



WELCOME TO OUR

# February Local Loop

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

Welcome to the February edition of the Local Loop!

Spring is finally on the horizon, and with it comes a month full of colour and celebration. From St David's Day and St Patrick's Day to World Book Day - and with British Summer Time just around the corner, March gives us plenty of reasons to look forward. In this edition, we're shining a light on some fantastic Warm & Wise successes, sharing the fun from our recent Pie & Pea Quiz, we also explore new EDI talking points, bust some common mobility myths, and take a moment to find those small glimmers of hope that brighten even the darker days.

Enjoy the read- and here's hoping it puts a little spring in your step! We've also popped in a quick round-up of social events and diary dates, so you've got lots to look forward to.

**Sarah Elliott**  
**Communications Coordinator**



**Social Media -**  
**We want to hear from you!**  
**Help us by...**



**Liking, Saving, Sharing and**  
**Commenting on our posts.**

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# GOOD TO KNOW...

INFORMATION



## TO FIND OUT MORE CONTACT:



Call us:

Paul Goddard 0115 896 6906



Visit us at:

[www.ageuknotts.org.uk](http://www.ageuknotts.org.uk)



Email us:

[togetherwewalk@ageuknotts.org.uk](mailto:togetherwewalk@ageuknotts.org.uk)

SCAN



## WALK YOUR WAY TO WELLNESS - JOIN THE JOURNEY

Our walking groups promote better health and wellbeing through regular exercise and the chance to build strong social connections within our beautiful city and county. Whether you are here for fitness, friendship or fresh air, you'll be part of a supportive and inclusive group. We welcome all walkers aged 18+.

We're currently offering gentle walks in Sneinton, the Arboretum and Highfields and we're adding new walks all the time. You can find out more about the walks (what you'll see, the terrain etc) on our website.

Nottingham & Nottinghamshire ageUK  
Sponsor by Active Travel England TRAVEL WELL  
Nottingham City Council

### Together We Walk

Walk Your Way to Wellness - Join the Journey

- [togetherwewalk@ageuknotts.org.uk](mailto:togetherwewalk@ageuknotts.org.uk)
- 0115 896 6906
- [www.ageuknotts.org.uk](http://www.ageuknotts.org.uk)
- Charity no 1067881

## GOOD TO KNOW...

# INFORMATION

## News from ageUK Let's change how we age

Age UK have launched 'Still Got It', a new initiative promoting the release of Age UK's first ever guide, focused exclusively on sex and intimacy – strategically published just before Valentine's Day.

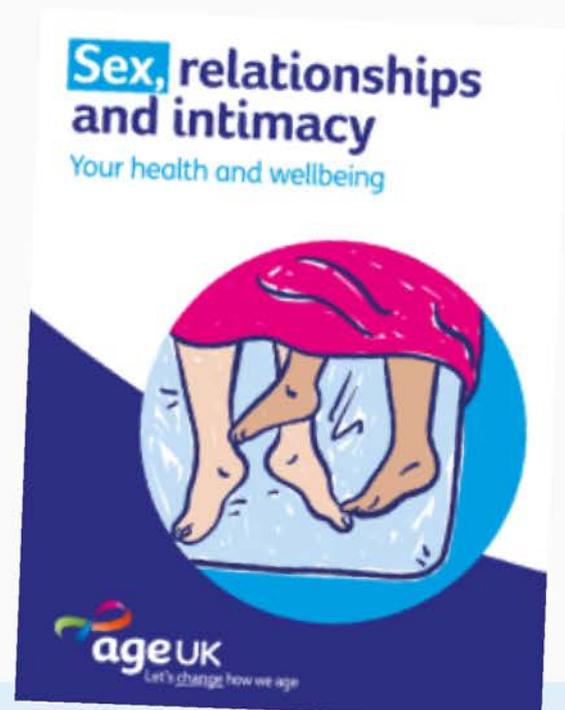
Upholding Age UK's strategic aim to transform attitudes to ageing, the guide will provide valuable information and advice, which will in turn challenge stereotypes about older people and sex, relationships and intimacy.

Still Got It's key messages will include:

- Sex and intimacy matter for wellbeing at every age.
- Stigma around later-life intimacy can have significant knock-on effects – especially in healthcare settings.
- Love, sex, dating and intimacy have changed in the last few decades, but advice still targets younger generations.
- Age UK is comfortable talking about the uncomfortable. After all, we've still got it.

