



WELCOME TO OUR

October Local Loop

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

Welcome to your October Newsletter!

As autumn settles in, this month's edition is brimming with updates and seasonal cheer. We celebrate the return to the shelves of Big Knit smoothies, and offer tips for a safe and happy Halloween. You'll also find highlights from BT's Connected Together initiative, festive previews including Dear Christmas Friend 2025 and our Advent Raffle Countdown, and practical advice on choking in dogs.

We're also spotlighting ways you can support our fundraising efforts - have you got tickets for our Fashion Show & Clothing Sale on Saturday 8th November?

Don't miss out see our Social Calendar inside for details!

Maria Cooke
Innovations and Communications Director

Sarah Elliott
Communications Coordinator



Social Media - We want to hear from you! Like, Save, Share and Comment on our posts.

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GOOD TO KNOW...



THE BIG KNIT SMOOTHIES ARE NOW ON SALE!

The Big Knit hats are now on sale!

Thank you to our amazing Age UK Notts knitters and crocheters who made a fantastic 10,500 little hats this year, part of Age UK's partnership with Innocent.

Together with knitters across the country, we created 1,362,956 hats now on Innocent smoothies in Sainsburys and Co Op UK food shops across the UK.

Every hat raises 30p for Age UK, helping us provide vital support and services to older people.

Don't forget to snap your behatted smoothie and tag us! 📸

#TheBigKnit #AgeUKNotts





Connected Together

Have you heard about the switch to digital landlines?

Landlines are changing and the UK's telephone network is going digital. These changes will affect everyone who has a landline they'd like to keep using. We understand that change can feel overwhelming. With a little support and reassurance, we're here to help you understand what is happening and ensure you and your loved ones stay connected without disruption. That's why we're proud to support BT's Connected Together initiative, offering the tools, guidance and confidence to support you and your loved ones through the switch.

What's happening?

This is a once-in-a-generation, industry-wide upgrade to future-proof the UK's landlines. The analogue network that most home phones work on today is no longer fit for purpose and can't keep up with the demands of modern life. That outdated network will be switched off for all landline providers in January 2027. BT's new home phone service is called Digital Voice.

We know that changes like this can raise questions or cause concern. Especially if you or a loved one uses a landline for safety, independence or day-to-day connections.

Start the conversation today.

Find out more at: www.bt.com/connected-together or call BT's Customer Care team on 0330 1234 150.

The landline is not going away, and for most, the switch is simple. No one will be left disconnected.

Here are a few key points to be aware of:

- The switch won't cost you a penny
- Phone numbers won't change
- Over 99% of existing handsets are compatible with Digital Voice
- Benefit from free and helpful calling features such as 3 Way Calling, Voicemail and Call Protect to help block scam calls and notify you of any suspected nuisance calls
- For those that may need extra support, BT offers free engineer visits to make sure everything is set up correctly and working perfectly. Just make sure to confirm or book the appointment when they get in touch. They'll take care of the rest.
- Worried about power cuts? Don't worry. BT provides back up power solutions meaning you can still make and receive calls during outages, and it's free for those who need it most.
- If you don't have broadband, BT will provide a dedicated landline service allowing you to use your landline in the same way you do today. No new equipment is needed, and you won't require a home visit from an engineer.

A NIGHT OF LAUGHTER AT NOTTINGHAM ARTS THEATRE

The Nottingham Arts Theatre rang with laughter and joy last night as we gathered for The Em Show: Tales from a Little Laughing Lesbian - a brilliantly funny and deeply heartfelt performance by the incomparable Em Stroud.

Through stories and silliness, Em invited us to reflect on what happens when we stop trying to control everything and simply allow ourselves to be.

This special charity performance, held on 28th October, was generously gifted by Em, who donated her time and talent entirely free of charge. The audience - made up of Age UK Notts staff, volunteers, and supporters - was treated to an evening of connection, comedy, and celebration in recognition of the vital work they do to support older people across Nottinghamshire.

Adding to the fun, a lively raffle raised over £170 for Age UK Notts. Em herself drew the winning tickets, exclaiming, "I've never drawn a raffle after a gig before!" - a moment that perfectly captured the playful spirit of the night.

We'd like to extend a heartfelt thank you to Julian and his incredible team at Nottingham Arts Theatre, who generously donated the venue and helped make the evening such a success. It was a night to laugh heartily, reflect deeply, and embrace the joy of being a little bit silly.



