their services Age Friendly to older customers. May include voluntary organisations or local service providers (businesses have their own award category)
Age Friendly Champion	A person aged 65 or over who makes a great contribution to their community, or a person of any age who goes the extra mile to make their community a great place in which to grow older
Age Friendly Community	An area of Sheffield such as a street, neighbourhood, or area up to Ward level (eg. Ecclesall Road, Badger Estate, or Mosborough)
Age Friendly Group, Project or Activity Provider	A provider who runs an activity or group that benefits older people, whether that be reducing social isolation or encouraging people to be more active
Age Friendly Volunteer	A person who goes the extra mile to make their community a great place in which to grow older. This may be a neighbour or fundraiser
Age Friendly Business	A business which goes the extra mile to make their products and services Age Friendly to older customers, or a business which is a great employer of older people

How to nominate



Nominating for the Age Friendly Awards is simple. Just visit our website, www.ageuk.org.uk/sheffield and click on the link. Or contact us directly for a printed nomination form and a Freepost return envelope, by calling **(0114) 250 2850**.

Please note that the deadline for us to receive nominations is **Monday 15 July**. All entries will then be considered by our panel of older people over the summer, and shortlisted nominees will be invited to our awards event in October.

Why are older men experiencing isolation and loneliness?

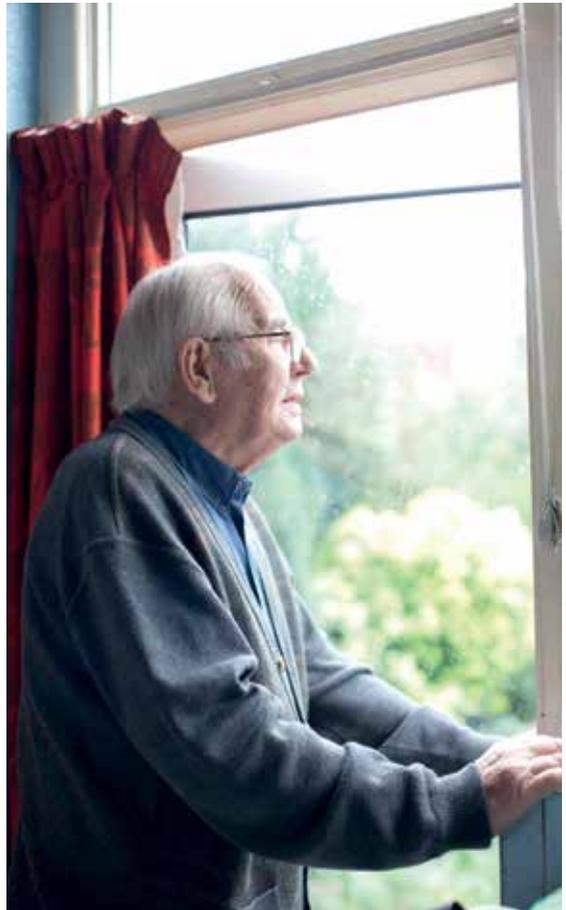
Being lonely can impact you at any age, but getting older is consistently recognised as a trigger for feelings of loneliness and experiences of social isolation.

Dr Paul Willis from the University of Bristol recently collaborated with Age UK to conduct a 2 year study with the aim of understanding how men aged 65 and over, from different social backgrounds and circumstances, experienced loneliness and social isolation.

The study focused on men specifically, because a greater percentage of older men (50+) report moderate to high levels of social isolation. So, what did the study find?

Firstly, it uncovered many reasons that older men may struggle with social isolation and loneliness. Some of these reasons were:

- Older men with a female partner are more likely to rely on their partner for maintaining social networks.



- Older men felt that they should be independent and self-reliant which stops them seeking help more generally.
- Older people's clubs and activities can be dominated by women, with a lack of activities that interest them, and a lack of male staff running services.
- Difficulties expressing feelings of loneliness



When talking about loneliness, the men that were interviewed spoke about:

- Being socially discarded
- Not having a purpose
- A sense of emptiness, or cold ache
- Being of little value to others ('feeling like nobody cares')
- Feeling cut off from broader society.