The tone will be empowering, uplifting and bold, as well as serious and well-informed. Ultimately, Age UK are equipping people with the information they might need and spreading the message that just because you've reached a certain age, doesn't mean you're any less you.

The Age UK Sex and Intimacy Guide will soon be available





# We are



We're proud to be part of the wider Age UK family, benefiting from the national charity's research, partnerships and policy work. But it's vital to remember that we are an independent, local charity. Every penny raised for Age UK Nottingham & Nottinghamshire stays right here in our county, supporting local people and strengthening our local community.

At Age UK Nottingham & Nottinghamshire, we're here to make later life better for older and vulnerable people across our county. Every day, we work to ensure local people feel supported, valued, and connected - wherever they are and whatever they're facing.

We are Age UK Nottingham & Nottinghamshire. By using our full name and sharing it widely - with friends, family, community partners, and anyone who wants to make a difference - you're helping ensure that support, donations, and legacies stay right here in Nottinghamshire, reaching the people who need them most.

## So once again for those at the back...



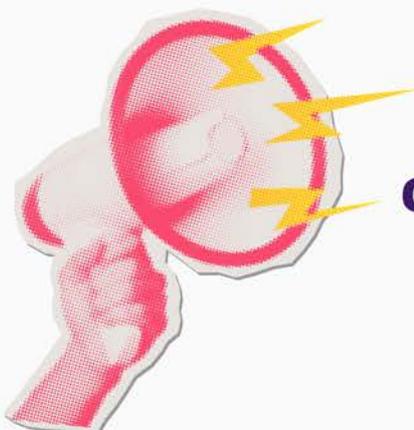
**AGE UK**



**Age Concern**



**Help the Aged**



# We are or Age UK Notts to our friends!



What excellent results and wonderful feedback showcase the Warm & Wise team's hard work and dedication.

The completed surveys clearly demonstrate how much the service is helping people across Nottinghamshire.

### Key Insights



- 96% said our advice helped them reduce energy usage



- 92% now use their heating system more efficiently



- 58% accessed schemes for boiler replacements, insulation and draught-proofing following our visit



- 94% feel warmer at home, with many saying this has boosted their overall health



- 98% found the Warm & Wise information pack useful



- 100% would recommend the service to family and friends

Our Energy Advisors continue to receive exceptional praise:

“Very pleasant and helpful... provided clear information and fitted small measures.”

“Made everything easy to understand.”

“He helped improve the warmth of my bungalow, fitted draught excluders and bulbs, and even secured me a better deal with British Gas.”

“I’ve already recommended the service to friends.”

“Friendly, patient and informative - 5-star service.”

“She listened and gave appropriate advice.”

“Very knowledgeable and genuinely interested in our concerns during these testing times.”



Find out more by contacting our friendly team:

t: 0115 8599 209 e: [warmandwise@ageuknotts.org.uk](mailto:warmandwise@ageuknotts.org.uk)



## RAINBOW REVIEW



## SUPPORT FOR OLDER LGBT PEOPLE



### Rainbow call companions

Our rainbow call companions offer friendship to older people who live alone.



**Re-engage** offers a free telephone befriending service specifically for LGBT+ people over the age of 75. You will be matched with a volunteer who is also LGBT+ and receive a friendly call every week or two.

Our friendly rainbow companions love a good chat and they are grate listeners too. What's great is that the same volunteer phones you every time, so you can get to know each other and share stories and laughter.

Call Freephone 0800 716543 or e-mail [info@reengage.org.uk](mailto:info@reengage.org.uk) or go to [www.reengage.org.uk](http://www.reengage.org.uk)

## EVER FOUND YOURSELF DISAGREEING WITH SOMEONE BUT UNSURE HOW TO RESPOND?

We've all been there - especially in those tricky "I'm not racist, but..." conversations, where instinct and diplomacy collide.

In our EDI Working Group, we recently explored an article by philosopher and writer Eleanor Gordon-Smith, who reflects on how we navigate disagreement and why it can feel so uncomfortable. Her ideas sparked a great discussion about how we can all respond more thoughtfully, challenge assumptions, and keep conversations constructive.

