

AUTUMN 2020

MEMBERS' UPDATE



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



Hello, and welcome to the autumn edition of our members' magazine.

I want to begin by saying I hope that you have been well for the past few months and that, like most people, you are looking forward to being able to get out and about and start returning to some kind of normality. It is frightening how the coronavirus has been so threatening to older people.

I am so proud to lead a charity that has shown huge flexibility and professionalism in responding to people's changing needs since March. Within two weeks of the lockdown starting we had found different ways of delivering our face-to-face services; we had contacted over 1,100 people we were supporting and assessed their needs during lockdown; and we started a fundraising appeal that would eventually raise over £60,000 to enable us to deliver free food parcels to shielding older people for four months.

Now the lockdown is beginning to ease, we hope you can begin again to take advantage of some of the benefits of membership of Friends of Age UK Sheffield. Now is the time of year when we ask you to renew your membership, which is still only £12 per year. It includes having this magazine delivered to your home four times per year and a range of benefits across the city, including dedicated swimming sessions at Sheffield International Venues.

By this time next year, I am hoping that our members will have a brand new membership benefit to take



advantage of. For I am delighted to say that the National Lottery Heritage Fund has confirmed its support for our project to restore a derelict listed building in Hillsborough Park. We are hoping to begin building work on the site in October, with the aim of opening our new café next summer.

If you renew your membership by the end of September, you will be one of a limited number of people to be given access to exclusive member offers in the café when it opens. The renewal form is on the back of this magazine. To help to contain the virus and to protect our staff and the older people we support, unfortunately we cannot accept visitors to our city centre office at the moment, so please post your membership renewal form to us.

Best wishes,

Steve Chu

Chief Executive, Age UK Sheffield

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Coach House project given green light

Our final bid to the National Lottery Heritage fund has been accepted!



We are so thrilled to announce that we have been awarded £581,500* to restore the derelict Grade II Listed Old Coach House building, next to Hillsborough Library. The nearby Potting Shed will be renovated as a creative Makers' Shed, and we will also manage community facilities at the park's Bowling Pavilion.

“This is absolutely amazing news. I am so grateful to The National Lottery Heritage Fund and everyone who buys Lottery tickets. This project could not have developed without National Lottery funding.” Steve Chu

He added: “We are going to create a beautiful new café for Hillsborough Park and develop an exciting range of activities which will be targeted at older people, accessible to people with long-term health conditions such as dementia, and available to the entire community.”

David Renwick, Director, England, North at The National Lottery Heritage Fund, said: “We are really pleased to be able to support Age UK Sheffield’s vision for the Old Coach House and the Potting Shed become reality. Our funding will not only go towards saving

these historic buildings from dilapidation, but will ensure that they will become valuable community assets providing a space for services for older people and dementia-friendly activities. Here at The National Lottery Heritage Fund, we are committed to making investments that will ensure the UK's heritage sector is strong and resilient, and we commend the steps that AUKS have taken so that their community café and activity centre in Hillsborough Park will be a sustainable business for many years to come.”

Councillor Mary Lea,

Cabinet Member for Culture, Parks and Leisure at Sheffield City Council, said: “I am absolutely thrilled that The NLHF is supporting this fantastic development. These plans will bring new life and modern facilities in to what is already one of our most popular parks, serving many local communities. Sheffield City Council is proud to be working with AUKS to regenerate this historic building as a unique café venue for Sheffield.”

We are hoping to begin construction work in the autumn, with the aim of opening the café during summer 2021.



In total, the project will cost around £1 million, with Age UK Sheffield contributing £100,000 and over £200,000 in partner funding already secured. Additional local fundraising will also be needed.

If you're interested in supporting the project, through volunteering or fundraising we would love to hear from you!

Please email: enquiries@ageuksheffield.org.uk or phone us (0114) 250 2850.



Our response to Covid-19

When the Covid- 19 crisis first started, we knew we needed to act fast to ensure that all of the people that we regularly support across Sheffield knew that we were still there to support them as much as possible.

This meant we quickly had to adapt and change the way we delivered our services, so that they could be delivered in a way that kept our clients and our staff safe. We also quickly set up an emergency fund raising appeal, so that we could create an urgent food parcel delivery service to people who had been advised by the NHS to shield at home and had no other means of safely accessing supplies.