Many of the men interviewed explained that they struggled or felt embarrassed about seeking help because of the social stigma surrounding emotional distress and mental health problems.

If you or someone you know is experiencing loneliness and isolation, Age UK Sheffield can help in a number of ways:



We can connect you with social groups or activities in your area where you can meet like-minded people



Provide you with information and support with volunteering opportunities in your local community



We could put you in touch with a volunteer to visit you at home for a cup of tea and a chat.

To find out more please phone **0114 250 2850** or email **enquiries@ageuksheffield.org.uk**

EVENTS CALENDAR

Here's our events guide for July to October 2019.

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.

Coach trips

Royles Travel

Royles Travel are offering Friends of Age UK Sheffield members **£5 off any of their day trips**. Here is small selection of their forthcoming trips:

Thursday 1 August,
Yorkshire Day – Filey & Scarborough.
FOAUKS Membership travel Price: £21.

Monday 19 August,
Bakewell & Judith Mary Restaurant Boat Cruise with Afternoon Cream Tea.
FOAUKS Membership travel price: £21

Cost of event upon arrival: £17 pp (includes cost of two-hour cruise along the beautiful Upper Peak Forest Canal & cream tea).

Wednesday 2 October, The Millstones Autumn Fling.
FOAUKS Membership Travel price: £20

Cost of event on arrival: £17.95 pp (includes morning coffee, two course lunch,



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**114 Tunwell Avenue - Ecclesfield - Sheffield - S5 9FG
T. (0114) 245 4519 - M. 07831 192631**

entertainment, music and dancing before afternoon tea & a game of bingo.)

te that the cruise is an extra £8.50, payable on the day.

To see all the Royles 2019 day trips, visit www.roylestravel.co.uk, or call 0114 245 4519. Or pick up a brochure from the Age UK Sheffield office.

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

**Thursday 4 and 18 July
Thursday 29 August
Thursday 16 and 26
September
Thursday 10 and 24
October**

1pm-3pm

Central Library

Fortnightly on Fridays

Friday 12 and 26 July
Friday 9 and 23 August
Friday 6 and 20 September
Friday 4 and 18 October

9.30am-11.30am

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**.



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 1 August

No meeting

Thursday 5 September

Speaker: Monica Dyson
Venue: SYFR

Thursday 3 October

Speaker: Sheffield Mind
Venue: SYFR

Thursday 7 November (2pm-4pm)

Speaker: Shelter
Venue: SYFR

Coffee mornings at Crucible Corner Café

11am-12pm

These coffee mornings are proving to be really popular, they take place **every Friday** from 11am-12pm but are nearly at capacity! We'd love it if you could join us, but please check first that we have space!

Venue: Crucible Corner Café.

Coffee mornings at Woodseats Library

Every Wednesday

10.30am-12pm

Everybody welcome! They take place **every Wednesday** from 10:30am-12pm at Woodseats Library. New members are more than welcome to turn up on the day and join us to make new friends!

Venue: Woodseats Library.





NEW

Rosemary Memory Cafés

Every Tuesday

2pm–4pm

This is our newest service in Dore and Totley. 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.

The cafes take place on a Tuesday afternoon, fortnightly, in each of two locations:

- **Dore:** The Dore cafes will be held on the first and the third Tuesdays of each month at Dore Methodist Church Hall on Savage Lane.
- **Totley:** The Totley cafes will be held on the second and fourth Tuesday of each month at All Saints Totley Church Hall on Totley Hall Lane.

Everyone is welcome and the sessions are free to attend, but there will

be a small charge for refreshments (£1 per person).

We do ask that you let us know that you're coming simply by calling us on **0114 2502580**.

Transport 17 will be offering accessible minibus door to door transport to and from the venues for a small charge (£1.50 return per person). Let us know you would like to book your place on the minibus when you call us on the above number to let us know you're coming.

