



WELCOME TO OUR

February Local Loop

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

Welcome to the February edition of our Local Loop!

Spring is just around the corner, and you can almost feel it in the air! There's a sense of hope as we see bulbs sprouting up everywhere, and the snowdrops stand tall and strong, even with the lingering chill and the possibility of more snow.

This month's issue is all about celebration. Our volunteers have been taking well-deserved breaks, we're reflecting on the success of this year's Dear Christmas Friend campaign, and hearing inspiring stories that remind us that age is just a number—just keep doing what makes you happy! So, relax, grab a drink, and catch up on what's going on this month.

A handwritten signature in cursive script, reading 'Maria'.

Maria Cooke
Innovations and Communications Director



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VOLUNTEER ANNIVERSARIES



Major Milestones for Men in Sheds Volunteers

We have so much news to share with you this month about some of our incredible volunteers.

Major Milestones for Men in Sheds Volunteers
Our Gold award was issued to 2 Men in Sheds (Workshop) volunteers during February.

Meet Bernard and Alan who have both been volunteering for 10 years.



Bernard proudly displaying his certificate



Alan – Men in Sheds volunteer Workshop

Thanks to both for their commitment and support over the past decade and congratulations on your long service. Thank you for supporting many older men to join the shed and take part and learn new skills in a warm, welcoming environment, where nobody needs to feel lonely, isolated or excluded.



2023 VOLUNTEER AWARD WINNERS TAKE A BREAK!



In last February 2024's edition we announced that Peter (Best Foot Forward Walk Leader) had been chosen as the recipient of our Outstanding Contribution award, and Joan (Advice Volunteer) had been chosen as the Longstanding contribution award for 2023. Their prize was a short break for 2 people, courtesy of Room to Reward.

Peter and Joan have both been in touch to let us know they have taken their short breaks and shared some details and a couple of photos taken at their destinations.

Joan tells us in her own words below about her break.

“

We went to Titchwell Manor Hotel for two nights on 11th and 12th November, just before the cold weather started and when most of the day was sunny.

Titchwell Manor is a lovely 4 Star hotel and just the kind of place we like. It had draught beer and open fires in the lounge.

”



Titchwell Manor Hotel in Norfolk

Joan and husband at Wells Next The Sea

The lounge at the hotel

“

The staff were lovely. The owner/chef is Michelin rated, and [we enjoyed meals in the hotel because] we were so comfortable. We pottered around various antique shops and looked for crab sandwiches for lunch. [We extended our stay by paying for another night because we were enjoying it so much].

Thank you..... for our lovely break

”



2023 VOLUNTEER AWARD WINNERS TAKE A BREAK!

Peter and his partner went to Bath (a city he'd never previously visited). Visiting in mid-January, they stopped off for a bit of retail therapy at Bicester Outlet Village near Bicester and arrived at the Apex Hotel around teatime.

The next morning, Peter and Val did a little more shopping in Bath before taking an open top bus tour around the city. (very brave in January!)

After an excellent breakfast the following morning, they visited Cheddar Gorge to take in the spectacular views and enjoy coffee and cake before heading back up home to Nottingham.

Peter says,

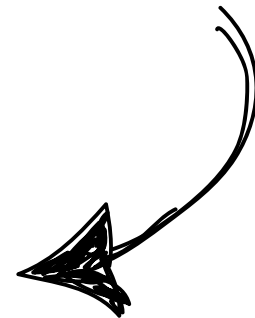
“

The Tour was very interesting but after some time it became very cold on the bus, so we got off and ate out in Bath before retiring to our hotel where the staff were very friendly and efficient, and we had a lovely room

”



Peter and his partner
Val on the open top
Bus tour round Bath



Peter enjoying
the views at
Cheddar Gorge

Thank you very
much for the award
which ensured a
wonderful time in
Bath.

Peter

THANK YOU

Dear Volunteering
Age UK Notts,
The Sybil Levin C
577a Nuthall Rd,
Nottingham NG

VOLUNTEER AWARD WINNERS 2024



Back in November 2024, we promised to announce the winners of the 2024 awards and they are:

Senna – Longstanding Volunteer Award

Senna has been volunteering for the Companion Service (formerly the Befriending Service) since 2019 and has supported 3 older people with home visits and a further 2 as a telephone befriender.

