

NEWSLETTER

Spring/Summer 2023



As we move into the warmer months of the year, we have a lot of activities taking place to suit all tastes and abilities. If you need anymore information about anything in the newsletter please call our Switchboard Monday to Friday 9am to 4.30pm, email us at enquiries@ageukbwd.org.uk , or contact us via our website www.ageukbwd.org.uk or social media @ageukbwd

Advice and Information

We know that the cost of living crisis is hitting many people hard at the moment, with huge energy bills and the rapidly rising costs of food in the shops. If you are a pensioner, please ensure that you have spoken to our Advice and Information Offices to check your entitlements. We have seen an increase in people accessing the service by over 40% and many were pleasantly surprised to find out that they could claim additional income or entitlements. Don't ever rule your self out because your neighbour or friend couldn't claim anything as everyone's situation is different. Details of where to find us are in the poster to the side.

Blackburn with Darwen ageUK

BLACKBURN DARWEN

**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

Blackburn Office
Blackburn Central Library
Town Hall St, Blackburn BB2 1AG
Monday to Friday 10am - 4pm
Tel: 01254 266620

Darwen Office
Darwen Town Hall
Croft St, Darwen BB3 1BQ
Monday to Friday 9.30am - 1pm
Closed Tuesdays
Tel: 01254 773440

Email: advice@ageukbwd.org.uk

Registered charity no 1143809

Household Support Scheme

The new Household Support scheme launched on 30th May to provide help for BwD residents with energy bills, white goods and food. If you are struggling to manage your finances please get in touch with our Advice and Information Offices

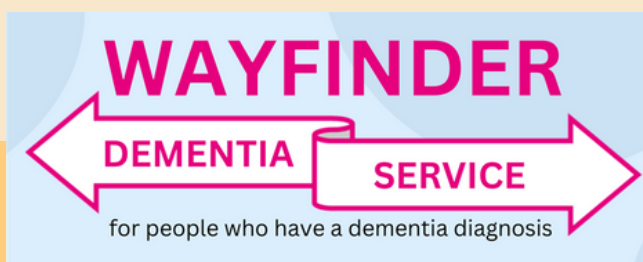
Digital Help



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

of online banking.

We have availability for 1 to 1 lessons at our King Street Office in Blackburn so please do get in touch if we can help.



Launch of new Wayfinder Dementia Support service

At the beginning of May we launched our new Wayfinder service. Funded by the national Lottery Community Fund this free service offers support to anyone aged 50 or over living in Blackburn with Darwen who has been diagnosed with dementia or their carers.

Our trained staff are at the end of the phone to help navigate the dementia journey offering a listening ear as well as information about local support and activities, access to benefits, help to navigate the care system as needed and also advice about future planning. You can self-refer to the service by contacting our switchboard.

Memory Makers

If your memory is not what it used to be, or you have a diagnosis of early stage dementia then our specialised Memory Maker Session can help to maintain muscle memory and improve social confidence. Using specialised cognitive stimulation therapy our small group sessions offer activities, quizzes and discussion on current and local affairs.

Sessions take place in Darwen at Darwen Town Hall on Thursday mornings and also at Accrington Road Community Centre on Tuesday mornings and cost £5

MEMORY MAKERS

Specialised Activity Sessions for adults struggling with their memory

Our specialised sessions use an innovative approach to stimulate and maintain memory function in a safe and fun way



Sessions will be held in a small groups and include a range of creative and musical activities, topical discussions, physical activities, quizzes and games tailored to the group
Suitable for those with mild to moderate dementia

Accrington Rd Community Centre -Tuesdays
10.00am - 12 noon

Darwen Town Hall -Thursdays 10.00am - 12 noon
£5 per session includes refreshments
(payable every 10 weeks in advance)

For more information please ring Age UK Blackburn with Darwen on 01254 266620 or email enquiries@ageukbwd.org.uk



@ageukbwd

Nailcare Service

If you struggle to cut your own toenails, then our clinic based toenail cutting service operates from several venues across the borough. There is a an initial up front 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 on 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



Volunteering

We rely heavily on our volunteers and are currently recruiting for befrienders to telephone or visit older people, volunteers to help in our busy admin office and volunteers to help in our shop, services and activities. Please visit

<https://www.ageuk.org.uk/blackburnwithdarwen/get-involved/volunteer/> for more details

Darwen charity shop



As a local charity we need to raise money to keep our services operating and pay for essentials such as rent, heating and telephone bills and just like everyone else we have been hit by the rising cost of living.