It's certainly food for thought - and a useful prompt for anyone who's ever wished they'd had the right words in the moment.

**The Guardian** UK

You can read the article here

### How do I respond to someone who says 'I'm not racist, but ...'?

It's important to express your disagreement: for their sake as much as yours, writes advice columnist **Eleanor Gordon-Smith**. But first decide on what you aim to accomplish

Read more [Leading questions](#)



## Contact

We're grateful to everyone who joins in with our events, as they also help raise vital funds that support our local services. For more information about events or how to book:

📞 **Elaine: 07872 839605**

✉️ **fundraising@ageuknotts.org.uk**

## FUNDRAISING EVENTS 2026



### March

**WEDNESDAY  
11TH MARCH 2026  
2.30PM - 4.30PM**



**ST ANDREWS PARISH HALL  
3 MANSFIELD RD  
SUTTON IN ASHFIELD  
NG17 4EL**

## Afternoon Tea

**£9.50 INCLUDES  
AFTERNOON TEA AND ENTERTAINMENT**

### April

## ART TASTER SESSION

**TUESDAY  
14TH APRIL 2026  
10AM - 1PM**

Lead by local artist  
Heather Griffin.  
All abilities welcome.

**CAPO LOUNGE  
2-8 STOCKWELL  
GATE MANSFIELD  
NG18 1LE**



**£15 PER PERSON  
INCLUDES A LIGHT LUNCH**

### May

Taster session  
of Line  
Dancing. Learn  
simple routines  
& have fun  
with friends.

**SUNDAY 24TH  
MAY 2026  
2PM - 6PM**

**JOHN GODBER CENTRE  
HUCKNALL  
OGLE STREET  
HUCKNALL  
NOTTINGHAM  
NG15 7FQ**

## Line Dancing



**£12.00  
INCLUDES  
JACKET POTATO  
BUFFET**

### June

Enjoy a  
delicious  
Italian meal  
with friends.

**SUNDAY 7TH  
JUNE 2026  
7PM - 9.30PM**

## Amores Italian

**AMORES  
65 GEDLING RD  
CARLTON  
NOTTINGHAM  
NG4 3FG**



**£27  
INCLUDES  
SET ITALIAN  
MEAL**



The Pie & Pea Quiz at St Jude's Church Hall, Mapperley was a wonderful success - full of laughter, friendly competition, and plenty of tasty comfort food.

Guests enjoyed a fun-filled afternoon, with our quiz proving to be a real crowd-pleaser. The lively picture round sparked plenty of debate and giggles, and the competition was fierce right up to the end!

Huge congratulations to the winning team, led by Mark, who were truly triumphant. Not only was the atmosphere warm and welcoming, but the food was a highlight too - the pies were absolutely delicious and went down a treat. Our raffle added an extra bit of excitement, helping us round off the day on a high note.

Thank you to everyone who joined us and helped make the afternoon so special.



## FUNDRAISING EVENTS 2026

Don't forget to check out our brand-new 2026 Social Calendar to see what other fabulous events we have coming up - there's plenty more to look forward to!



[www.ageuk.org.uk/notts/activities-and-events/](http://www.ageuk.org.uk/notts/activities-and-events/)

simply try something new, there's something for everyone. From sharing a delicious meal and testing your knowledge in a fun quiz night, getting creative at our art taster sessions or learning some new steps in our Line Dancing taster - our gatherings are designed to bring people together and celebrate community spirit. Come along, get involved, and discover just how rewarding...

## FUNDRAISING

# EVENTS 2026



## MAKE A SPLASH & RAISE SOME CASH!



Meet Shirley – Proof That Age Is Just a Number!

At 89 years young, Shirley is diving into 2026 with energy and purpose! She's part of the Age UK Notts swimming team, "The Golden Oldies Plus Two," aiming to raise over £400 for our charity. Joining her in the pool will be our very own Elaine Hopkins and Elaine's 7-year-old granddaughter Izzie - one of the team's enthusiastic 'plus two's'.

"Keeping active and challenging yourself is a huge part of staying young at heart," says Elaine, who proudly chose the team name. "We'll have a good laugh, keep fit, and raise much-needed funds for our Charity - what's not to love?"