Her current Companion is D who lives alone and has very little contact with her family due to the geographical distance between them. She has several long-term health conditions which makes going out into the community challenging.

Senna's regular visits and trips out for coffee and lunch make a huge difference to D's enjoyment of life:

“

It's so good to talk to someone different, it brightens up my day and makes the world of difference to me

”



Left - Martyn Illingworth (Senior Strategic Director) with Senna - centre and Michelle Elliott (Joint CEO) – right.

Senna has a very demanding job that takes her out of the country for periods of time, but she always ensures that she calls and texts Dorothy to keep in touch until she is back in the UK.



D's daughter has also commented

“

Mum loves Senna and her visits, they make all the difference to her and it's very reassuring for me to know that they are having such happy times together

”

VOLUNTEER AWARD WINNERS 2024



Back in November 2024, we promised to announce the winners of the 2024 awards and they are:



Left - Martyn Illingworth (Senior Strategic Director) with Jen - centre and Michelle Elliott (Joint CEO) – right.

Jen says:

“

We both agreed we are great friends and enjoy our time together very much”

”

Jen is looking forward to her next match with the Companion Service.

Jen – Outstanding Volunteer Contribution Award

Jen began volunteering in the Befriending Service in 2023 and transferred to the new Companion Service in March 2024, as did B (the person she had visited). Although B has a close family, she sometimes spends a lot of time on her own and she'd lived alone since 2017.

B is in her 90s and enjoys sharing memories from her life with Jen who takes equal pleasure in hearing about them. Jen supported B by alerting the Companion Service team with any developments for which B needed additional support and were able to go out for drives to revisit some places from B's past to enjoy the view and reminisce about old memories.

B had to move into a care home in December 2024 but Jen still visits and continues to enjoy the friendship.

The two winners enjoyed an afternoon tea this month with Michelle Elliott (Joint CEO, Martyn Illingworth (Senior Strategic Director) and Judith Keegan (Volunteering Senior Operational Manager) where they were presented with a framed certificate and bouquet.

Senna and Jen both won a two-night stay for 2 people with Room to Reward and we'll bring you details in later editions of their adventures.

Members of the Employee Forum choose the winners of our Volunteer Reward programme – if you'd like to know more about the Employee Forum and maybe even become a member, check out the details [here](#)

TEA FOR TWO?

Join us for an afternoon of entertainment by the amazing Lily Taylor-Ward , a delicious selection of sandwiches and cakes along with some fabulous company - all whilst raising vital funds for Age UK Notts!

Why not treat yourself, take a friend or two or as a treat your loved one as a Mothers Day gift!



Fundraising event

Afternoon Tea

with entertainment by vocalist Lily Taylor-Ward



Wednesday 26th March 2025 at 2.30pm

**The Gedling Inn
50 Main Road
Gedling
Nottingham
NG4 3HL**



Entertainment for
the afternoon will
be vocalist Lily
Taylor-Ward



Tickets: £15.00 per person

**To book call Elaine 07872 839605 or
Age UK Notts 0115 896 6907 to pay by debit card**

HELPING BUILD CONNECTIONS, ONE SMILE AT A TIME

That's the aim of the game for a new community initiative between Mansfield Palace Theatre's Learning and Aspiration team and Nottingham and Nottinghamshire NHS, thanks to funding support from Nottingham and Nottinghamshire Integrated Care Board (ICB).

The Make a Start scheme was derived from the coronavirus pandemic and offered those at risk of isolation or anxious to re-enter social settings an opportunity to meet in a relaxed environment at the theatre and enjoy activities such as chair based exercises, arts and crafts and singing. As word spread and the project grew, feedback also indicated that others would love to attend but barriers such as transport, money and weather conditions were preventing this.

The solution? If you can't come to us, we'll come to you! The rest, as they say, is history as 'Make a Start in the Community' was born, with weekly sessions already seeing good numbers of attenders, including one who tells us:

"The scheme is a lifeline for me and allows me to get out and see people and get moving, rather than be stuck at home staring at four walls all day".

The initiative provides social connections where people of all ages can enjoy a cup of tea and a friendly chat while making new friends. It offers creative activities such as fun arts and crafts to improve dexterity, gentle exercise to boost physical health through chair-based exercises, engaging games such as ever-popular bingo, plus music and laughter to encourage singing along and smiling together.