'I wish it had been longer – I didn't want it to end'



'Just brilliant'

'Funny, warm & thought provoking'

'Nottingham Arts Theatre was so pleased to host this fun gig for such a worthy cause'

Julian – Nottingham Arts Theatre

NOTTINGHAM
arts theatre
GEORGE STREET, NOTTINGHAM

Find out about
what's on here



SOCIAL CALENDAR



November

8TH NOVEMBER 2PM



**KINGS CENTRE
SHIRLEY DRIVE
ARNOLD
NG5 7JX**

SOS Charity Fashion Shows

**Fashion Show
& Clothing Sale**

£6.00

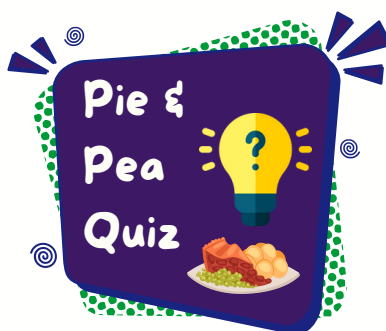
**INCLUDES HOT DRINK
AND BISCUITS**

January 2026

1ST FEBRUARY 2026

2.30PM – 5PM

**ST JUDES CHURCH,
NOTTINGHAM
NG3 5HE**



£12.00

PIE AND PEA QUIZ

September

11TH MARCH 2026

**ST ANDREWS
PARISH HALL,
SKEGBY,**

SUTTON IN ASHFIELD

2PM – 4.30PM



£16.50 INCLUDES

**AFTERNOON TEA AND
ENTERTAINMENT**

Contact

We're grateful to everyone who join 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:

"Just a quick thank you for another great evening , we all enjoyed it immensely and we are happy you raised so much"
- Chungs Attendee

"This event was more than just a trip down memory lane, it was a fundraiser with heart - We loved it!"
- Valuation Day Attendee



Elaine:

07872 839605



fundraising@ageuknotts.org.uk



[Download the Social Calendar here](#)



FUNDRAISING

HOW CAN YOU HELP?



Balfour Beatty



Delivering Joy

Dunelm's Delivering Joy is live! Last week, Delivering Joy launched in Dunelm stores across the UK! This year, Dunelm are working with over 50 local Age UKs to deliver Christmas gifts to older people who might not otherwise receive one.

You can encourage friends and family to head into their local Dunelm store to visit the Delivering Joy Christmas Tree and get involved by picking a gift request tag, buying or crafting the perfect gift, and returning it to the store in a gift bag.

If you get involved, or spot any of our local Age UK tags, we'd love to see your photos!



Balfour Beatty

STEP TO CONNECT CHALLENGE

1st– 31st October 2025

Balfour Beatty's project team at the Nottingham Footbridge are challenging themselves to walk 10,000 steps every day during October to help raise funds to tackle loneliness.

Teams of 4 will aim to walk the equivalent of crossing the new footbridge 100 times. Funds raised will help Age UK Nott's work on reconnecting people with their communities.

The total raised so far is over £400 and growing - Well done Team!



Scan the QR to donate online



Dear Christmas Friend 2025

Dear Christmas Friend,
Age UK Notts,

Dear Christmas Friend is a great way to spread some Christmas cheer to people in hospitals and care homes during the festive season. There are people in each of the locations who may not get many visitors and we'd like to remind them that they are part of our community and they are not forgotten.

Our fabulous annual Christmas Campaign will go live on November 3rd – get your pens, paints, cards and stamps ready because our 8 participating venues can't wait to hear from you!

We're so pleased to be able to bring back this lovely opportunity to add a little cheer to the life of an older person spending Christmas in their care home or in hospital.

There are some very simple rules to follow so everyone can enjoy the experience:



DO:

- Get the younger generation involved. If you have children or grandchildren, encourage them to make a card, write a letter or do some drawings
- If writing a letter, share general information about yourself, such as your job, hobbies, seasonal anecdotes, Christmas traditions or your favourite things about winter
- If sending a card, remember that not everybody is religious or of the same religion, so choose or draw designs that are suitable for everyone
- Offer some reminiscence opportunities. You could mention favourite places or childhood memories, for example
- Postcards with pictures of gardens, animals, pets, art works, or coastal views can all help to stimulate conversations and memories
- Ask questions to encourage the patient to think about their own lives, for example, 'Christmas Pudding is my favourite part of the meal. What's your favourite?'
- Sign your card or letter with your first name only



DON'T:

- Don't stick anything onto your card. Glitter, sequins, twigs and cotton wool might fall off and make a patient uncomfortable or create extra work for the cleaning staff. Letters, paints, felt-tips, wax crayons or pencils only, please
- Don't add any details that will identify you specifically such as your address, date of birth or age
- Don't be political or share conspiracy theories
- We have so many different venues for you to choose from and we recommend sending your card, letter or drawing (or maybe all 3!) from late November onwards.

