

Welcome to Age UK Blackburn with Darwen, as we move into autumn, we wanted to get in touch to tell you all that we do and the services that we offer. We understand that some people will be very happy that life is returning to normal and others will be feeling anxious. We want to reassure you that we are here for you as we recognise that it can be a difficult time for some.

We are a local independent charity that works only in the Borough of Blackburn with Darwen, we provide services and support to anyone aged 50 or over that meet needs and help maintain independence so do not hesitate to get in touch.

Advice and Information

Our free Advice and Information service can help with income, benefits, housing, utilities and consumer issues. We operate Monday to Friday from Blackburn Library 10am - 4pm and Darwen Town Hall Monday, Wednesday, Thursday and Friday 9.30am - 1pm. You can call in between those times or telephone Blackburn office on 01254 266620 and Darwen office 01254 773440 or email us at enquiries@ageukbwd.org.uk. We also offer home visits

Active Ageing

If you have really missed getting out and about during the pandemic or want to get more physically active to improve your health then we have a wide range of activities on offer. If you prefer to exercise at home then we have some exercise routines on our YouTube channel <http://shorturl.at/xANP3>

	Activity	Where	Time	How often	Cost	Notes
Tuesday	Tai Chi	Mill Hill Community Centre	12 Noon – 1pm	Weekly	£3	
	Seated Tai Chi	Livesey Library	1.30pm – 2.30pm	Weekly	£3	
	Tai Chi	New Methodist Church (corner of Bright Street) Darwen	10.30am – 11.30pm	Weekly	£3	
Wednesday	Activity	Where	Time	How often	Cost	Notes
	Walking Group	Witton Park	10.30am	Weekly	Free	Meet at the main entrance of Witton Park for a slow mile walk
	Observatory Group	The Observatory, Old Bank Lane, BB2 3HG	1.30pm – 3.30pm	Fortnightly	Free	Starting on 20 th October 2021
	Yoga starting 17 th November	Holy Souls RC Church Blackburn (Whalley new road BB1 9BE)	1.30pm – 2.30pm	Weekly	£5	Aimed at menopausal women aged between 50 – 65 years
Thursday	Yoga	New Methodist Church (corner of Bright Street) Darwen	6pm – 7pm	Weekly	£5	Aimed at menopausal women aged between 50 – 65 years
	Activity	Where	Time	How often	Cost	Notes
	Walking Group	Sunnyhurst Woods	10.30am – 12.30pm	Weekly	free	Meet at Falcon Avenue Darwen BB3 1QX
	Tai Chi	Online Zoom	11.30am – 12.30pm	Weekly	free	ID 942 9668 9551 Password 301150
Friday	Ballroom Dancing	Sandersons Dance Studio	1pm – 3pm	Weekly	£3.50	Hutton Street, Blackburn, BB1 3BY
	Ten Pin Bowling	Ten Pin Bowling (Vue Cinema)	2pm	Weekly	£6.25	2 games
Friday	Activity	Where	Time	How Often	Cost	Notes
	Seated Exercise	Barlow Institute, Edgworth	2pm – 2pm	Weekly	£3	

Digital

The pandemic has really highlighted the positive benefits that being online can bring. Our patient tutors can help you get online, show you what can be found on the internet, help you to shop online, order your prescriptions online or send emails. We can also show you how to use your smartphones and loan you a tablet to try. We offer low cost lesson blocks of 4 weeks in both Blackburn and Darwen, for more information contact Alison Hartley on 01254 266620.

Social Inclusion Activities

Mondays 1-3pm

"Darwen Mens (+Ladies) 50+ Group"

Join us for a brew, informal chat and games. £1.00 donation.

Meeting Places, Darwen

Tuesdays TBA

"Coffee and Natter 50+"

Join us for a brew, music, games and activities

Albion Mill Community Centre

Wednesdays 10.30-12noon

"Remember the Rovers"

Reminiscing the past of Blackburn Rovers Football Club with special guest speakers including former Rovers legends

Legends Lounge, Ewood Park

Thursdays 10.30 -11.30am

"Joyful Noise"

Online quiz, reminiscing and sing-a-long

Join online with Zoom Meeting ID: 649 261 0072

Wednesdays 1-3pm

"Men's Group 50+"

Join us for a brew, informal chat and games. \$1.00

Accrington Road Community Centre

Fridays 10.30am-12noon

"Artful Minds"

Join us to share art and a chat. £1.00 plus a £5.00 joining fee.

