

WORKING WITH LOCAL SCHOOLS!

Our partnership guide for schools in
Barnet



How you can help us!

- Invite us to give a talk
- Hold a fundraising event
- Encourage your pupils to volunteer or make something special for an older person





Thank you for choosing to find out more about Age UK Barnet!

By reading this brochure, you're already showing an interest in our essential work and an empathy for the vulnerable and often isolated people who we work with in Barnet. We are there for all older people, providing quality services and activities to help tackle loneliness in the borough.

A key part of what we do is to promote positive ageing. The children of today will be the adults of tomorrow and thus their attitudes towards older people lay the ground for their future sense of self and psychological well-being. Encouraging children to have more positive visions of older people is thus of crucial importance in an ageing world.

Thinking about others and their lives will also help develop their empathy skills and can be hugely rewarding for everyone involved.

Please read on to find out we can support each other.

Helen Newman
Chief executive

How Age UK Barnet helps older residents

We are reaching out to all older people in the borough who need our help and here are some of our main services and activities...

✓ We offer information and advice on crucial issues affecting older people including benefits, care options, and housing so that older people in Barnet can make informed decisions for themselves.



Our advice team has dealt with over 3,000 calls, letters and emails over the last year

✓ Our Handyperson team carries out small jobs around the home to help people stay safe

✓ Our Shopping service supports those struggling to get out to the shops.



Why support us?

Our mission is, quite simply, to help improve the lives of older people in Barnet. In Barnet, more than 60,000 people are over the age of 55. It is estimated that more than 10 per cent of those live in poverty, and that the number of over 65s living with a life limiting condition will increase by 50 per cent by 2035.

Loneliness, isolation and poverty in later life is something that most people don't want to think about and often believe won't happen to them, but these issues really can affect anyone and everyone, no matter where they live...

What's in it for you?

Getting involved provides a common focus, or goal for your school and supporting a local charity such as Age UK Barnet not only has a positive impact on local older people, it can be extremely rewarding for your pupils.



On the next couple of pages we show the many different ways you can get involved...

How Age UK Barnet helps older residents



Our befriending volunteers give freely of their time to ensure that people who are isolated or lonely have a trusted friend to meet with regularly.



We help older people struggling with smart phones and computers, connecting people with loved ones and the online world..



We offer a wide range of activities such as exercise, cooking, crafts, art and languages to help people make the most of later life.



Our dementia hubs offer specialist advice and day opportunities for families affected by dementia



What can we do for you?

Give a positive ageing talk. Understanding more about the experience of being older can help develop empathy skills in children - particularly in those who are not in regular contact with older family members.

Host an assembly. We have so many older friends with interesting stories to tell. Whether it's Black History Month, Pride Month, World Book Day, or just a regular Monday morning, we will know someone with an amazing story to tell.

Use our expertise. You are welcome to tap into the big pool of talent and skills among our staff members and volunteers - for instance, we can offer cookery demos, talks on money management and starting a career in the charity sector.

Provide information. We have a wide range of useful information booklets and leaflets for your events or for children to take home to their families.

Publicise your support. We will thank you on social media, our website and in our newsletter, and let everyone know about the amazing work your pupils have been doing. We will send press releases about joint projects to the local newspapers such as The Archer and Barnet Post, recognising your support. You will also be acknowledged in our Annual Review.

How local schools have supported us

**Our Lockdown Letters book -
From me to you.**

**Pupils from schools all over Barnet
drew pictures and wrote touching
letters about their experience of
lockdown to some of our older
clients. We chose the best for our
book - a snapshot of our times!**

**Tackling social isolation. Pupils
assist older people with their
laptops, smart phones and tablets in
IT support sessions - helping them to
stay in touch with friends and family
as well as carry out everyday tasks
and stay independent**

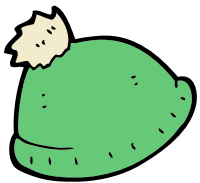
Ways you can help us

Volunteering on our Digital Inclusion project

Older pupils can offer one to one support to older people struggling to get to grips with their laptops, tablets and smart phones. We can hold the sessions at your school, normally once a week during term time.

Intergenerational cookery sessions. You could lend us your teaching kitchen to hold cookery classes for older people - and your DofE pupils could support participants in our sessions.

Fundraise for us. Bring your students together to raise money for us and help their local older community. Here are just a few ideas - we'd love to hear yours too!



Non uniform day Students and teachers pay £1 to wear their own clothes for the day. Or woolly hat day - where the £1 people bring in goes towards helping an older person through the winter months



Fashion show Get each class to make an outfit out of recycled materials and nominate one person to model it on the catwalk! Charge people to see the show.



Danceathon Each class competes to see which class can dance for the most hours in one week - and get their families to sponsor them! Or you could sell tickets to a school disco.



Talent show See what secret talents your students and teachers have been hiding by putting on a ticketed school talent show!

What schools do for us...

Christmas card campaign

Pupils around the borough make festive cards with touching messages which are sent out to lonely isolated older people in Barnet

Schools donate food for our Harvest Festival hampers which we distribute to our needier clients



Make a difference!

Thank you for taking the time to read our school partnership booklet. We can't wait to work with you and your pupils to support our local older community together.

To discuss how you can get involved please contact Karen on karen.williamson@ageukbarnet.org.uk or phone 077889 994298