**Dear Christmas
Friend 2025**

Dear Christmas
Age UK Notts,



Where to send

Please remember to put a stamp on your envelope and send to any of the locations below:



Dear Christmas Friend - Age UK Notts
Alder House Care Home
172A Nottingham Road,
Nuttall,
NG8 6AX

Dear Christmas Friend - Age UK Notts
Acorn House
1 Oak Street,
Carrington,
Nottingham,
NG5 2AT

Dear Christmas Friend - Age UK Notts
Highfields Nursing Home
330 Highbury Road,
Bulwell,
NG6 9AF

Dear Christmas Friend - Age UK Notts
Mulberry Court Care Home
61 Darnhall Crescent,
Bilborough,
NG8 4QA

Dear Christmas Friend - Age UK Notts
Wollaton View Care Home
21 Lambourne Road,
Wollaton,
NG8 1GR

Dear Christmas Friend - Age UK Notts
Acer Court Care Home
172 Nottingham Road,
Nuthall,
NG8 6AX

Dear Christmas Friend - Age UK Notts
c/o Anna Ellerton
Lings Bar Hospital
Beckside
Gamston
Nottingham
NG2 6PR

Dear Christmas Friend - Age UK Notts
c/o Louise Page
Modern Matron
Mental Health Services for Older People
Nottinghamshire Healthcare NHS Foundation Trust
Blossomwood
Sutton in Ashfield
Nottinghamshire
NG17 7JT



ADVENT RAFFLE COUNTDOWN

It's that time of year again -
We are excited to announce the launch of our 2025 Age UK Notts Advent Raffle



Draw Dates

There are 24 fantastic prizes to be won, one for each day from December 1st to 24th inclusive. Draws will take place daily on weekdays, with winners notified by phone or email. For prizes falling on a weekend, the draw will occur either the preceding Friday or the following Monday. The first draw will take place on Monday, December 1st, 2025.

Tickets at £5 each will be on sale from Monday 3rd November 2025 and can be bought by members of staff, volunteers, friends and families and members of the public.

Prizes

Prizes have once again been generously donated by one of our volunteers, with prizes which include ladies' Jewellery, Men's and Ladies' fine fragrances, Electrical Beauty Items, a luxury engraved Wooden Chopping board, and a whole host of other items including luxury cosmetic & skincare giftsets and premium alcohol.

All prizes are worth far more than the value of the £5 ticket price!

Purchasing

Email:
victoria.pearce@ageuknotts.org.uk
with number of tickets, names and contact details.

After contacting Vicky, please pay for your tickets by debit card by calling finance (before 2.30pm if possible) on 0115 8966907 they will process your payment over the phone. There is no facility this year for cash payment. (please note we cannot accept payment by credit card).

Pet Care Guidance – A Popular Request!



We've received many requests for pet-related articles, especially from dog owners who may be unsure what to do in certain situations. This piece aims to offer helpful guidance and reassurance.

Please note: This information is intended as general guidance and not a substitute for professional veterinary advice. Always consult a qualified vet regarding your pet's health and wellbeing.

CHOKING IN DOGS – WHAT TO DO

Signs of Choking:

Pawing at mouth, gagging, retching, drooling, wheezing, coughing.

If fully blocked, the dog may be silent, struggle to breathe, and turn blue. Collapse and death can occur if untreated.

Immediate Action:

Do not delay. If your dog can't breathe, act fast.

Do not muzzle. Restrain gently to protect yourself.

Open the mouth and check for visible objects.

Remove only if safe using tweezers - never finger sweep or push the object deeper.

Helping a Choking Dog:

Large objects may be dislodged by pressing thumbs under the jaw and pushing forward.

Small dogs: Lift by thighs and gently shake downward.

Large dogs: Lift hind legs (wheelbarrow style) or tilt head downward.

Heimlich Manoeuvre:

Standing dog: Wrap arms around belly, make a fist, and push up and forward behind rib cage.

Lying dog: Support back, squeeze abdomen upward and forward.

Check mouth again and remove any dislodged object.

If unsuccessful, go to the vet immediately.

Aftercare:

Even if the object is removed, a vet check is essential - internal damage may have occurred.

Soft food may help during recovery; pain relief may be needed.

Suffocation/Strangulation:

Caused by plastic bags, cords, or strings. Cut away carefully.



Training:

Consider a pet first aid course:



0208 675 4036



www.onlinefirstaid.com

INTRODUCING..

PAUL GODDARD

ACTIVITIES SERVICE MANAGER (LEAD)



Hi

I'm a Nottingham lad, born and raised near Sybil's. As a kid in Forest Fields, I dreamed of being a spaceman - but life had other plans! I started out in local factory jobs before making a bold career change in the mid-90s, enrolling in an Access to Social Work course. That decision launched me into the world of care and support, where I've worn many hats - from running a crèche and supporting homeless individuals to spending 10 incredible years as a residential social worker with young people. Eventually, I stepped into management, working alongside brilliant teams to support vulnerable communities. After being made redundant in April 2023, I wasn't sure what was next - until a surprise call led me to Age UK Notts. Since joining, I've managed Connect, Wellbeing at Home, First Link, and taken on the role of EDI Lead. Now, I'm thrilled to be starting a new chapter as Activities Lead. What makes AUNN special to me is the people - genuinely kind, supportive, and always ready to help. It's a place where I feel safe to be myself, and that's something I truly value.