Cllr Angie Jackson, Joint Portfolio Holder for Wellbeing, Health, and Safer Communities, said:

"Mansfield Palace Theatre offer a diverse range of educational and creative programmes in partnership with organisations who share the same values. It makes sense therefore to work together with local NHS providers to offer sessions in the community to bring together those who may be experiencing loneliness, or who need support to get out and about and active, to meet new people or try new activities".

Sessions are held weekly at the following times and venues; join us soon - you're guaranteed a warm welcome:

**Flint Avenue Community Centre
Flint Avenue, Forest Town, NG19 0DS
Wednesdays, from 1pm to 2.30pm**

**Stacey Road Community Centre
Stacey Road, Mansfield, NG19 7JJ
Thursdays, from 11am to 12.30pm**

There is no charge to attend and transport can be arranged for those who require it.

If you or someone you know would like to find out more or get involved, please contact

Marie on mwragg@mansfield.gov.uk or 01623 463520.

t: 0115 844 0011 | e: info@ageuknotts.org.uk

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Dear Christmas

DEAR CHRISTMAS FRIEND 2024

Our Dear Christmas Friend campaign for 2024 was an absolute triumph!

Thank you so much to everyone who participated and/or shared information with family and friends. All those thousands of pockets of time given to spread some Christmas cheer for people in hospital and care homes really made a huge difference.

Not only did hundreds of people from around the county share a little Christmas joy, we even went international with letters received from France, Sweden and the Netherlands.



Highfields Care Home have begun work on an intergenerational project with the school in France – the residents are busy making their own cards to send back to the children.

We can't forget the magnificent generosity of Dunelm customers who donated over 500 gifts that we were able to distribute to the venues supporting Dear Christmas Friend. For some people, it was the difference between having a gift to open on Christmas morning, or not.



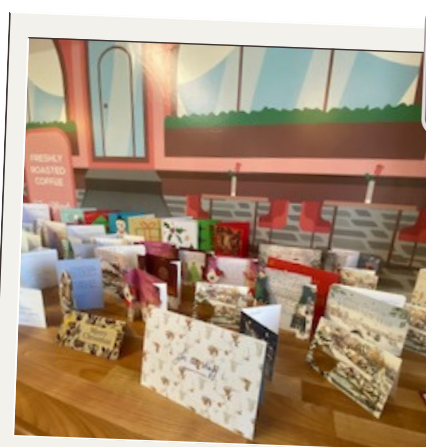
Dunelm



Truly, this project is the perfect example of how small acts of kindness can make a huge difference in the lives of other people.

Maria says that the response to the call-out for Dear Christmas Friend makes her so proud to be part of our amazing charity.

The world is pretty scary right now and its always helpful to have a reminder that we are surrounded by good people willing to share a little of their time to help others.



Not a dry eye in the house!

Look out for details of our 2025 project later in the year.

NOTTINGHAM CITY WARM HUBS

Many residents may be struggling this winter to deal with increasing household bills, as the cost-of-living crisis continues, and the days become colder. Nottingham City Council, partners, community and voluntary organisations, have opened up a number of buildings as warm spaces for any resident to freely access and stay warm during their opening hours.

NORTH LOCALITY

Basford

Renew Community Café
Basford Road Baptist Church Basford Road,
NG6 0JL
Wednesday Morning, 11am - 1pm
A range of Hot and Cold Drinks, Cakes &
Pastries available for a small donation. We
also have board games and craft activities
to take part in. We aim to make this space
somewhere for you to be comfortable
where it's ok not to be ok.
Nicola Darlington
07790276892
enquiries@basfordroadbaptist.org.uk

Bestwood

Arnold Rd Evangelical Church
Arnold Road NG5 5HN
Tuesdays 10am- 11:30am
Coffee morning
pastor@arnoldroad.org
0115 920 1788

Bilborough

Beechdale Community Centre
Ambergate Road, NG8 3GD
Monday to Friday 6pm – 8pm
Warm space
0115 915 0285
07889662637

Bilborough

Beechdale Community Centre
Ambergate Road NG8 3GD
Monday to Friday 10am-4pm
Games, Hot Meals, Hot drinks, Advice,
Support, Food bank, various group activities
01159150285
07889662637

