



WELCOME TO OUR

# March Local Loop

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Welcome to the March Edition of The Local Loop

In a world that feels a bit heavy at times, this month's edition has uplifting stories, achievements and moments that remind us just how incredible our communities, volunteers and staff truly are. From anniversaries and milestones to events and away days - we also share a major service update that will sadden many of you. There's still much to celebrate.

Alongside the celebrations, you'll find myth-busting facts about mobility scooters, and a chance to unlock your inner artist. There's lots to enjoy in this issue - so grab a cuppa, take a moment for yourself, and let's dive into some well-earned positivity.

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



**Social Media -**  
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**Commenting on our posts.**

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# JOINT CEO UPDATE SAD NEWS



Age UK Nottingham & Nottinghamshire (your independent local charity) is aware of social media activity regarding Nottinghamshire County Council's decision to cancel the Connect contract before its due date. The service will cease on June 30<sup>th</sup>, and we are now in the contract closedown period.

We are incredibly sad about this decision because of the impact we know it will have on the older people of Nottinghamshire. Our first Connect contract became operational in January 2016 and we have loved working with people to help them find the support they need to live a better quality of life. In the last year alone, we secured over £5 million in benefit entitlements for local people (money that directly boosts the local economy), helped around 4000 people find the support they need and 350 to leave hospital as quickly as possible (and so unblocking a bed for someone else to use). We worked in partnership with numerous other local support services and we thank them for that work. We know how hard older people are finding life right now and we know they will feel the impact of the loss of this service.

We are working closely with the people still in our service and we will do everything in our power to meet their needs before the final day of the contract.

We are extremely proud that Age UK Nottingham & Nottinghamshire has helped thousands of people over the last 10 years within this service. We would like to thank those of you who have supported us over the years of providing this and other services and we will be grateful for your ongoing support in the future.

We know that older and /or vulnerable people need our support, more now than ever, so please do continue to ring us, email us, and speak to us.

Age UK Notts is 85 in 2027 and no-one should underestimate our determination to be the best that we can be for the people who need us now and into the future.

Michelle and Martyn

For more information on any of our services, please contact us:

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

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

 0115 844 0011





## VOLUNTEER'S MEET UP 2025



Despite the rain on Monday 1st December, our volunteer meet-up at Nottingham Mechanics did not disappoint. With plenty of coffee, tea, biscuits, cake, and mince pies to go round, Vicky Pearce from the Volunteering Team hosted a welcoming morning to celebrate our fantastic volunteers, giving them the chance to connect with one another, share experiences, and recognise the incredible difference they make.

Tracey Hall and Sarah Nolan from the Companion Service, along with Charlotte Bembridge from the Advice Service, joined them to speak to the group and meet our volunteers. We were also delighted to welcome Rob Mason, one of our newly appointed Trustees, who spent time chatting with everyone who attended.

It was wonderful to see everyone who was able to join us. For those who couldn't make it this time, we hope to see you at a future meet up. As always, we are incredibly grateful for the time our volunteers give and the support they provide to the charity. Each and every one of you is truly amazing, and we couldn't do what we do without you





## 5 YEAR VOLUNTEERING ANNIVERSARY

Congratulations go to Daljit who reached her 5-year volunteering milestone during January.

Daljit was delighted to be asked to share her volunteering journey with Age UK Notts which began five years ago, driven by a deep-seated desire to help others and "give back" to the community. Her motivation stems from a personal experience many years ago when she found herself in a tough situation with no one to turn to. She felt incredibly lonely and misunderstood, and this experience left a lasting impression on her. It became the primary reason she decided to volunteer and wanted to see the difference she could make with her knowledge and experience.

Living in a small community in Nottingham, where many of the neighbours are elderly, has been a blessing for Daljit. She regularly treats her neighbour to a chocolate cake, sharing food is a lovely way to connect with others, bring joy and make someone feel cared for.

Daljit believes the true beauty of volunteering is found in the small moments that make a big difference. Bringing a smile to someone's face and brightening their day gives her real joy. Knowing she's helped someone in a meaningful way gives her a strong sense of purpose and fulfilment.