It is the hope that kills you !!! I am a Nottingham Forest fan and have been since 1976. Much to my wife's dismay, I waste a lot of money going to home and away games.



I love to daydream and float off into imaginary scenarios and magical worlds created.



I am never far away from music, which is really important to me. It often emotionally stabilizes me !!



RANDOMFACTS

If I had been born a girl, my name would have been Elizabeth.

I think I would have been a Beth and not a Betty.



I have health anxieties, which sometimes lead to panic attacks. I have looked to manage these better recently and have started to attend some gentle yoga classes focusing on breathing. These have really helped and something I would definitely recommend.



I've loved hats since I was little - I've got quite the collection! My current favourites are a Sherlock-style deerstalker and a captain's hat, which I sometimes wear for fun while working from home.



AND FINALLY.....

TIPS FOR A SAFE AND HAPPY HALLOWEEN

Halloween can be great fun, especially for kids. And lots of us enjoy seeing local children out trick or treating in their costumes. However, for some people, it can be a worry – especially if they're home alone and concerned about callers after dark.

While none of us wants to spoil the fun, we also shouldn't have to feel scared or anxious in our own homes. Here are some simple things we can all do to make sure Halloween remains good fun for everyone.

If you're concerned about staying safe:



Always put the door chain on and look out of the window or spy hole to see who's there before opening the door.



Take particular care if there's more than one person on your doorstep.



Only open the door if you feel safe to do so. If you're in any doubt or don't feel safe, don't – it's fine not to answer the door if you don't want to.



If you're really worried, invite a friend or relative around and spend the evening together.



If you're out trick or treating:



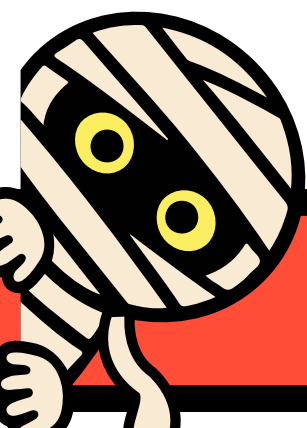
Remember that some older people and other members of your community might not want to be disturbed. A good rule of thumb is to look for a pumpkin outside the house – that's a sign the house is happy to receive trick or treaters.



Be mindful of noise late at night.



Don't persistently ring someone's doorbell, knock on their door or return to their house later. If they don't answer, it's best to move on.



DATES FOR NOVEMBER

Remembrance Day – November 11th

Remembrance Day marks the end of World War I in 1918 and honours those who died in the conflict. In the UK, official ceremonies were moved to the nearest Sunday in 1939 to support wartime production, though a moment of silence is still held at 11am on the 11th.

The tradition of wearing poppies began with Madame Anna Guérin of France, who introduced them to raise funds for veterans - a practice that continues today.



World Vegan Day - November 1st

World Vegan Day was established in 1994 by the President and Co-Founder of The Vegan Society, Louise Wallis, to commemorate the 50th anniversary of the society's founding. The Vegan Society, founded in 1944 by Donald Watson, played a pivotal role in promoting veganism as a way of life and a philosophy.



Stir-up Sunday - November 23rd

Stir-up Sunday takes its name from the opening words of a prayer in the Book of Common Prayer. Over time, it became linked with the tradition of making Christmas puddings, serving as a timely reminder to prepare the festive treat.



Trustees' Week - 3rd -7th November



Trustees' Week is a time for us to come together to celebrate the achievements of nearly one million trustees across the UK. Thank you for the time, commitment, and effort you bring to your charities to help them thrive. #TrusteesWeek

Guru Nanak Jayanti – November 5th

Gurupurab, marks the 556th birth anniversary of Guru Nanak Dev Ji, founder of Sikhism. Celebrated with prayers, kirtans, langars, and processions, it reflects his teachings of peace and equality. The day is a public holiday in many Indian states.

Movember - all through November

Since 2003, Movember has funded more than 1,250 men's health projects around the world, challenging the status quo, shaking up men's health research and transforming the way health services reach and support men.



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HR

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

Bank Support Worker
(Specialist Dementia Day Service)

Dementia Support Worker
(Specialist Dementia Day Service)

Operational Manager - Sales

Benefits Advisor

Community Support Worker

Senior Community Support Worker



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

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