Sherwood

#Well Café, The Pillar Box
566 Mansfield Road NG5 2FS
2nd & 4th Thursday of the month 3pm – 5pm
Our cafes are designed to connect individuals to like-
minded people in the community, sharing well-being
tips, interests and skills. There is offer of tea, coffee
and biscuits.
katie.hale@nottinghamshiremind.org.uk

CENTRAL LOCALITY

Aspley

St Martha's Church 137-139 Frinton Road NG8 6GR
Wednesdays 10am- 12pm
Community Café
0115 9298899
Info@wearewoven.church

Aspley

St. Marthas Vicarage
135 Frinton Road NG8 6GR
Wednesdays 10am- 12pm
Free community cafe
0115 929 8899
Info@wearewoven.church

City Centre

Emmanuel House Support Centre
53-61 Goosegate, NG1 1FE
Monday, Tuesday, Thursday and Friday, 12.30pm –
1.15pm.
Food and company. Community members can use
the centre as a warm safe place to help reduce fuel
bills at home.
Charging £2 for meal or £10 for 10 meals when
ordered in advance.
0115 950 7140
E-mail
admin@emmanuelhouse.org.uk

NOTTINGHAM CITY WARM HUBS

City Centre

Grace Church

1 Castle Boulevard NG7 1FT

Tuesday 10am- 11:30

Family Foundations sessions - free play, support parcels for young families (including food parcels if needed), befriending and signposting
hello@gracechurchnottingham.org

City Centre

#Well Café, National Ice Centre,

Bolero Square NG1 1LA

Mondays 10:45am – 12:30pm

Our cafes are designed to connect individuals to like-minded people in the community, sharing well-being tips, interests and skills
katie.hale@nottinghamshiremind.org.uk

Hyson Green

Salaam Shalom Kitchen; The Bridge Centre,

49a, Gregory Boulevard NG7 5JA Every

Wednesday, 5pm - 6.30pm

Warm space and hot meals ; also take away meals and groceries

07729288460

info@salaamshalomkitchen.co.uk

Hyson Green

SFiCE House; 75a, Raleigh Street

Arboretum, NG7 4DL

Tuesdays, Wednesdays & Thursdays, 4pm- 5.30pm

Hot meals for the homeless and communities in need. Free, or small donation if one can afford it

0115 978 9256

07941378265

info@sfice.org

Wollaton

Wollaton Park Community Coffee Shop, Harrow Road NG8 1FG

Thursdays 8:45am- 11:45am

A warm safe place to help reduce fuel bills at home. We run a coffee shop and offer subsidised hot drinks and food.

0115 928 8860

wpcommunitycentre@googlemail.com

Wollaton West

St Thomas More's Church Hall

2 Glenwood Avenue NG8 2GA

Fridays, 12.30pm - 2pm

Food and company. Community members can use the centre as a warm safe place to help reduce fuel bills at home.

0115 929 5907

st.thomasmore.wollaton@outlook.com

SOUTH LOCALITY

Clifton

Holy Trinity with St Francis Church Farnborough Road, NG11 9DG

Wednesdays 9 - 11am

Drop-In Cafe with tea, coffee, toast and biscuits. Have a chat and make new friends. All free.

DROP IN CAFÉ with prayer time at 11am (all welcome, no pressure to take part in prayers)

074591382105

juleshilton@outlook.com

NOTTINGHAM CITY WARM HUBS

Dales

Oliver Hind Youth Club

Edale Road, NG2 4HT

Mondays, Tuesdays, Thursdays: 12 - 3pm

Wednesdays, Fridays: 10am - 3pm

Come relax, chat, or simply take a break from your day. You can sip on tea or coffee, savour fresh fruit, and perhaps indulge in a biscuit or two. Plus, feel free to make the most of our facilities - enjoy a game of table tennis, pool air hockey, or table football.
0115 837 2021

Sneinton

Sneinton Hermitage Community Centre

51 Sneinton Boulevard NG2 4FD

Tuesday 10-1pm Warm Hub

Thursday 11-1.30pm Noor Project

Warm Hub is a drop in session run by social prescribers offering advice, health & finance etc. various activities i.e board games/quizzes/card games. refreshments available