Dore Scout & Guide Gala

Saturday 13 July

Begins at 2pm

Age UK Sheffield will be at the ever popular Dore Gala this year. We hope to see you there!

Venue: Dore Recreation Ground.

Tea Dances

Saturday 7 September, 12 October and 7 December

2pm–4pm

Come along and enjoy dancing, music, and lots to eat! Everyone welcome, costs £3.

Venue: Woodseats Methodist Church, Holmhirst Rd, Sheffield S8 0GU

The Big Knit – Final Push!

Tuesday 9 July

10.30am–12pm

We have one last event around the corner to get together for a knit and natter to reach our new target of 4000 hats! If you like, you can email us and we'll send you the patterns to knit. Then you can bring them or send them to our office.

Venue: Virgin Money Lounge on Fargate



MEET THE TEAM

Martin Singer

Martin is our Commercial Development Manager, who joined our team in April and is on secondment from his role as Operations Manager at John Lewis. Read on to find out more about Martin and why we are excited to have him as part of our team.

Why does Age UK Sheffield need someone in your role?

Age UK Sheffield do some fabulous work supporting older people in Sheffield. My role is to work on several projects, including setting up some shops and the business plan for the Old Coach House in Hillsborough Park. These projects will help the charity to generate money

which can be used to support the services and activities which help so many people.

You joined the team in April, how are you settling in?

Hopefully ok. Everyone has been really welcoming and I already feel like part of the team.

What motivated you to work with Age UK Sheffield?

Like many people, I have older relatives and family members and my partner's father had a form of dementia so I recognise many of the challenges that older people face. Before I joined, I also spent a few hours at the Wellbeing Centre and saw some of the work first hand. Personally, it is very



Martin Singer

motivating to be able to support all of this activity with some of the work that I will be doing while on secondment.

Tell us about your favourite hobby!

I love travelling. I am a history buff and so I love a good castle and places with a story to tell! Over the past couple of years we have been lucky enough to visit Venice and Lisbon, with Copenhagen and Rome on the list for this year.

What is the biggest challenge in your role?

Setting up a new shop is not easy and because we currently don't have



any shops at all at the moment it is challenging to get the first one off the ground! We are doing everything for the first time – from hiring a shop fitter, to designing the store and securing donations. The second shop will be easier!

What is your favourite thing about the service that that our charity offers to the older people of the Sheffield Community?

I think it is the fact that each older person may need something different to the next. The fact that Age UK Sheffield can

help in so many different ways is my favourite thing about our service.

What inspires you in your work?

It is great to be part of a team which is really focused on helping the older people of Sheffield. Every action or decision is taken with that objective in mind. That is really inspiring.

Tell us a fun fact about yourself!

I have met three Olympic Gold medallists, a Prime Minister and a Princess!objective in mind. That is really inspiring.

What did you want to be when you were younger?

Probably a footballer – unfortunately my enthusiasm was not matched by my talent!

How can people support the project you're working on at Age UK Sheffield?

At the moment, probably the biggest help will be spreading the word about our first shop in Bradway. Helping us by encouraging customers to visit either shop or donate or both would be a great help.

Membership offers



Dance for the over 60's at Hype Dance Company

Every Wednesday, 11-12

First Class Free!

This gentle class aims for you to have fun while getting fitter, meeting new people and increasing your mobility, flexibility & co-ordination. No dance experience is needed.

Call **0114 275 8503** or email info@hypedance.org.uk. Class located at 60 Upper Allen St, S3 7GL.



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** or email jack.smith@nuffieldhealth.com



Daybell and Choo

15% discount for members. The promotion can be used for spectacle purchases in-store or through the home eye care service.

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

0114 267 1828
info@daybellchoo.co.uk

John Lewis

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.



Redbrik Estate Agents

20% off selling commission. Quote AGE UK - Redbrik19 when booking your valuation. Redbrik is the #1 Agent in Yorkshire & helps people sell homes across Sheffield.

Call **0114 399 0567** for a free valuation today

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.**



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.



Self-Guided Sheffield Heritage Walks

NEW OFFER

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.

If you have any queries about the member offers available, please don't hesitate to get in touch.



