



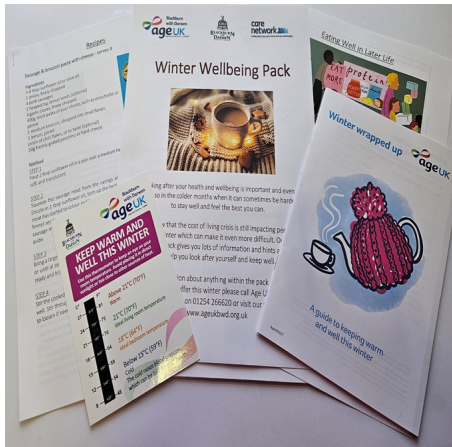
Winter Newsletter

Award winning Advice and Information service

When you visit our Advice and Information service it is likely that the first person to greet you will be one of our amazing volunteers, many of whom have volunteered with the service for 10 years or more. We were thrilled when they were runners up recently at the annual CVS volunteer awards in the Prosperity, Learning and Employment category. To be a finalist was an achievement in itself with over 600 entries this year across all categories. You can be assured that you are in safe hands when you visit our service. Our Advice and Information service operates a drop in service from both Blackburn library Monday to Friday 10am to 4pm and Darwen Town Hall Monday, Wednesday to Friday 9.30am to 1pm, you do not need an appointment.

We can help with benefits and entitlements in relation to the current cost of living crisis, along with utility, care and consumer issues – in fact any problem facing older people. Please do not rule yourself out of finding out if you are eligible for additional support because your friend or neighbour didn't qualify as everyone's situation is different. Blackburn with Darwen Borough Council have a Household Support Scheme in place to support people through this winter, it costs nothing to find out if you are eligible so please do get in touch. In addition to the drop in service you can ring us on 01254 266620 Monday to Friday 9am to 4.30pm, we also offer home visits to those who are housebound.





Keep Warm & Well

Out & about this winter

Groups

Keep Warm and Well

Locally in Blackburn with Darwen we have had rain and more rain, wind, ice and snow in the last 4 weeks, and it is sometimes not easy to keep warm and well when you are older. Some of the basics that were widely used in homes in the 1950's and 60's such as thick curtains and draught excluders can make a difference however. We have a free winter pack for anyone who would benefit from one that is packed full of hints and tips on keeping warm and well this winter along with a handy room thermometer. To request a pack please call 01254 266620, or email enquiries@ageukbwd.org.uk

Out and about this winter

During winter it is even more important to get out and about when you can, as with the short days and cold weather it can be easy to stay indoors which can affect both physical health and mental wellbeing.

We have a wide range of activities and social groups from walking football or netball, through to yoga and tai Chi and weekly walks too in both Darwen and Blackburn. All are reasonably priced, and some are free – everyone who attends has walked through the door for the first time so we know that it can be daunting, but a warm welcome awaits.

‘coming to Age UK has helped me make friends and stopped my social isolation’ this is just one of the many compliments we receive about our activities which are available to anyone aged 50+ so please do consider getting involved.

Groups

If exercise isn't for you then we have a number of weekly social activities across Blackburn with Darwen.

Remember the Rovers on a Wednesday morning is a must for anyone who is a football fan and supports Blackburn Rovers. Based at Ewood Park there is a weekly quiz and usually a guest speaker talking about Rovers past or present.

If you love to sing then our Talk and Tunes session could be perfect for you on a Tuesday afternoon at Albion Mill, just off Livesey Branch Road close to Ewood roundabout. We provide the song sheets and Mark plays his guitar- you do not have to be an accomplished singer as it's not a choir. Just come along for a brew, a chat and a singalong with others.

We also have a small social group that meets on a Monday lunchtime in Darwen and a men's group that meets at Blackburn library on a Wednesday lunchtime. Both of these are perfect if you are calling into town to do some shopping and fancy a brew with company. We understand that it can be a bit daunting coming for the first time but contact us first on 01254 266620 and either Mark or our volunteers Graham and Donnie will look out for you. There is no requirement to talk, you can just listen to others if you prefer until you feel comfortable.