And here's the standout fact:

★ With a combined team age of 320, they're not just impressive they're living proof that age is no barrier to fun, fitness, or fundraising!

If you're feeling inspired, why not make a splash yourself?

🏊 Join the Rotary Swimathon 2026!  
Organised by Sherwood Sunrisers Rotary & Nottingham Rotary

📍 Harvey Hadden Sports Village

📅 Saturday 21 March 2026

🕒 13:00 – 16:00

💖 70% of all funds raised will go directly to Age UK Notts



Whether you're a seasoned swimmer or just fancy a fun challenge with colleagues, this is a brilliant way to stay active, have a laugh, and support local older people.



Please see this form for more details and how to enter.

Email: [heidipawlus@msn.com](mailto:heidipawlus@msn.com), or  
Post: Heidi Pawlus, Apartment 341,  
River Crescent, Waterside Way NG2  
4RE

Then contact Elaine Hopkins via email to confirm you are taking part.

📞 Elaine: 07872 839605

✉ [fundraising@ageuknotts.org.uk](mailto:fundraising@ageuknotts.org.uk)

# MOBILITY SCOOTER MYTHS

Starting this issue, Laurie from Advantage Mobility will be busting popular mobility scooter myths and sharing helpful tips. A proud supporter of Age UK Notts, Advantage Mobility is a reliable first stop for advice - but it always pays to shop around.



**MOBILITY SCOOTERS ARE ONLY FOR THE ELDERLY**

## Advantage MOBILITY

### **Reality:**

Mobility scooters are designed to assist individuals with mobility issues, regardless of age. People of all ages can benefit from the freedom and independence offered by a mobility scooter.



**MOBILITY SCOOTERS ARE DIFFICULT TO OPERATE**

### **Reality:**

Modern mobility scooters are user-friendly and come with simple controls. Most models are designed for easy manoeuvrability, making them accessible for individuals with varying levels of physical abilities. However it is important to note that scooters and powerchairs should be set up to suit each individual's needs. That is why it is important to consult with your mobility specialist.



**Call us on 0115 697 6409**

**Pop into our large well-appointed showroom for a cuppa and a friendly, no obligation chat about your mobility requirements.**

**[www.advantagemobility.co.uk](http://www.advantagemobility.co.uk)**

**Find us at:**

**The Bridgeway Centre in Nottingham, NG2 2JD. Adequate parking close to the shop. s to grow your business while maintaining quality and efficiency.**



# Introducing..

Laura Page our Strategic Director (Human Resources, Volunteering, Training, Estates, Compliance & Resource) came to the Charity 20 years ago to cover HR for a few days.

“I clearly love the Charity so much because I’ve stayed for so long! I enjoy seeing the Charity evolve and being a part of decisions. I can discuss my thoughts and ideas and know I’m listened to. Having worked at much larger private companies where this didn’t happen, makes me appreciate it even more and the great team we are.”

## Random FACTS



I enjoy Line dancing twice a week



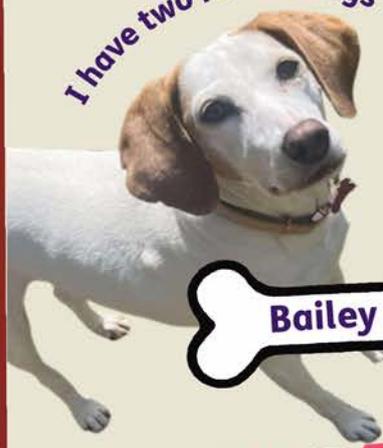
I collect Russian dolls

I walked on fire a few years ago to raise donations for the Charity



I volunteer for the RBL.

I have two rescue dogs

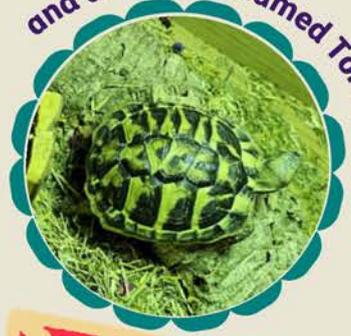


Bailey



Margot

and a tortoise named Toni



and I love being by the sea.