We have been overwhelmed by the generosity and support of people, from the hundreds of people who have volunteered for us to every single person who has donated and helped us reach our fundraising target of

over £50,000! You have helped us to support an almost countless amount of people! Here are just a few things we have been able to support people with...

As of the 30 June 2020 we have:

- Delivered **2,542 essential food parcels** to people who are self-isolating and unable to safely access essential food items themselves. This wouldn't have been possible without the kind people who donated and the incredible and inspiring people who have volunteered to drive and deliver these parcels.
- Conducted and delivered **33 emergency shops** for people who had

phoned us to say that they had no food left in their house and no means of safely accessing food. All emergency food shops take place within at least 24 hours of a phone call.

- We have **matched 25 clients with volunteers** who have collected and delivered their prescriptions for them because they have been unable to safely do so themselves because of shielding.
- We have **matched 70 clients to new volunteer befrienders** who have been able to phone them up for a regular chat and form friendships during their time of social isolation.
- We have **matched 55 clients to volunteers**



who have been able to go and buy shopping for them (where they have been unable to do so themselves and have needed items other than those contained in our food parcels)

- We have **delivered parcels of treats to 338 people**. These were delivered as a surprise to people who usually receive our food parcels and they contained a selection of “treat” food items that were kindly donated by TK MAXX.
- We have also coordinated several

miscellaneous emergency support tasks such as:

- **delivered clothes to a nursing home**, due to a client who had been discharged from hospital into a nursing home. Their partner was shielding and therefore unable to deliver clothes to the home and so a volunteer visited their partner to safely collect and then deliver the clothes on two occasions.
- Organising for a volunteer to **enable an emergency visit to the vets for a client’s cat**

- and we have **delivered emergency bill payments** to the post office.
- As part of our Gift a smile campaign, we have delivered packages to care homes that have included:
- **50 cushions/ twiddlemuffs and 10 DIY boards** to bring comfort to people living with dementia
- **20 Scrub bags**: (for staff to put their uniforms in to wash from work)
- Over **100 cards** and drawings from school children (see example on page 14)
- Over **100 Resident Tissue bags** from Hope and Dignity Hearth

Thank you so much to each and every single person who has helped us during this difficult period. You have inspired us all and we are so grateful for your support.

Thank you key workers!

In March when the lock down first started, John Lewis kindly donated lots of lovely Hotel Chocolat goodies! All that they asked was that, if possible, could they be gifted to key workers.



We decided to put some chocolates in the food parcels being delivered that week. This meant that as well as key supplies like bread and milk, urgent food parcel recipients also had a lovely surprise treat too!

Next, Teresa Barker, Our COO, came up with the great idea of asking our Age UK Sheffield team to nominate a key worker who they felt deserved a treat to say thank you for all their hard work.

We received lots of amazing nominations from across our team. People nominated nurses, health care staff working on Covid-19 wards, teachers, social workers, care home staff, GP staff, doctors, supermarket staff, volunteers, food bank workers and many more! Reading all of the nominations was so heart-warming and it was amazing to find out more about the amazing commitment and work from so many people across the city putting their skills, knowledge and compassion to amazing use throughout the crisis.

We were lucky to be able to send every single

person nominated a personal thank you letter and a much deserved yummy treat! Lots of the lovely people nominated kindly sent us a photo with their surprise treat too!

We only had space for 2 photos, but you can see the rest on our website! Just search for our “Latest News” page. We hope they bring a smile to you just as they brought a big smile to us!



EVENTS TIMETABLE

Due to Covid-19, many activities/services have been paused due to facilities and venues closing. However, the sessions below are accessible online.

To access/book to join any of the sessions below, see who the session is provided by, then contact the relevant team on these details:

- The Community Wellness Service, call **0114 553 7807**
- The Carers Centre, email jan@sheffieldcarers.org.uk
- The Carers project Outreach, call Katie **07447 391437**. These sessions are for unpaid carers and the person they care for (created for adults with a mild or moderate learning disability/autism).

Tuesdays

Community Wellness Service are offering the following classes:

Gentle Chair Aerobics

10.30am

Chairobics

11.30am

Wednesdays

Dore and Totley Carers Café

10am

Takes place on the 1st and 3rd Wednesday of every month. Provided by Sheffield Carers Centre. Sessions now take place via Zoom.

Bingo and Quiz Morning

10.30am

Provided by the Carers project Outreach.

Mindfulness

10.30am

Provided by Community Wellness Service.

Dancercise cuppa and chat

2pm

Provided by the Carers project Outreach.

