



New Look for Strength and Balance Team

The Strength and Balance team at Age UK Bolton have been getting excited about their new glad-rags as brand new uniform has arrived. The team will be moving away from the bright blue Adidas kit that they had previously been sporting. The new look is a darker navy blue and has been produced by New Balance. As you can see Strength and Balance coach Laura is made up as she shows off her new Age UK Bolton top!



A Word from the Chief Executive



Hello everyone, I do hope you are enjoying the sunshine and have managed to keep safe in the sweltering heat? It was absolutely fantastic to see so many familiar faces at our Platinum Celebration Volunteers Party at the end of May. It was wonderful to have so many of you in attendance after such a long time without a celebration event. I knew that I had missed seeing you all but I didn't realise quite how much until I saw you and heard everyone chatting and laughing again together. I do hope those of you who were able to join us enjoyed it as much as the staff team and I did.

I always feel a great sense of pride by association and also really inspired when I have the privilege to read out the long service and extra, extra mile awards. You are such an amazing group of people. We cannot wait for the next opportunity to celebrate the vital work all our volunteers do. It was fabulous that, despite the challenges of the pandemic, an amazing 334 volunteers were actively involved in carrying out the work of our charity over the year leading up to April. There are now even more so we are well on our way back to pre-pandemic strengths. Without each and every one of you Age UK Bolton would not be able to do so much of the important work to care for and support so many older people in the town each year.

So many of you are kind enough to tell us how much you get out of your experience and what being part of Age UK Bolton means to you. As existing volunteers you are the best advocates for volunteering with our charity. However, despite having so many dedicated and committed volunteers we never have enough to meet demand, especially in certain roles so we would be really grateful if you would continue spreading the word. We are always looking to recruit more reliable volunteers to our ranks and would be thrilled to hear from any of your friends, family, neighbours and colleagues should they want to follow in your footsteps and join our amazing volunteer team.

As always, I extend my heartfelt thanks for everything that you do for Age UK Bolton and most importantly for older people locally.

Suzanne

Suzanne Hilton, Chief Executive

Volunteer Spotlight



Bernie Kennedy

Longstanding reception volunteer Bernie Kennedy has been part of the Age UK Bolton family since 1992, clocking up an amazing 20 years service as an Age UK Bolton Volunteer!

Volunteering at The Square on Thursday mornings as well as covering other days when needed Age UK Volunteer Coordinator Leanne Fretwell said "Bernie's longstanding commitment to Age UK Bolton is an inspiration! The team at The Square are looking forward to many more years!"



Gadgets and aids for anyone living with dementia or other long-term conditions

Come and see us!

Monday-Friday 10am-1pm
53-55 Victoria Square,
Bolton, BL1 1RZ

Volunteers Wanted

*Some priority volunteer
roles we need to fill*

Befriending Volunteers

PALs Volunteers

Walking Champions

Grounds keeping Volunteer

Information & Advice Volunteer

*If you know anybody
who may be interested
in following in your
footsteps and becoming
an Age UK Bolton
volunteer, tell them to
get in touch or to visit
<https://www.ageuk.org.uk/bolton/get-involved/volunteer/>*

Training & Development

*If you need any extra
training for your
volunteer role, please
email
volunteering@ageukbolton.org.uk*

A message from the Volunteer Co-ordinator



We hope you're all having a nice summer and managing to catch some time in the sunshine when it makes an appearance. Rumour has it there's another heatwave on the horizon! At the end of May we hosted our Jubilee Celebrations and volunteer event. It was an absolutely fantastic afternoon and such a great turn out.

Thank you to each and every one of you, whether you could make the event or not. We really do appreciate every single one of our volunteers for all they do for our organisation and client. We couldn't do it without you!

This will be the final update from me as I'm leaving Age UK Bolton to take on a new personal challenge. My last day is 22nd July, but don't worry there will still be support in place for you. Thank you for making me feel so welcome and I wish you all the luck for the future!