She is especially proud to be celebrating five years as an Age UK Notts volunteer and says she'll wear her silver pin badge with pride. Although she's taking a short break, she hopes to return soon - and is already thinking about trying a new volunteering role.

Thank you for everything you do, Daljit. We're so grateful for you!



To find out more about volunteering, please contact us on:

 **0115 8414464**

e: [volunteering@ageuknotts.org.uk](mailto:volunteering@ageuknotts.org.uk)  
[www.ageuknotts.org.uk/volunteer](http://www.ageuknotts.org.uk/volunteer)

# 2024 VOLUNTEER AWARD WINNER TAKES THEIR BREAK

Jen (Companion Service Volunteer) had been chosen as the recipient of our Outstanding Contribution award.

She shared with us how she enjoyed her two-night stay for two with Room2Reward, which was part of her prize package, and she has shared some details along with a couple of photos from her chosen destination, Liverpool.

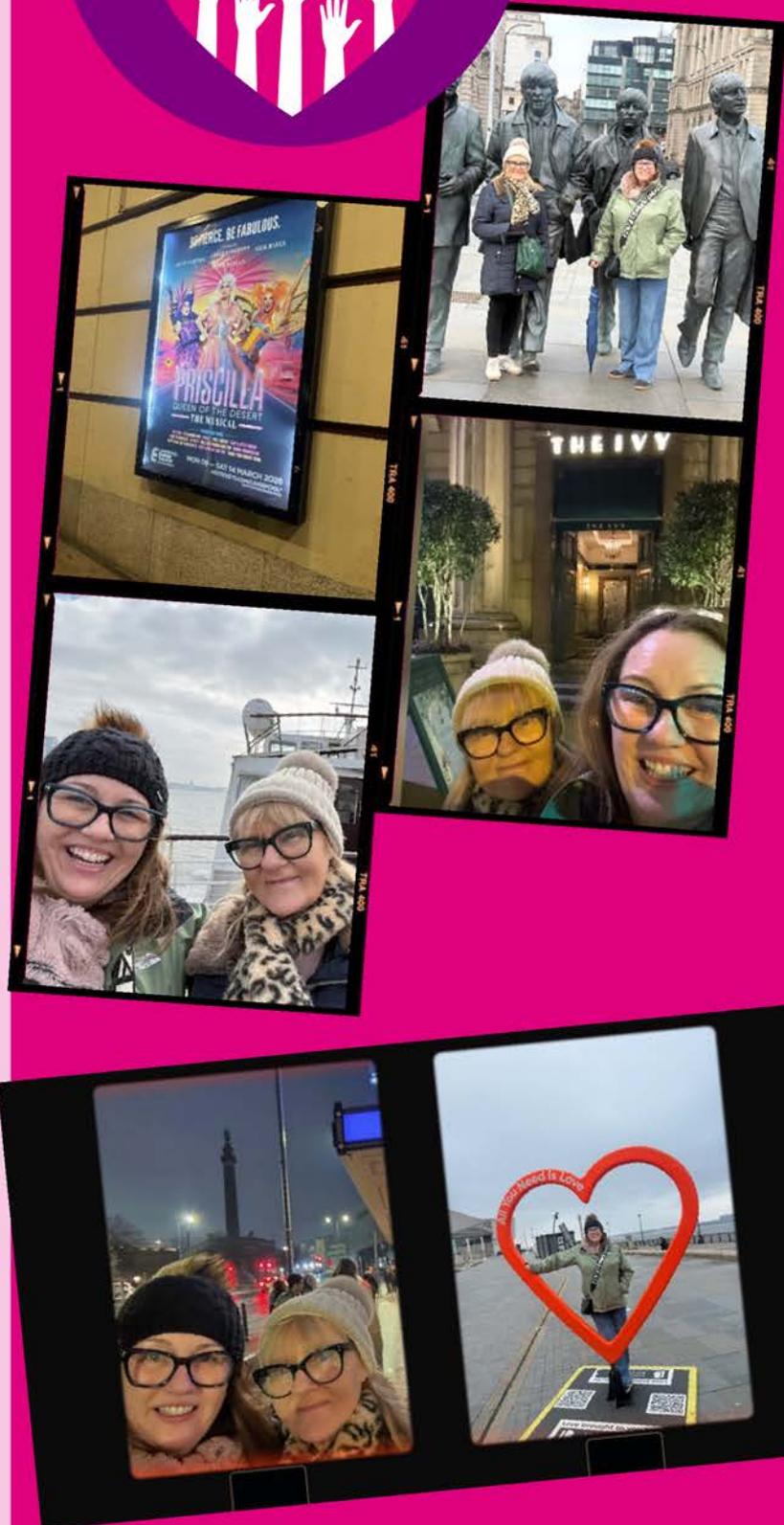
Jen told us:

