

Autumn Newsletter

Please check you are receiving what you are entitled to financially

Many people rule themselves out without checking what they may be entitled to, If you are a pensioner, please contact our Advice and Information Offices in Blackburn Library and Darwen Town Hall. Our friendly staff can carry out a free, no obligation assessment of your income and circumstances and many older people have been pleasantly surprised at the outcome. The Household Support Fund to help people with the cost of living crisis is still running, if you qualified for it before and your circumstance haven't changed you could be eligible to apply again this autumn.

The Household Support fund offers money towards utility bills, help with white goods and a host of other benefits. It costs nothing to find out so please get in touch.




**If you are a pensioner
find out what you can claim**

£ £ £ £

If you are struggling to manage household bills you could be entitled to additional income and/or support and it costs nothing to find out

Our Advice and information offices can offer a free benefit check. Telephone, email or drop in

<p>Blackburn Office Blackburn Central Library Town Hall St, Blackburn BB2 1AG Monday to Friday 10am - 4pm Tel: 01254 266620</p>	<p>Darwen Office Darwen Town Hall Croft St, Darwen BB3 1BQ Monday to Friday 9.30am - 1pm Closed Tuesdays Tel: 01254 773440</p>
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Email: advice@ageukbwd.org.uk

Registered charity no 1143809

Support to get digital

Did you know that we offer lessons to help you to learn how to use your mobile phone, tablet/laptop. We can help you to learn just one thing such as online grocery shopping, how to WhatsApp or message on social media. We can help with setting up an email, show you how to access GP records and order prescriptions and give you the basics of online banking.

New for autumn 2023 is KOMP User-friendly and secure technology for photo sharing, text messaging, and video calls. The devices cannot make calls but can easily receive messages, photos and video calls from friends and loved ones.



Activities for the over 50's local to you

If you enjoy playing netball or football then our slower paced versions could be just the thing to get you out and about.

Our walking football team needs more players to have a decent game – they play at Darwen FC ground every Monday afternoon starting at 1.30pm – if you are not sure if it is for you then come down and spectate one Monday and see what it is all about. Cost to play is £3 per session.

We have also started some new walking netball sessions at Darwen leisure centre on a Wednesday afternoon – no prior experience is needed as the session is run by a professional coach who can get you up to speed with the rules. The cost is £3 per session so why not join our friendly group.



If walking is your thing, or it's a bit of company you want and a reason to get out of the house we have two weekly free walks.

A slower paced flat one mile loop of Witton Park on a Wednesday morning and a more moderate paced 3- 4 mile walk including hills in Sunnyhurst woods on a Thursday morning. Friendly groups and great exercise.

Maybe you prefer your exercise indoors? Tai Chi is a fabulous low impact exercise that is good for keeping your body supple, maintaining balance and strength and also good for overall wellbeing. Our tutor Robyn teaches at a number of venues in Blackburn and Darwen on a Tuesday and also offers an online session. The cost for the face to face sessions is £3 per session.

Have you heard of wild swimming? Swimming or dipping outdoors can have real health benefits for those of you brave enough to try it. Working with local wild swimming group Lancashire Stay Wild Wild Swim – we can put you in touch with local groups to help you get in the water.

The menopause can be a difficult time for some women and yoga can help improve wellbeing. We have a weekly yoga session suitable for women who are experiencing unwanted symptoms with the menopause on a Wednesday evening in Darwen. Sue our qualified yoga teacher will guide you through the moves.

We also have other sessions such as ten pin bowling and seated exercise sessions so something for everyone.



Social Groups

As well as physical activities we have a number of social groups that also take place across the borough including a men's group held in Blackburn library, a Talk and Tunes singing and great conversation group in Albion Mill and a remember the Rovers session held at Ewood park for Blackburn Rovers fans. Check out the timetable to see what is near you.

Monday	Activity	Where	Time	Frequency	Cost	Notes
	Mens Group 50+	Meeting Places Darwen BB3 1BG (Next to Gregg's bakery)	12pm - 2pm	Weekly	£1 Donation	Join us for a brew, informal chat & games
	Walking Football over 50's	Darwen AFC Anchor Road Darwen BB3 0BB	1.30pm - 2.30pm	Weekly	£3	No previous experience or ability required
Tuesday	Activity	Where	Time	Frequency	Cost	Notes
	Tai Chi	New Methodist Church Darwen BB3 1QL (Corner of Bright Street)	10.30am - 11.30pm	Weekly	£3	
	Tai Chi	Mill Hill Community Centre Blackburn BB2 4DT	12 Noon - 1pm	Weekly	£3	
	Seated Tai Chi	Livesey Library Blackburn BB2 5NX	1.30pm - 2.30pm	Weekly	£3	
	Talk and Tunes 50+	Albion Mill Community Hub Blackburn BB2 4LX	2.30pm - 3.30pm	Weekly	£1	Join us for a brew, a chat and a sing-a-long
Wednesday	Activity	Where	Time	Frequency	Cost	Notes
	Walking Group	Witton Park Blackburn	10.30am	Weekly	Free	Meet Witton Park entrance - 1 mile walk
	Remember the Rovers	2nd floor Darwen end Stand, take lift to 2nd floor and turn left	10.30am - 12Noon	Weekly	Free	Reminiscing the past of Blackburn Rovers
	Mens Group 50+	Blackburn Central library	1pm - 3pm	Weekly	£1	Join us for a brew, informal chat & games
	Observatory Group	The Observatory Pub Blackburn BB2 3HG	1.30pm - 3.30pm	Fortnightly	Free	
	Walking Netball	Darwen leisure centre, 3 The Green, Darwen BB3 1PW	2pm - 3pm	weekly	£3.00	No previous experience or ability required
	Yoga	New Methodist Church Darwen BB3 1QL (Corner of Bright Street)	6pm - 7pm	Weekly	£5	For those experiencing menopausal symptoms
Thursday	Activity	Where	Time	Frequency	Cost	Notes
	Walking Group	Sunnyhurst Woods Darwen BB3 1QX	10.30am - 12.30pm	Weekly	free	Meet at Falcon Avenue
	Tai Chi	Online Zoom	11.30am - 12.30pm	Weekly	free	ID 942 9668 9551 Password 301150
	Ten Pin Bowling	Ten Pin Bowling Blackburn BB1 N1AQ (Vue Cinema)	2.30pm	Weekly	£6.00	2 games
Friday	Activity	Where	Time	Frequency	Cost	Notes
	Crown Creen Bowling	Lower Darwen URC Bowling Green (behind the URC Church at the bottom of sandy Lane)	10am - 12 noon	weekly	Free	May to September
	Seated Exercise	The Barlow Institute Edgworth BL7 0AP	2pm - 3pm	Weekly	£3	
	Wild Swimming	various locations inc River Ribble	various times	weekly	Free	Please ring for more info