Thursdays

Community Wellness Service are offering the following two classes:

Gentle chairobics

10.30am

Falls prevention/Stability/Balance

11.30am

Short Stories

2pm

Provided by Sheffield Carers Centre. Takes place on the 2nd Thursday of every

month. Listen to a story or bring your own to share. Sessions now take place via Zoom.

Digital doodles

2pm

Provided by the Carers project Outreach.

Fridays

Carers Trust Carers Café and Quiz

10am

Provided by Sheffield Carers Centre. Takes place on the 2nd Friday of every month. Sessions now take place via Zoom.

HiIT Class (high-intensity interval training)

10.30am

PiYo (Pilates/Yoga based)

11am

MEET THE TEAM

Sarah Hamilton

Sarah is an Enhanced Independent Living Coordinator and the Volunteer Coordinator for our new service: Porter Valley in Touch (PVIT) Sarah joined our team in February 2013.



Can you tell us about what makes PVIT different to befriending services?

The word “innovative” gets used a lot, but this truly is an innovative approach to delivering support in the community. The service is very much goal focused, it’s about achieving realistic and sustainable goals to help people retain or regain their confidence and independence back after, for example, leaving hospital, a new diagnosis, living alone, or simply following lock down. It’s very much focused on the volunteer’s experience as

well as the older person that they’ll be supporting. It’s really about utilising skills that we all have (and perhaps don’t realise we have!) and sharing them in a way that supports others and gives back to our community.

How has Covid-19 impacted the service?

At first, we were worried that the project would not be able to go ahead, with so much uncertainty at the time and understandable apprehension about being near others; even after lock down rules are lifted. But where there’s

a will there’s a way! Plus, we’ve realised there’s definitely a silver lining because lock down life has led to many people needing to adapting and pushing the boundaries of their comfort zone, for example, by learning how to keep in touch via video calls. People have had to think outside the box to support their neighbours and so many community groups have popped up all over Sheffield, it really does seem to have brought communities together. So many people kindly contacted us to volunteer their support and I think that shows an

amazing thing; people have realised that they do have skills and time to offer to support others in our community.

What would you say if someone was unsure about volunteering?

I'd say that everyone has something to offer in terms of skills and even if you can only spare an hour a week, that's great! Plus, we'll always be here with extra training, resources and support, and at the other end of the phone as well! Putting in a little time really does result in a hugely rewarding role. Give it a go! You might surprise yourself :)

What's your favourite thing about your job?

I love seeing the smile on people's faces when we've helped them. It sounds cheesy but sometimes people won't have known they could access any support, and when they find out it can

be totally life changing. I once supported a couple who hadn't been away for years. Their GP suggested they get in touch with us and I found out that because of their caring situation and health conditions, they were entitled to carers allowance and pension credit. They called me to say they had booked a little get away and couldn't wait. They would have never been able to afford that before and it was so special for them (and me!)

Where would you be working if you weren't in this role?

I think I'd probably be working in nursing homes, setting up occupational therapy focused activity groups, so that there were more options than sitting and watching T.V for example.

What did you want to be when you were younger?

I wanted to be a pilot! Lots of my friends wanted to be air stewards, but I didn't want to walk up and down the plane, I wanted to fly the plane!

Can you tell us more about yourself?

I originally studied occupational therapy, and I absolutely loved my placements helping to set up activities in care homes and falls prevention services. It made me realise I wanted to work with older people, supporting them to live more independently. I love reading and watching all sorts of sports on T.V. but overall, I'd say my main hobby, is my family. To find out more about the PVIT service and how to get involved, please see page 15.

Membership offers

Many offers cannot currently be delivered and have been paused due to Covid-19, lock down and staff availability. We are hoping that regular offers will be accessible again before the next edition of this magazine.

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

Curious About Sheffield – quirky heritage walks. Explore, Discover & Enjoy Sheffield with two unique, self-guided, heritage walks with an optional treasure hunt. Buy in printed booklet or instant download format from curiousabout.co.uk/sheffield and explore in your own time. Enter code **“Sheffield25”** at the checkout for a 25% discount when you spend over £12 on any Curious About Walks.

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. **0114 358 3134**.

Howells LLP – 15% off on Wills and Lasting Power of Attorney cases. **0114 249 6666**. (Dementia Friendly Trained).

What offers would you like to see?