The Bureau Centre for the Arts, Penny Street

Please contact Mark Wood on 01254 266620 for details or email enquiries@ageukbbwd.org.uk

Social Inclusion - Meet new friends

If you want to meet like minded people over a shared interest then our social inclusion groups could be for you. Please get in touch with Mark on 01254 266620 if you would like to join in

Nail Care

Our nail cutting service is available for those who are not eligible for NHS Podiatry services and operates from Blackburn, Darwen and Mellor. You will be assessed by an NHS Podiatrist for eligibility prior to any treatment. There is a one off fee £7.50 to purchase your own nail care kit and the cost per treatment is £15.50. (Prices correct as at April 2021 but subject to change)



Memory Makers

For anyone who is struggling with their memory our new specialist memory maker sessions can make a real difference. Using maintenance cognitive stimulation therapy MCST our small group sessions focus on opinion and fact and not just reminiscence. Participants are already seeing the benefits. Sessions cost £5 so get in touch for more information and to book

Befriending

Our befriending service can support those who are isolated and housebound with regular telephone calls and visits. The service can also offer short term support following a significant life event to help you access activities and maintain independence. For more information please contact Verity Sharples on 01254 266620.

Day Time Support

For those eligible for social services support our day time service offers a full package of activities meals and care for adults aged 18 and over with learning disabilities and older adults who are mentally and physically frail from 3 different community centres. Access to the service is via social services referral and individuals can use personal budgets or self fund.

Here to Help

Our here to help service supports people living with long term health conditions to help them avoid repeated hospital admissions. The service liaises directly with GP's and other health and community care providers to ensure that services are in place as needed at home to enable you to continue to live independently for as long as possible. If you feel that you could benefit from this please contact Trish Ellins on 01254 266620



Covid - 19 Update

Vaccination

If you have not had your covid-19 vaccination for whatever reason and wish to have it then please call 119 free of charge who will book an appointment for you. You can find more information at www.healthierlsc.co.uk and on Blackburn with Darwen Borough Council website www.blackburn.gov.uk. For those aged 50 and over, health and social care workers and younger people at risk you will be offered a booster vaccination so keep an eye out for your invitation via your GP.

If you have no Symptoms

Lateral flow tests are quick tests that can be done at home, to check if you may be carrying the virus. Government advice is to test yourself regularly and particularly before you go to appointments such as hairdressers or meet up with family.

Free kits are available from a number of local pharmacies across the Borough- some community centre and there is also the option to attend a local testing centre from the Community Help Hub in the Mall Blackburn Monday to Friday 8am - 4pm or the Works Railway Road Darwen, Monday Wednesday and Friday 8am - 4pm. More details at [Test, trace, self-isolate | Blackburn with Darwen Borough Council](#) You can also order free kits online www.gov.uk/order-coronavirus-rapid-lateral-flow-tests to be delivered in the post.



Flu Vaccination

Anyone aged 50 or over is entitled to a free flu jab this year and the Government is urging as many people as possible to get vaccinated to protect themselves. If you usually have your vaccination at the GP surgery they will be in touch, or you can go to a local pharmacy who is offering the service.

Keeping Healthy and Well

As a charity we have access to a number of different booklets that support you to live well in your own home as you get older, if you would like a copy of any of these then please ask us or call into our Advice and Information Offices

Information Guide Index		
August 2021		
Number	Title	Date of publication
Money and legal		
IG02	LGBT+	May 2021
IG03	When someone dies	December 2019
IG05	Avoiding scams	June 2019
IG21	Powers of attorney	November 2019
IG30	Save energy, pay less	December 2020
IG31	Wills and estate planning	December 2019
IG43	More money in your pocket	April 2021
IG45	Looking after your money	December 2019
IG49	Attendance Allowance	April 2021
IG50	Pension Credit	April 2021
IG51	Thinking about end of life	December 2019
IG52	Carer's Allowance	April 2021
IG53	State Pension	April 2021
IG54	Council Tax Support	April 2021
IG57	Getting help with debt	November 2019
IG58	Universal Credit	December 2019
IL6	Equity release	September 2019
IL8	How to be an executor	September 2019
Health and wellbeing		
IG07	Your hospital stay	December 2020
IG14	Staying steady	December 2019
IG15	Bladder and bowel problems	December 2019
IG24	Healthy living	August 2019
IG27	Winter wrapped up	December 2020
IG32	Bereavement	November 2019
IG47	Caring for someone with dementia	June 2021
IG48	Living with dementia	June 2021
IG55	At home with dementia	June 2021
IG56	Your mind matters	October 2019
IL1	Staying cool in a heatwave	June 2021
Home and care		
IG01	Staying safe	October 2019
IG06	Care homes (and Care homes checklist)	September 2019
IG08	Housing options	May 2021
IG13	Advice for carers	June 2019
IG17	Adapting your home	November 2019
IG23	Getting help at home	June 2021
IG60	Social housing	June 2021
IG61	Private renters	June 2021
IG62	Homelessness	June 2021
IG63	Homeowners	June 2021
Travel and lifestyle		
IG10	Useful contacts	June 2021
IG44	In the driving seat	October 2019

To view or download the entire range visit: www.ageuk.org.uk/services/information-advice/guides-and-factsheets/ or call Age UK Advice on: 0800 169 65 65.