**'I've just left Liverpool after a brilliant couple of days enjoying my volunteer reward with my Mum. We don't live close to each other, so this was an added bit of happiness spending the days with her'**

**'We loved every minute and enjoyed dinner in some gorgeous restaurants, a ferry across the Mersey, lots of walking along the docks and met 'The Beatles' then topped it all off by seeing fabulously glitzy fun theatre show !! Liverpool is great!'**

Jen concluded her message with a note of thanks:

**'I wanted to say thank you so much for the award, what a treat to stay in a beautiful hotel!'**



# A FRIEND OF *Dorothy*

16+ CC 2025 - 23m  
Drama

GET DISNEY+

Dorothy is a lonely widow whose body is failing, but her mind remains as bright as ever. When 17-year-old JJ accidentally kicks his football into her garden, he upends Dorothy's daily routine of pills, prunes, and crosswords, and an unlikely friendship blossoms. Despite being worlds apart in every way, the two come to find they have more in common than they could ever imagine.

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



We're thrilled to share that *A Friend of Dorothy* - a short film proudly supported by Age UK since its earliest days has been officially nominated for an Academy Award in the Live Action Short Film category.

More than 200 films qualified for the category this year, with only 15 making the shortlist. After a competitive voting process, *A Friend of Dorothy* has secured one of just five nomination spots, marking a remarkable achievement for everyone involved.

Age UK has been delighted to accompany the film on its journey, from early promotion to seeing its themes resonate with audiences worldwide. Last November, supporters joined a special private screening, exploring the film's powerful messages around intergenerational friendship, combating loneliness, and staying true to oneself. The event also featured a lively Q&A with Director Lee Knight, Age UK colleagues, and Age UK Westminster CEO Mehfuz Ahmed.

With the Oscars taking place on Sunday 15 March, we're sending our warmest wishes to the entire *A Friend of Dorothy* team and keeping everything crossed for a win.



**If you haven't yet seen the film, you can watch it on Disney+ or just search "Friend of Dorothy" on YouTube.**

[Watch on Disney+ here](#)

## GOOD TO KNOW...



### A BIT OF GOOD NEWS (BECAUSE WE ALL NEED TO HEAR SOME RIGHT NOW)

The Advice and other teams have smashed their Warm Homes benefits & home checks target ahead of schedule this year - delivering an incredible amount of sessions.

An outstanding achievement!

Our collective performance hasn't gone unnoticed either - I'm delighted to share that the CEOs of Age UK and EON will be visiting us in May to hear more about the project and the impact we make.



#### Quality of Advice Standard Audit – A Fantastic Start

This week we completed the first stage of the Quality of Advice Standard audit, the verbal feedback from the assessor was exceptionally positive.

She asked us to pass on that she was

**“incredibly impressed with the team for their warmth, dedication, and the love for what you do.”**

That's a wonderful reflection of the culture and commitment you bring to your work every day.

A huge thank-you to the First Link team your professionalism and passion truly shone through.

You're all brilliant and it shows.

**Fantastic work, everyone**

# Together We Walk



Here are just a few ideas to spark inspiration:

Walking meetings or workplace step challenges

Buggy walks, scavenger hunts, nature trails, book trails, treasure hunts or heritage walks  
Wellbeing walks, litter-picking walks or Nordic walking sessions

Getting involved in Walk to School Week (18-22 May) – walking buses or sensory trails  
Creating new benches, footpaths or trail signage

Taking part in Walk Notts Bingo Card activities



Walk Notts Festival  
Coming This May!