As we are hoping that our normal membership offers are up and running again as usual by the time our next issue is due, we thought we'd take this pause as an opportunity to ask you what offers you'd like to see in future!



We are so excited to be able to offer you the opportunity to be one of a limited number of people given access to exclusive member offers in the Coach House café when it opens, but is there anything else that you would like included?

For example, do you have a favourite restaurant or place to visit that you would like to see a membership offer for? Perhaps you, or someone you know runs a business that would be interested in offering an exclusive discount to Friends

of Age UK Sheffield members? No matter, what the idea is, why not let us know! It's great to hear your feedback and we want to provide as many great offers for you as possible. So, get in touch and let us know any ideas you have!

Access help and support



Do you, or someone you know need some help, support or advice at the moment?

We know that Covid-19 has been a difficult period of time for many people, and might have resulted in people's situations or wellbeing changing. Whether you need help finding out how to access food, advice about finance, or could use a hand learning

how to get online to video call your family, we can help. Get in touch with us and we will either be able to organise support for you, put you in touch with our expert information and advice team, or sign post you to a local organisation that can help.

Our office is still closed to visitors, however you can call us on: **0114 250 2850** or email: **enquiries@ageuksheffield.org.uk**

Covid-19 lock down reflections and experiences

We would really like to hear your thoughts, ideas, reflections plus anything you've learnt during lock down.

We know that the last few months have been really tough for so many people in lots of different ways. But it's also been a time where people have been sharing news about hundreds of lovely small acts of kindness, good deeds, community spirit and reassuring messages. It's also given many people the time to reflect or to reach out and talk to people who they perhaps wouldn't usually connect with, have time to or be able to. Have you had any experiences like this?

We would love to hear about them. If you would like to share anything that's really stood out to you, perhaps a story of someone going out their way to help a stranger



in their community, or any reflections or lessons you've learnt during lock down. Maybe a group of neighbours or a small service or community group teamed up in a unique way to support your local neighbourhood?

Please do get in touch and let us know. We'll publish as many of these responses as we can in our next issue and on our website. Whether it's a thank you message to a person or group that

has supported people, a short story, a quote that has helped you through or even a poem, you can send them through to us to share and inspire others!

You can send this to us via post at: Age UK Sheffield First Floor, South Yorkshire Fire & Rescue, 197 Eyre Street, Sheffield, S1 3FG

Or you can email it to us by sending your email to cally.bowman@ageuksheffield.org.uk

Porter Valley in Touch

Before lock down started, we were due to begin a new project in partnership with the NHS called Porter Valley in Touch that aimed to help reduce social isolation and increase independence and general wellbeing for older people living in Sheffield. Unfortunately this project had to be put on hold because of the pandemic; however, we are now in a position to begin this innovative project, that is so important for our older community, now more than ever!



The Porter Valley in Touch service is a joint initiative between Age UK Sheffield, NHS Sheffield CCG and the Porter Valley Primary Care Network (a network of 6 GP practices). Following expert training, volunteers will call or visit a person at a safe distance to provide support for them to regain or retain their independence, such as through learning simple domestic tasks, gaining confidence in travelling or learning basic IT skills to keep in touch with family. If this volunteer role sounds like something you might enjoy, this might be the perfect opportunity for you to make a big difference!

Some key things to know:

- Only volunteer as much time as you are happy to, the role is very flexible!
- Expert training will be provided beforehand
- No previous experience necessary
- You'll be supported throughout the whole process & receive a training & resource pack plus emergency contact details
- Volunteer expenses are covered so there's no hidden costs
- Help reduce pressure on local NHS services
- You will receive a certificate from Age UK Sheffield upon completion of training & volunteering
- We'll need to complete a DBS (criminal record) check, on your behalf (which we pay for)

**PORTER
VALLEY
IN TOUCH**


Sheffield
Clinical Commissioning Group

Would you like to find out more about the project & how to get involved?

Please visit ageuk.org.uk/sheffield/get-involved/intouch or call **(0114) 250 2850**.

Renewal time

As a member of Friends of Age UK Sheffield, your membership runs until 30 September 2020. 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 30 November 2020:

Donation

Please pay the £12 membership donation via bank transfer or by sending a cheque (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 in an envelope with this form (once filled in and cut out). 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 cut off this form and return it to: **Age UK Sheffield, First Floor, South Yorkshire Fire & Rescue, 197 Eyre Street, Sheffield, S1 3FG. By 30 November 2020.**

*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