Memory Makers

Our memory makers sessions are for people who are struggling with their memory or are living with dementia. These small groups use specialist techniques and discussion to help stimulate the working memory and boost confidence. We have groups in Albion Mill, Morrisons in Blackburn and also Darwen Town Hall. Each session costs £5 and we always have brews and biscuits 😊



We need Volunteers

If you or someone you know has time on their hands please consider volunteering with us. Most of our volunteering opportunities need a commitment of just 1 hour per week. At the moment we are recruiting for volunteer minibus drivers, if you have recently retired from a driving role but miss being behind the wheel then get in touch. We also have a wide range of other roles too

Our website gives more information or if you are not sure what role is right for you or want more information then give us a call.



VOLUNTEER VACANCIES

Advice and Information Service - Blackburn Library

Support our busy Advice service by helping older people with form filling and online applications for entitlements

Befriender

Visit an isolated older person once a week to help combat loneliness

Darwen charity shop

Volunteers needed to man the till and also help with stock processing

Digital

Help an older person to get online, set up an email address, or navigate the internet

Driver

Drive our minibus and help transport older people and adults with learning disabilities to our day care centres

Nail Technician

If you have beauty or healthcare experience we need volunteers to cut toenails at clinics across the borough (full NHS training provided)

Walking football coach

Could you lead and run a session for us once a week - full training with qualification provided

Switchboard

Answer our busy switchboard to callers and help with admin tasks at our King Street Head Office

Flexible volunteer roles with a minimum commitment of 1 hour a week. Full training and out of pocket expenses. For more information call 01254 266620 or visit our website

www.ageukbwd.org.uk



Scan here for our website



@ageukbwd



We need your support

We are a local charity and with our own costs rising and requests for help from older people higher than ever we need donations and support to help us continue to be there. We accept donations by cash or cheque, or you can donate online here <https://www.ageuk.org.uk/blackburnwithdarwen/get-involved/donate/>

We were recently pleased to be left a small gift of £100 in the will of a lady who had used our services. We are very grateful when anyone thinks of us in this way. We understand that many people are feeling the pinch of the cost of living crisis but a gift in your will once friends and family are taken care of or asking for donations in memory is a good way to support us.



Please leave a gift in your will or a donation in memory as a special way to help older people in Blackburn with Darwen

Leave a gift in your will

Leaving a gift in your will once friends and family are taken care of, supports local older people both now and in the future.

Donations in lieu of flowers

A donation instead of funeral flowers will be a lasting gift. You can add this request into a will quite easily or your relatives can choose to do this.

Donations and legacies are hugely important to us and we promise to use your gift wisely to benefit local older people



Thank you for your support!



Nailcare

Taking care of nails and feet can become more difficult as you get older. If you struggle to cut your own toenails, then our clinic based toenail cutting service operates from several venues across the borough. There is an initial upfront charge of £7.50 for your own personal nail care set and a charge of £15.50 per appointment (prices are subject to change). Unfortunately, we cannot accept people who have some medical conditions such as rheumatoid arthritis or who take certain medications. You will have a full assessment with an NHS podiatrist prior to starting the service. To make an appointment please call our switchboard.



Wayfinder Dementia Support service



If you are aged 50 or over and have a diagnosis of dementia this free service offers support to help navigate the dementia journey. Our trained staff can offer a listening ear as well as information about local organisations and activities, access to benefits, help to navigate the care system as needed and also advice about future planning.



Ink recycling

We can now recycle ink cartridges from printers both those that are used and those that have not been open and are still in the packaging. Not only is this good for the environment but it also helps us to generate income for every cartridge that we recycle. We have collection boxes in our King Street head office and also our Darwen charity shop, but you can also give them to any member of staff or drop them into any of our premises.

Darwen charity shop

Our Darwen charity shop is always in need of good quality clothing, bedding, shoes and bric a brac if you are having a clear out. The shop is on Market Street in Darwen just up from the corner of Union Street and there is parking outside.

If you cannot get to the shop you can also buy from us online and every purchase makes a difference

<https://www.ebay.co.uk/usr/soldforold01>

<https://www.depop.com/3marketstreet/>



CONTACT DETAILS

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@ageukbwd

Please scan to donate