Re starting social lives

For many of us, the easing of restrictions brings longed-for opportunities – to see friends, play sports, resume contact with family in ‘real space’ or get back to work or volunteering face to face. But for many of us, even the happy, much anticipated changes and re-adjustment can be difficult for our mental health particularly if you may be more vulnerable to the virus or if you have mental health concerns

Because our situations are unique to us, it is really important to try not to judge ourselves harshly based on what other people are doing. Everybody is facing uncertainty and challenge – and we have no choice but to move through it as best we can with our own coping mechanisms.

As we move out of restrictions it's going to be possible to start picking up our social lives again – albeit with changes for the foreseeable future. Some of us are desperate to do so – but others will be nervous about doing so and going back into clubs and public, crowded spaces – or unable to do so because of their situations.

If you are part of a social group doing an activity together, try and plan ways for people who aren't ready for face to face meetings to still take part.

We may have become comfortable in our own space and with our own company over the last 18 months and we might really have to push ourselves to reconnect with people and overcome initial awkwardness. Take things at your own pace. Even if government advice is to no longer socially distance, or to wear a mask, you can decide on what suits you best. If you are struggling to get out or with the changes then get in touch and we can help.

Latest News

New Activity Buddy programme

If you have recently become a lot less active, maybe as a result of shielding or not being able to attend groups or activities and need some initial support to get active then our new Activity Buddy programme can offer you 1 to 1 support to get out and about and more active. This programme will launch later in the year so please get in touch to get your name on a waiting list. Contact Alison Hartley on 01254 266620

Winter Wellbeing Packs



We are in the process of putting together a winter wellbeing pack, full of hints and tips on keeping warm and well this winter, including a handy room thermometer. If you would like a copy for yourself or someone else please let us know.

Volunteering

We are always looking for volunteers to support our services and activities. All vacancies are listed on our website [Age UK Blackburn with Darwen | Volunteer with us](#) and there is a wide range of roles.

Menopause project

If you are struggling with the menopause then our new specialist Yoga groups may be able to help. Yoga has really positive benefits on health and wellbeing so if you have always wanted to try it but never got round to it then sign up today. Classes are held on a Wednesday at a cost of £5

Holy Souls RC Church, Whalley New Road BB1 9BE
1.30pm to 2.30p, (starting 17th November 2021)

Bright Street Methodist Church, Darwen BB3 1LQ
6pm to 7pm

YOGA

Specialist sessions for women aged 50-65 years experiencing the menopause

Every Wednesday £5 per Lesson

Blackburn 1.30pm - 2.30pm at Holy Souls RC Church, Whalley New Rd BB1 9BE

Darwen 6pm - 7pm at Bright Street Methodist Church, Bright St BB3 1QL

- * Improve flexibility, balance muscle strength and tone
- * Builds bone density
- * Help reduce the emotional symptoms of the menopause

For further information or to book please contact Alison on 01254 266620 or email enquiries@ageukbwd.org.uk

Help us to continue to be there for local older people

As a local charity, we are responsible for raising all of our own funds for our services and activities and we rely heavily on fundraising, donations and legacies to do this

We have been busier than ever at a time when our fundraising has been severely restricted and our Darwen charity shop was forced to close several times.

If you felt able to support us with a donation we would be very grateful – you can post a cheque made payable to Age UK Blackburn with Darwen to our Head Office, 4 King Street Blackburn BB2 2DH, call us on 01254 266620 to make a payment over the phone or donate through our website www.ageukbwd.org.uk

All monies donated support our local services in Blackburn with Darwen so you will be directly helping local older people in the Borough.

Joining our weekly lottery is also a great way to support us with the added benefit of winning cash prizes for yourself too. Please complete the flyer and return it to us in the freepost envelope if you have a hard copy of the newsletter or to join online please visit <https://portal.fastpayltd.co.uk/signup/personal-details/2761>

Blackburn with Darwen **ageUK** | NYCDA *Weekly Draw*
IN PARTNERSHIP WITH

- For only £1 per week, you can win up to £1000 every week!
- Get lucky with The Rollover Extra and win up to £10,000!
- Runner up prizes include £250, £100, £50, 2 x £25 and 65 x £10 Prizes, giving you even more chances to win each week!

Raising much needed funds to support the ongoing work we do in your local area such as:

- Free Advice and Information
- Befriending
- Activities and social groups

Sign up today to support your local charity!

For more information please call 01254 266620 or email enquiries@ageukbwd.org.uk
PLEASE VISIT: WWW.AGEUKBWD.ORG.UK

Age UK is a beneficiary partner of the NYCDA Weekly Draw (Gambling Commission account no. 5166)
Reg. Office: 1-2 Frecheville Court, Bury, BL9 0UF. Resp. Person: Mr M Brocklehurst
For more information including terms and conditions please visit www.nycda.co.uk

For Information about all of our services please visit our website www.ageukbwd.org.uk or telephone 01254 266620 Monday to Friday 9am to 5pm or contact us on our social media @agukbwd