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	Activity	Where	Time	Frequency	Cost	Notes
	Tai Chi	New Methodist Church Darwen BB3 1QL (Corner of Bright Street)	10.30 - 11.30	Weekly	£3.00	No previous experience or ability required
	Tai Chi	Mill Hill Community Centre	12 noon-1pm	Weekly	£3.00	No previous experience or ability required
	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	10am - 12Noon	Weekly	£1	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
	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

We need your support today.

The cost of living crisis is affecting us all and as a local charity we are not immune to its effects either. People think we are a branch of the national charity Age UK, but in fact we are an independent local charity that has to raise all of its own funding to maintain its service for older people in Blackburn with Darwen. Demand from older people for our services is up year on year over 40% and our own costs have risen too at a time when numbers of donations have decreased, so all support is greatly appreciated and needed.

How you can help ?

Home Collection box

Could you have a home collection box for loose change at home?, it's surprising how pennies add up. Call us on 01254 266620 or email us at enquiries@ageukbwd.org.uk and we will get one to you.

Hold an event

If you or family and friends belong to a community group or work could you hold a small coffee morning or a dress down day with donations coming to us? We can provide posters, collection boxes and lots of hints and tips on making your event a success.

Make a donation

No donation is too small, a £5 donation for example can help us to pay for phone calls to an isolated older person, whereas a £50 donation could help pay for home visits from our Advice and Information service. We can accept donations in cash, by cheque (made payable to Age UK Blackburn with Darwen) at any of our premises or services. You can make a donation by card at our King Street Head office 4 King Street, Blackburn BB2 2DH or over the telephone by calling 01254 266620.

You can also donate online via our website www.ageukbwd.org.uk or by scanning the QR code which will take you directly to our website.

Some people choose to make a regular donation to spread the cost and we are happy to receive monthly, quarterly or annual donations in this way either by card or by standing order. Please ask us for a form and we will send you one or you can download it from our website.



Leave a gift in your will or ask for donations in lieu of flowers

We know that the cost of living crisis is hitting people hard so understand if you are unable to donate to us right now. Leaving a gift in your will once friends or family are taken care of or asking people to make donations instead of buying flowers is a good way of supporting us into the future enabling us to continue to be there for older people. As long as you specify Age UK Blackburn with Darwen registered charity no 1143809 any support will come to us and will be put to the best use for local older people.



Dementia Support

If you have a diagnosis of dementia or are struggling with your memory we have services to support you.

For those with a diagnosis of dementia or carers of those living with the condition, our Wayfinder service is at the end of the phone with a listening ear, support to navigate the benefits system and signposting to local services and activities. You will be matched with a trained local staff member who will be your contact throughout your journey.

Memory Maker Groups

If you are worried about your memory or have a diagnosis of early stage dementia then we have three Memory Maker sessions running each week, from Darwen Town Hall on a Thursday morning, Morrisons Blackburn on a Tuesday morning or The Wellbeing Hub at Blackburn Rovers on a Friday morning. The sessions cost £5 and use specialised activities and topical discussion that helps to stimulate working memory and build confidence. Our groups are deliberately small – so that people feel comfortable and can make friends.

For more information about any of our dementia services please call 01254 266620 Monday to Friday 9am to 4.30pm

Nail Care

If you are struggling to cut your own toenails then our Nail Care service may be able to help. A warm relaxing footbath and foot massage is included as part of the service. The cost of the treatment is £17.00 per session and at your first visit you will also be asked to make a 'one off' purchase of a nailcare kit for £7.50 which is for your own personal use.



We offer clinics in both Blackburn, Darwen and Mellor including from Barbara Castle Way Health Centre and Darwen Health Centre.

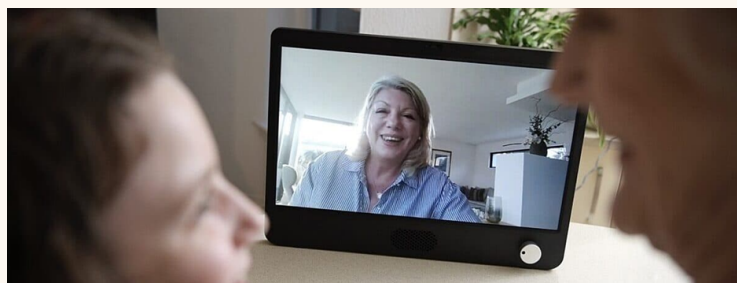
Please note that if you have been diagnosed with certain medical conditions such as Rheumatoid arthritis, or if you are prescribed certain medications we are unable to offer the service. For more details call Emma on 01254 266620.