One of the ways that we raise income is through our charity shop in Darwen where we sell a wide range of clothing, and accessories, homewares, household goods, nursery items and toys. Please visit us at 3 Market Street, Darwen BB3 1AZ if you are in Darwen and we always welcome donations of good quality items too and are particularly looking for summer stock.

We also sell on both E Bay and Depop so if you cannot get into the shop please check us out online

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

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

Every purchase in our shop or online helps us to pay for our unfunded costs and makes a big difference.



Ink recycling

We can now recycle ink cartridges from printers both those that are used and those that have not been opened 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.

Get more active and social

If you are looking to get more active, or get out to meet new people, then we have a range of activities and social groups that take place each week to suit all tastes. You can turn up to most of our groups without booking but we would be grateful if you could let us know by calling our King Street head office so we can look out for you.

AGE UK BLACKBURN WITH DARWEN ACTIVITY PROGRAMME

	Activity	Where	Time	Frequency	Cost	Notes
Monday	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	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	
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
Friday	Activity	Where	Time	Frequency	Cost	Notes
	Ten Pin Bowling	Ten Pin Bowling Blackburn BB1 N1AQ (Vue Cinema)	2.30pm	Weekly	£6.00	2 games
	Crown Green Bowling	Lower Darwen URC Bowling Green (behind the URC Church at the bottom of sandy Lane)	10am - 12 noon	weekly	Free	May to September
Friday	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

SUMMER FASHION SHOW

Wednesday 28th June
7pm for 7-30 start

Revidge Fold
United Reformed Church
Shear Brow
Blackburn BB1 8DS

TICKETS £6.00

For Tickets call
Age UK B/Burn with Darwen
01254 266620

Buy at the Church or
Age UK Blackburn with Darwen
4 King Street B/Burn BB2 2DH

We are showcasing lots of Summer styles for women from day to night. Also a large range of jewellery handbags and scarves all available to buy on the night.



All proceeds to support local charity Age Uk Blackburn with Darwen 1143809

Summer Fashion Show

Tickets are now on sale for our summer fashion show to be held at Revidge Fold United Reformed Church on Wednesday 28th June. Tickets are available from the church and also our head office at King Street. Payments for tickets can be taken over the phone by calling 01254 266620

Your Support is needed now

With our own costs up and requests for support higher than ever we need support to help fund our work. If you are able to support us by undertaking a sponsored event, holding a coffee morning or simply by donating, or following us on social media, it would make a huge difference and help us to continue to be there for those older people that need us



We have charity places available in this year's 1 mile Great Swim on 9th to 11th June and also the Great North Run on 10th September. Please email elaine.jennings@ageukbwd.org.uk for details

Donate to
make a difference

Blackburn
with Darwen
ageUK



- We welcome donations of money, goods or services
- Set up a standing order to give a regular amount
- Set yourself a challenge and ask for sponsorship or collect donations from your own fundraising event
- Celebrate a special event by asking for donations in lieu of gifts

With our costs up and requests for support higher than ever we need your support now to help us to continue to be there for older people. We accept cash and cheques at our sites, payments over the phone by card on 01254 266620 or via our website www.ageukbwd.org.uk

Thank you for your support!



Please scan to
donate

Follow us on social media



@ageukbwd

Age UK Blackburn with Darwen
4 King Street
Blackburn
BB2 2DH
Mon - Fri 9am to 4.30pm
01254 266620
www.ageukbwd.org.uk