Look out for the Walk Notts  
Festival programme

[www.walknottsfestival.com](http://www.walknottsfestival.com)

## Why Walking Helps Our Mental and Physical Health

Getting outside for a walk - whether it's a gentle stroll or an energetic ramble - can make a real difference to how we feel.

Walking and wheeling can:

- Connect us with our neighbours and local community
- Boost our energy levels and improve our sleep
- Help us manage our weight and lower our blood pressure
- Introduce us to new people and new places - nature, history, hidden gems in our area
- Simply make us feel good



This May, we're celebrating everything walking and wheeling across Nottingham and Nottinghamshire with the Walk Notts Festival. It's a chance to shine a light on all the brilliant things already happening, while encouraging organisations, groups and individuals to try something new. Why not join us? Find out more:

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

 0115 896 6906

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



Nottingham & Nottinghamshire  
**ageUK** Age UK Nottingham & Nottinghamshire  
TRAVEL WELL Age UK Nottingham & Nottinghamshire

Together We Walk 

Walk Your Way to Wellness - Join the Journey

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 0115 896 6906  
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# Say no to scams!



email: [scamsawareness@ageuknotts.org.uk](mailto:scamsawareness@ageuknotts.org.uk)

Call: 0115 855 3388



DOORSTEP CRIME



MAIL SCAMS



TELEPHONE



TEXT MSGS/WhatsApp



INTERNET SAFETY

## STRENGTHENING OUR COMMUNITY AGAINST FRAUD

The recent Police Crime Commissioner - Fraud Forum Partnership Conference at Rushcliffe Arena brought together key leaders and frontline advocates in the fight against fraud across Nottinghamshire. The event underscored the growing importance of partnership working as communities face increasingly sophisticated scams targeting residents of all ages.

Gary Godden, Nottinghamshire Police and Crime Commissioner, joined Michelle Buttery, Chair of the Nottinghamshire Fraud Partnership and CEO of the Nottinghamshire OPCC, to outline the county's ongoing commitment to protecting the public. Both speakers emphasised the need for collaboration between statutory services, charities, and community organisations to ensure that prevention, early intervention, and victim support remain at the forefront of local strategy.



Also pictured at the event was John Bryan, Scam Prevention and Wellbeing Advisor for Age UK Nottingham & Nottinghamshire, whose work plays a vital role in supporting older and/or vulnerable residents - those often most at risk of fraud. His presence highlighted the essential contribution of voluntary sector partners in raising awareness and empowering individuals to stay safe.

The conference served as a powerful reminder that tackling fraud is not just a policing issue but a shared responsibility. By bringing together expertise from across the county, the partnership continues to build a stronger, more resilient Nottinghamshire where residents feel informed, supported, and protected.



# MOBILITY SCOOTER MYTHS

This issue, Laurie from Advantage Mobility will be busting more 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.



**MYTH:**  
**MOBILITY SCOOTERS ARE EXPENSIVE**

**Reality:**  
Reality: While there are high-end models available, there are also affordable options on the market. However whilst there are cheaper models available on line, they often do not meet the required safety standards and can be dangerous for vulnerable users. This is particularly relevant when it comes to batteries and charging systems, which can result in fires.



**MYTH:**  
**MOBILITY SCOOTERS ARE NOT SAFE**

**Reality:**  
Mobility scooters are equipped with safety features such as speed control, lights, and brakes. When operated responsibly and in accordance with safety guidelines, mobility scooters can provide a safe mode of transportation for individuals with mobility challenges. There are many cheaper versions of scooters and powerchairs sold on- line which do not fully comply with UK safety standards. They are often delivered unassembled and may in some cases be incorrectly assembled.

## Advantage MOBILITY

Call us on 0115 697 6409  
Pop into the large well-appointed showroom for a cuppa and a friendly, no obligation chat about your mobility requirements.

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.