Telephone:
0114 250 2850



E-mail:
enquiries@
ageuksheffield.org.uk



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 (competiton 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 The Club 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

Sheffield Half Marathon

Our staff and friends had a great time volunteering and supporting our runners at the Sheffield 2019 Half Marathon in April. We are so grateful to our fantastic runners who raised over £1,200 in donations for our charity! Amazing. We are already recruiting runners and marshals for next year, so please call us if you're interested. The event is on Sunday 14 April.

Pilot Pen Pal Scheme

Our Bridging The Gap pen pal Scheme has just got underway with six volunteers writing to residents of a Sheffield care home to make sure all works smoothly. After the pilot, we'll be rolling it out into the wider community. Who doesn't love receiving a letter in the post?! We are excited to see how this goes and the impact it will have easing loneliness,

boredom and social isolation.

The scheme was set up as a project between Age UK Sheffield and Sheffield Hallam University. We had a huge amount of interest from people wanting to be involved. If you'd like to be a Pen Pal you can fill in an application from our website or give us a call to find out more.



Looking East

Our Wellbeing Centre colleague, Becca Ling, is just back after a three-week visit to Japan, to learn about the activities, groups, and carer support offered to people living

with dementia in the Land of the Rising Sun. The fellowship was funded by the Winston Churchill Memorial Trust – and a similar visit to Canada is to follow this autumn.

The Age UK Sheffield Wellbeing Centre provides the best quality day care for people living with dementia in the city, and Becca is bringing the learning from her foreign trips into our centre. Check the next issue of this magazine for full details of Becca's stay in Japan.

All About Us

Our team is regularly out and about in the city, giving group talks about Age UK Sheffield and our services. If you would like us to come and speak to your group, just give us a call and we'll find a convenient date.



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

Visit your nearest Age UK office

Age UK Sheffield Enterprises Ltd
South Yorkshire Fire and Rescue,
197 Eyre Street
Sheffield, South Yorkshire S1 3FG
Open: Mon- Fri 9am-2:45pm



Call **0800 028 7753*** 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.

Age UK Enterprises Limited trades under the trading name Age Co. Age UK Enterprises Limited (registered in England and Wales no. 3156159) is a trading subsidiary company of Age UK (registered charity, no. 1128267) and donates its net profits to Age UK.

The Age Co Funeral Plan is provided by Advance Planning Limited, a company incorporated in England and a subsidiary of Dignity plc. Registered office: Advance Planning Limited, 4 King Edward
ACOH2958V1JUN19

Donations to Age UK's charitable work from Age Co sales are expected to reach £3 million each year

Renewal time

As a member of Friends of Age UK Sheffield, your membership runs until 30th September 2019. So now is the time to renew for the next year.

As a reminder, members benefit from:

- This quarterly magazine and events calendar posted to your home
- A wide range of member discounts – including dedicated members only swimming sessions at Ponds Forge
- John Lewis £50 voucher (available once during membership)
- iPad loan
- Opportunities to be involved in consultations, focus groups and recruitment
- The right to attend and ask questions at Age UK Sheffield AGM
- One-to-one internet sessions

To renew your membership, simply do the following by 30th September 2019:

Donation

Pay the £12 membership donation in any of the following ways (please tick one):

- Make a bank transfer of £12 to Age UK Sheffield. Sort code 20-76-89. Account number 90103101. **Note: you must include your name in the reference line**
- Enclose a cheque for £12 made payable to Age UK Sheffield
- Bring £12 in cash to our office. The address is at the bottom of this form.

Your details

Title: _____ First Name: _____ Surname: _____

Address: _____

E-mail address*: _____

Postcode: _____ Date of birth: _____ Gender: _____

Please tear off this form and return it to: **Age UK Sheffield, First Floor, South Yorkshire Fire & Rescue, 197 Eyre Street, Sheffield, S1 3FG. By 31st August 2017.**

*From time to time we are informed of local events and offers at short notice. Please tick this box if you would like us to email you when we hear about opportunities like these