Digital

If you are fortunate to receive a new mobile phone or a tablet for Christmas and need some help to understand all of its functions then our 1 to 1 IT lessons could help. Costing just £2 per session we can show you how to get online, set up an email address, shop online or anything else that you want to know.

If you want to keep in touch with family by just receiving pictures and video calls and are less confident with technology then we have some KOMP devices that we need some people to trial for us.

KOMP is 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. To help us to trial them please call 01254 266620 and speak to Kerry or email enquiries@ageukbwd.org.uk



Integrated Care and practical support service

Are you struggling to manage a long term condition or have recently been in hospital and need a bit of support to get back on your feet? This service can fast track you to local services and support and also help you practically with shopping for a short time if you are unable to get out yourself. Don't struggle please get in touch and we will do our best to help.

Volunteering

Our charity could not operate without its volunteers, and we are fortunate to have around 80 volunteers who help us week in week out across our services but we always need more.

Volunteers typically offer anything from 1 hour to 3 hours per week and some offer more – it very much depends on personal circumstances.

Our volunteers come from all walks of life and start from age 16 – if you are not sure what is the best role for you then get in touch on 01254 266620. You can find out more about volunteering on our website <https://www.ageuk.org.uk/blackburnwithdarwen/get-involved/volunteer/>

Ageing Well Campaign

As we get older we can often face new challenges. If you are dealing with a new health condition, have been bereaved, have caring responsibilities or just want to get out more but don't know where to start we can help. All these situations can make it harder to carry on doing the things that you enjoy but the organisations listed here can provide the help and opportunities you need so do get in touch

Organisations who can help

Age UK Blackburn with Darwen Tel: 01254 266620 Email: heretohelp@nhs.net Website: www.ageukbwd.org.uk	 SCAN ME!
BwD Carers Service Tel: 01254 688440 Email: office@bwdcarers.org.uk Website: www.bwdcarers.org	 SCAN ME!
Flourishing Minds Tel: 01257 682037 Email: flourishingminds@lancashiremind.org.uk Website: www.lancashiremind.org.uk	 SCAN ME!
Wellbeing Service Tel: 01254 682037 Email: wellbeing@blackburn.gov.uk Website: www.refreshbwd.com	 SCAN ME!
Care Network Tel: 01254 507255 Email: info@carenetwork.org.uk Website: www.carenetwork.org.uk	 SCAN ME!

For more info visit www.bewellbwd.com



Community Day Care

Charity shop

Community Day Care

Did you know that we offer a day care service for those who are unable to live at home independently without the support of a carer. The service operates from Community Centres across the borough and is accessed by a Social services referral. Our centres offer respite for the carer and a range of activities along with a warm healthy meal along with the odd treat 😊 from Monday to Friday. Please call us on 01254 266620 for more information

Charity shop

We have one charity shop which is in Darwen at 3 Market Street, Darwen BB13AZ on the main road and income raised from this shop helps to support our local services for older people in Blackburn with Darwen. The shop has a fabulous Kids Korner to the rear of the shop selling a range of nursery goods, toys, games and children's clothing.

The shop also sells women's and men's clothing, shoes and accessories, books, CD's and games, household items and bric a brac. Call in next time you are in Darwen and pick up a bargain. We also welcome donations of good quality items to sell and there is parking outside for convenient drop off.

Contact details

For more details about our services and activities please call 01254 266620 Monday to Friday 9am to 5pm, you can also visit our website www.ageukbwd.org.uk, or email enquiries@ageukbwd.org.uk

You can also contact us via our social media and keep up to date with our news on facebook, Instagram, Twitter and Linked -In – @ageukbwd

To make a secure donation please scan the QR code or visit our website directly at www.ageukbwd.org.uk