Noor Project offer a hot meal and pudding, social interaction with other people

Yoga and various other arts/crafts activities

sneintonhermitagecc@gmail.com

07974394042

St Ann's

Chayah Development Project

26 Robin Hood Chase NG3 4EZ

Wednesdays, 9am - 2.30pm from November 2024

Community members can use the centre as a warm safe place to help reduce fuel bills at home. Hot meals for £1.00, free hot drinks

Hya@chayahgroup.co.uk

St Ann's

Open Kitchen

207 Mansfield Road NG1 3FS

Mondays to Thursdays 11am-2pm

Fridays 11am- 1pm

mail@muslimhands.org.uk

People are able to pop into the café without booking

Muslim Hands

01159117222

For more information visit:

<https://www.placesforpeople.co.uk>

[Find a Space](#)



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Big Thanks go out to all of our Knitters who have sent in an amazingly creative array of little hats for The Innocent Big Knit!

Our talented crafters have submitted everything from stunning sea life and fruity creations to every animal you can think of, as well as all sorts of items perfect for a miniature tea party!

Our target is 10,000 hats so let's get those needles & hooks clicking and create a real yarn to remember!

We can't wait to see your clever creations!

Crafters have until 1st July 2025 to send in their hats, so there's plenty of time to get involved.

We'll update you next month on how it's going.



Big Knit drop 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

For more information click here

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

#innocentbigknit
#getknitting
#ageuknotts



PENSION CREDIT – WHO IS MISSING OUT?

Research by Policy in Practice (2024) identified that there are over **13,000** households across Nottinghamshire missing out on Pension Credit, over **4,000** of which are in Nottingham City.

The total value of Pension Credit going unclaimed by those who are eligible for it in Nottingham and Nottinghamshire combined is over:



Imagine the difference that releasing that £32 million could make to the lives of people on very low incomes and to the wider economy of the county when they spend it. Let’s do everything we can to ensure people know about their entitlement to benefits and how to claim them. Pension Credit often acts as a gateway to other benefits such as the Winter Fuel Payment.

Are you in?

To find out more, call 0115 844 0011 or email info@ageuknotts.org.uk

Your patience will be appreciated at this very busy time so please leave a message or an email and we will come back to you as quickly as we can – it might take a few days!

What’s the picture in Nottinghamshire?

Area	No. of households missing out	Value (£Million)
Nottingham City	4261	11, 556,000
Ashfield	1606	3,476,892
Bassetlaw	1498	3,441,009
Broxtowe	1192	2,628,475
Gedling	1205	2,648,867
Mansfield	1357	3,139,547
Newark	1355	3,065,549
Rushcliffe	926	2,094,285
	Total value of unclaimed benefits	32,050,624



A FLIPPIN' GOOD TIME



Pancake Day will take place on Tuesday, March 4, 2025, a day when people all over the UK come together to enjoy delicious stacks of pancakes. However, the day's original name is Shrove Tuesday, a Christian holy day.

Traditionally, villages would take part in pancake races, and children would visit their neighbours' homes, hoping to be given a homemade pancake.

In Ireland, the oldest unmarried girl in the family would be the one to flip the first pancake of the day. Meanwhile, in Scotland, a charm would be hidden in the pancake, and if an unmarried person found it, it was said they would be married by the following year.

How do you like yours?
Find more recipes [here](#)



Pancakes have become a staple in our diets, enjoyed at any meal. Here's one of my personal favorites:

American blueberry pancakes

200g [self-raising flour](#)

1 tsp [baking powder](#)

1 [egg](#)

300ml [milk](#)

knob [butter](#)

150g [pack blueberry](#)

sunflower oil

or a little butter for cooking
golden or [maple syrup](#)

[Mix together flour, baking powder and a pinch of salt in a large bowl.](#)

[Beat egg with milk, make a well in the centre of the dry ingredients and whisk in the milk to make a thick smooth batter.](#)

[Beat in a knob of melted butter, and gently stir in half of the blueberries.](#)

[Heat a teaspoon of sunflower oil or small knob of butter in a large non-stick frying pan.](#)

[Drop a large tablespoonful of the batter per pancake into the pan to make pancakes about 7.5cm across. Make three or four pancakes at a time.](#)

[Cook for about 3 minutes over a medium heat until small bubbles appear on the surface of each pancake, then turn and cook another 2-3 minutes until golden.](#)

[Serve with golden or maple syrup and the rest of the blueberries.](#)



AND FINALLY....