Why not share your story next? Contact me! [sarah.elliott@ageuknotts.org.uk](mailto:sarah.elliott@ageuknotts.org.uk)

# and Finally... Finding Glimmers in the Gloom

The start of the year can often feel heavy. Dark mornings, relentless rain, tough news stories and a world that sometimes feels overwhelming can leave us feeling low before we've even begun. And this year has certainly had that feeling.

But even in difficult seasons, there are always glimmers - those small moments of light that remind us joy still exists, kindness is still alive, and life can still offer comfort and hope.

At Age UK Notts, we see both sides every single day. Yes, thousands of older people are struggling - but we are also helping, supporting, and making a real difference. And alongside the bigger support we provide, there are small, everyday things each of us can do to lift our spirits and find moments of calm and joy.

That patch of sunlight on your face after what feels like weeks of grey skies, the first snowdrops pushing bravely through damp soil, paying a stranger a compliment and watching them brighten instantly. These little sparks of joy matter. They remind us that hope is rarely loud - it's found in the details.



**As we move further into the year, we invite you to slow down, notice the moments that lift you, and treasure the glimmers that bring a little light into your day. What are your glimmers? We'd love to hear them.**

**And there are other gentle ways we can invite more glimmers into our lives:**

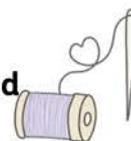
## **Journalling**

Taking a few minutes to write down your thoughts, worries or moments of gratitude can help create clarity- and highlight the good that might otherwise be missed. Even jotting down one glimmer each day can shift your focus towards hope.



## **Crafting or Making Something by Hand**

Knitting, sewing, painting, woodwork, scrapbooking—whatever form it takes, crafting can be grounding and soothing. Creating something with your hands is a quiet reminder that not everything in life is rushed or digital; some things are slow, mindful and deeply satisfying.



## **Getting Out in Nature**

Whether it's a walk in a park, sitting in the garden or simply noticing the trees on your street, nature is full of small joys: birdsong, new buds, the smell of rain, fresh air on your face. Nature offers perspective - and a gentle reset.



## **Losing Yourself in a Good Book**

Reading gives us an escape, a rest, or sometimes the comfort of feeling understood. A great story can be a glimmer in itself - especially on days when the world feels too heavy.



# DATES FOR MARCH

## 8th: International Women's Day

In 2026, International Women's Day (IWD) marks an extraordinary milestone: 115 years of collective action, advocacy, and progress toward gender equality. What began in the early 20th century as a movement demanding fair wages, safer working conditions, and the right to vote has grown into a global day of recognition, reflection, and renewed commitment.



Find out more  
[www.internationalwomensday.com/](http://www.internationalwomensday.com/)

## 15th March 2026 - Mother's Day

Also known as Mothering Sunday, this is the day where we show Mum just how much we love her in the UK. Mothering Sunday was traditionally the day when you returned to the "Mother Church" where you were baptised. If you can't or don't want to celebrate this day with your own mum, there may be people who fill all or some of that role for you. Giving them a card on Mother's Day or sending a text can mean a lot.

## 1st March 2026 St. David's Day

St. David is the patron saint of Wales, and celebrations include wearing daffodils and leeks, eating traditional Welsh food and wearing Welsh national costume.



## 17th March St. Patrick's Day

Ireland's national day celebrates the Irish patron saint, Patrick. The day is celebrated all around the world with internationally famous parades, as well as by drinking Guinness and decorating everything in green.

## 19th to 20th March 2026- Eid al-Fitr

A religious holiday celebrated by Muslims worldwide that marks the end of the month-long dawn-to-sunset fasting of Ramadan. It is celebrated with prayer and different festivities and foods in different countries.



## 29th March 2026 British Summer Time Begins

Daylight saving begins today, so remember that the clocks go forward 1 hour at 1am in the morning.

## 20th: International Day of Happiness

And boy do we need this right now! Why not pledge to create more happiness and less unhappiness in the world!

**"This International Day of Happiness is more than just a fun celebration, it also remind us all that the world is a better place when we connect with and care about the people around us"**

**— Dr Mark Williamson (March 2015)**



# HR

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



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



## A MESSAGE FROM COMMUNICATIONS



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

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

Send any comments to  
[maria.cooke@ageuknotts.org.uk](mailto:maria.cooke@ageuknotts.org.uk)

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

***Maria & Sarah***

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