# FUNDRAISING EVENTS 2026



## ART TASTER SESSION

TUESDAY 14TH APRIL  
10AM - 1PM  
CAPO LOUNGE  
2-8 STOCKWELL GATE  
MANSFIELD  
NG18 1LE

£15 PER PERSON  
INCLUDES A LIGHT LUNCH

## Discover Your Inner Artist!

Whether you're a budding Banksy, have a little Lowry waiting to emerge, or simply want to brush up your Monet moments in watercolours, this creative workshop is the perfect place to start. Join us for a relaxed and inspiring morning as we explore colour, texture and a range of artistic techniques. Guided by local artist Heather Griffin, you'll experiment with pencil, charcoal, pastel and watercolour in a supportive, friendly environment. No experience? No problem - all abilities are warmly welcomed.



A light lunch is included, making it the ideal way to learn something new, meet others and enjoy a few mindful, creative hours.

## FUNDRAISING

# EVENTS 2026



April

## ART TASTER SESSION

TUESDAY 14TH APRIL  
2026  
10AM - 1PM

CAPO LOUNGE  
2-8 STOCKWELL GATE  
MANSFIELD  
NG18 1LE

£15 PER PERSON INCLUDES A LIGHT LUNCH



June

Enjoy a  
delicious  
Italian meal  
with friends.

## Amores Italian

SUNDAY 7TH  
JUNE 2026  
7PM - 9.30PM

AMORES  
65 GEDLING RD  
CARLTON  
NOTTINGHAM  
NG4 3FG



£27  
INCLUDES  
SET ITALIAN  
MEAL

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

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:

### Contact

📞 Elaine: 07872 839605  
✉️ [fundraising@ageuknotts.org.uk](mailto:fundraising@ageuknotts.org.uk)

# ROTARY SWIMATHON 2026 – Team Age UK Notts Makes a Splash!



The Rotary Swimathon 2026, organised by Sherwood Sunrisers Rotary and Nottingham Rotary, took place on Saturday 21 March at Harvey Hadden Sports Village and what a fantastic success it was!

Our incredible team, with a combined age of 320 years, completed an impressive 246 lengths between them.

Thanks to the generosity of our supporters, our share of funds raised, means £700 will be coming directly to Age UK Notts to support our vital work.

A special shout-out goes to Shirley, who at 89 years young is diving into 2026 with true spirit and determination.

Having normally completing four lengths in her practice sessions, she absolutely smashed her goal by completing 12 lengths on the day. An inspirational achievement!

It was a brilliant event, full of energy, teamwork and community spirit. Well done to everyone involved - what a fantastic job!



Give a little, get a lot!



**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

The complex block features a light green background. At the top, a diverse group of cartoon people holds a white banner with the text "Give a little, get a lot!". Below this is a smartphone mockup displaying the Age UK Notts website. The website content includes a "Please Donate" button, sections for "About us", "Buy products", and "Shops", and a "SOCIAL CALENDAR 2026" section with a small version of the banner illustration. A green bar at the bottom contains the website URL. At the very bottom, there is a small, partially visible quote.

FUNDRAISING

# EVENTS 2026



## Afternoon Tea at St Andrews Parish Hall, Skegby

Our afternoon tea at St Andrew's Parish Hall in Skegby was an absolute delight this month. It was wonderful to see another well-attended event on our social calendar, with guests enjoying a delicious array of sandwiches, cakes, and jam and cream scones that disappeared in no time.

We were treated to entertainment from singer Poppy Willow, whose performance added a lovely atmosphere to the afternoon. A fantastic time was had by all. You can find Poppy via facebook.

Thanks to Maria, Elaine & Sally for their support on the day.



“

Had a lovely afternoon tea. Good company. Thank you to Elaine and everyone who sorted this. X



Look out for our upcoming Social Calendar events!

We've got a fantastic line-up over the next few months:

April: Try something new at our Art Taster Session with a talented local artist.

May: Kick up your heels at our fun and friendly Line Dancing event.

June: Unwind with friends over a delicious three-course set meal at Amores Italian.



[www.ageuk.org.uk/notts](http://www.ageuk.org.uk/notts)

and Finally.....

## Menopause at Work: Why it Matters & how we can support Women



Menopause is a natural life stage, but for many women it can bring symptoms that make working life more challenging. With 5.5 million women aged 45–60 in employment in the UK, a large part of the workforce is experiencing this transition right now.