Have you been tuning in to Scott Mills on Radio 2 this week? He's been proudly celebrating older people on his breakfast show. What an inspiration they are!

Hilda Jackson celebrated her 105th birthday in style, with a DJ, rave lighting, UV paint, and glowsticks. The care home resident from Derbyshire kicked off her special day by being interviewed by BBC Radio 2's Scott Mills, who shared with listeners: "Hilda loves a rave."

Scott invited Hilda to join in on the show's "The Birthday Game," where guests are presented with a selection of songs.

She wasn't fond of the first song, "Love Grows (Where My Rosemary Goes)" by Edison Lighthouse, which had topped the charts on a previous birthday. But when Scott played 2 Unlimited's 1993 dance hit "No Limit," Hilda couldn't resist moving along, giving a thumbs-up, and saying, "I rather like that."



"We're having a bit of a rave. I've always loved dancing. I'm enjoying it, every minute of it."

- Hilda celebrating her 105th birthday on Tuesday.

Grandad Sings...

On Thursday morning, Scott spoke with Edwin Rayner, a lifelong singer who, after losing his wife of 60 years, felt as though he had no reason to go on. Now, nearly a decade later, the 92-year-old, known on social media as Grandad Sings, has found new purpose. A grandfather of five, Edwin covers everything from Elvis Presley to Chappell Roan's "Pink Pony Club," and has amassed nearly nine million views on TikTok, along with another 150,000 followers on Instagram.



When asked what his secret is, Edwin says that luck has something to do with it, but it's his wife and family who have kept him going.

"Age doesn't matter. People think at 90, 92, you're finished, you're not. Keep doing whatever you want to do. Only do it more so,"

- Edwin Rayner, 92.

DATES FOR MARCH

4th March - Pancake/Paczki day

It is a beloved Polish tradition celebrated right before Ash Wednesday and is also called as Fat Tuesday or Shrove Tuesday. Paczki Day is a time for people to enjoy these delicious pastries before the Lenten fasting period begins. It is tied with the day before beginning the 40-day fasting period of Lent, observed by Christians up to Easter. As per tradition, during Lent, it is said to abstain from indulgent foods and Fat Tuesday became a time to use up ingredients such as sugar, lard, and eggs before the fasting period.



30th March - Mothering Sunday

More commonly known as Mother's Day, is observed in The UK every year on the fourth Sunday of Lent, which means it is a moveable feast. As such it is always three weeks before Easter Sunday. Celebrations of motherhood go back to the ancient Greeks and Romans. The Greeks had festivals honouring Rhea and Cybele, known as the mother goddesses, and the Romans celebrated mothers during the festival of Hilaria.



8th March - International Women's Day

Held on the 8th March every year and has been taking place since the early 1900s. It's become an important day to highlight and celebrate women in all areas of life across the globe.

Although some things have improved for women over the years, there is still a lot of inequality for women around the world. Find out more here:

www.internationalwomensday.com



20th March : International Day of Happiness

This year's theme reminds us that lasting happiness comes from caring for each other, feeling connected and being part of something bigger. Encouraging 1 million extra acts of caring and sharing all around the world. And you can be part of it!



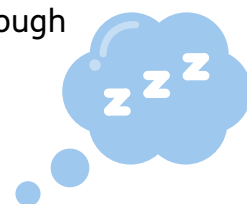
30th March - Eid al-Fitr

A Muslim holiday that marks the end of the holy month of Ramadan and the beginning of the Shawwal month. It is also known as the "Festival of Breaking Fast".



15th March - World Sleep Day

A global day of awareness and education about sleep. It was first celebrated in 2008. Intended to be a celebration of sleep and a call to action on important issues related to sleep, including medicine, education, social aspects and driving. It is organised by the World Sleep Day Committee of World Sleep Society and aims to lessen the burden of sleep problems on society through better prevention and management of sleep disorders.



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HR

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



Bank Support Worker
(Specialist Dementia Day Service)

SPECAL Support Worker

Mini-Bus Driver

A MESSAGE FROM COMMUNICATIONS



Tell us what you think of this month's Loop!

If you have any news or information you would like to see included please forward onto to us.

Send any comments to
maria.cooke@ageuknotts.org.uk

If we can make it better, we will. If you like what you see, please tell us.

Maria & Sarah

t: 0115 844 0011 | e: info@ageuknotts.org.uk

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