Around 73% of working women aged 40–60 report menopause symptoms while in employment, and up to one-third experience severe symptoms that significantly affect daily life and performance. [[thebms.org.uk](https://thebms.org.uk)] [[cipd.org](https://cipd.org)], [[thebms.org.uk](https://thebms.org.uk)]

### How Menopause Can Affect Work

Many women experience symptoms such as tiredness, poor concentration, memory lapses, low mood, reduced confidence, and hot flushes, all of which can make work tasks more difficult.

Some feel unable to disclose what they're going through because of embarrassment or fear of stigma, which can worsen stress and contribute to women stepping back from their roles or even leaving work. [[thebms.org.uk](https://thebms.org.uk)]

### How as a Partner you can support someone going through Menopause

- Listen and be patient - symptoms vary day-to-day.
- Learn about menopause together so you understand what they're experiencing.
- Offer practical help when they're tired or overwhelmed (e.g., chores, adjusting temperature, creating calm evenings).
- Encourage rest and self-care, including talking to a GP if symptoms become difficult.
- Support work-life balance - discuss ways to reduce stress and encourage workplace adjustments if needed.
- Be emotionally supportive - reassurance, kindness, and understanding go a long way.

There are many helpful resources available to learn more about the menopause - from articles and books to podcasts, support groups and online tools. However, it's important to make sure you're getting information from trusted, evidence-based sources. If you're unsure about anything you've read, or if symptoms are affecting your daily life, please speak to your GP or a qualified healthcare professional. The right guidance and support can make a real difference.

<https://themenopausecharity.org>

[www.menopausematters.co.uk](http://www.menopausematters.co.uk)

[www.nhs.uk/conditions/menopause](https://www.nhs.uk/conditions/menopause)

[www.nottinghamwomenscentre.com](http://www.nottinghamwomenscentre.com)

[60 Best Menopause Podcasts to Listen to in 2026](#)

# DATES FOR APRIL

## April - Stress Awareness Month

Stress Awareness Month is a reminder to open up conversations about stress, reduce stigma, and support one another. By talking openly about how stress affects us, sharing coping strategies, and showing compassion to those who are struggling, we can make a real difference.

It's also a great time to prioritise self-care.



Taking breaks, doing things you enjoy, eating well, exercising, and learning to say no when needed. Looking after yourself is the most important step in managing stress.

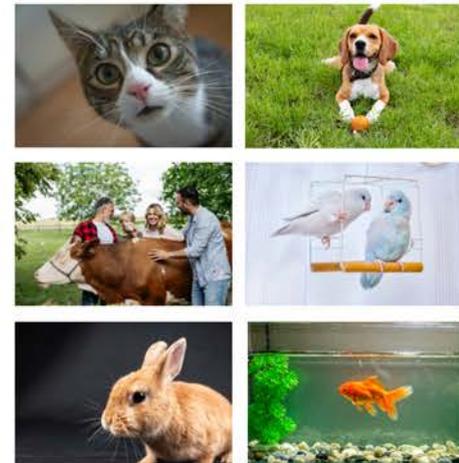
**3rd April 2026 - Good Friday**  
A bank holiday in the UK, this Christian celebration commemorates the crucifixion of Jesus and his death at Calvary.

Hot Cross Buns are traditionally eaten today.



**10<sup>th</sup> April - National Siblings Day**  
Based on traditional Indian festival of Rakshabandhan, which is hundreds of years old, honoring the relationships of siblings.

**11th Apr 2026**  
National Pet Day was created to celebrate the joy pets bring to our lives and to create public awareness about the plight of many different kinds of animals awaiting a forever home in shelters and rescues all around the globe.



**13th April 2026**  
National Scrabble Day is observed annually on April 13th specifically was chosen in honour of Scrabble's inventor, Alfred Mosher Butts.

**23rd April 2026 St. George's Day**  
The annual celebration of England's patron saint is not a national holiday in England, however it is celebrated by flying the English flag and by taking part in traditional English activities such as morris dancing.



# 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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