Leanne Fretwell

Leanne Fretwell, Volunteer Co-ordinator

A word from the Ageing Well Centre

Hello to all our wonderful volunteers. There has been plenty going on at the Farnworth Ageing Well Centre and beyond! Our social events, Afternoon Tea, Friendship Café and the Lads@Lunch men's group, have all been going well with numbers increasing. The befriending service is fully resumed with befrienders back to face to face visits as if the pandemic never happened.



Volunteering is growing with many new volunteers going through the induction process ready to be matched with our ever increasing waiting list but great to have the process fully functioning again through our volunteers' gift of time and commitment to their befriendees.

We are looking to add more sharp minds to our Monday Quiz group, the session runs between 10am-12pm, so if anybody fancies themselves a Chase-r, or a bit of a mastermind get in touch and come on down! We will also be starting a choir and a new beginners art class in September, so watch this space!

We are delighted to have welcomed some new volunteers to the centre, in the snack bar, at our social events and an admin volunteer, all ready to greet and welcome clients to the centre.

There has been some essential maintenance work carried out at the ageing well centre which has seen repairs to the boiler as well as the re-gravelling of the car park, which saw staff at the centre putting in some graft to get the car park done. Finally, I would like to echo the sentiments of Suzanne and Leanne and say how special it was to see so many volunteers back at the centre for the Platinum Party!

Lesley Simm

Lesley Simm, Ageing Well Manager

Jubilee Joy at Volunteers Party!

Just before the official Jubilee weekend, Age UK Bolton got into the spirit of the occasion and hosted a party for its volunteers.

The event had a drinks reception as well as a jubilee-themed afternoon tea and entertainment from musician, and former volunteer, John Inman.



The event was the first time volunteers have been able to meet in this way since 2019 due to COVID 19. One volunteer said "It was delightful seeing so many there and reconnecting with people I hadn't seen in so long. The hall looked Fabulous."



The event also served as a belated 21st birthday bash, thanks to last years COVID restrictions, for the Ageing Well Centre that opened in the year 2000 as The Learning and Activities Centre. The centre was close to capacity with many volunteers coming to the event, with many picking up certificates in recognition of their long service or for going the extra mile in their volunteering roles.



Ageing Well Centre Manager Lesley Simm, who chaired the event organising team said: "It was really special to have so many of our amazing volunteers back at the centre. Thank you everyone for continuing to support us in so many ways."



Monthly Events at The Ageing Well Centre

19th July Lads@Lunch

26th July Afternoon Tea

2nd August Lads@Lunch

9th August Friendship Cafe

15th August Lads@Lunch

23rd August Afternoon Tea

Cross St., Farnworth
01204 701525

Staff Super Focus: Jim Bailey - Communications Officer

Favourites:

Food?

Curry, preferably with spinach in.

Drink?

Tea (Little bit of milk, no sugar)

Place?

Rivington on a sunny day or a waterpark

Book?

“Have a Nice Day: A Tale of Blood and Sweatsocks” by Mick Foley

Record?

“American Idiot” by Green Day

Sport?

Football

Work:

What does the Communication Officer do?

I coordinate marketing and press for the charity, designing graphics for posters and social media as well as putting together press releases and keeping in touch with different people and organisations involved in each project. I also look after the Together While Apart Facebook page

What do you love about being part of the Age UK Bolton Team?

The team itself is the biggest plus. Everyone has been friendly and fun to work with since day one of my time here.

If you had to do something else for a job, but it could be anything, what would it be?

A one hit wonder pop star. Record one song, then sit back and enjoy the royalties... that sounds alright to me! Maybe it would be a Christmas song so i could cash in every year!

Away from work:

Any Pets?

None, one day I would like to have a cat or a dog.

Any Hobbies?

I enjoy walking (as long as the weather is nice), playing video games and playing football

Tell us an interesting fact about you.

I present the Saturday afternoon Bolton Wanderers coverage on Bolton FM and I am a ring announcer and commentator for pro-wrestling shows.



Allotment Appeal

Our Social Prescribers are looking for people who would like to be involved in our community allotment or run a small group .

The site is at Moorside Ave, Heaton (Rawlyn Road Allotments). You don't have to be green-fingered, anybody with an interest in crafts, woodwork and cooking would all be very welcome to join.

For more information they can contact Trish 07546305458 or Jayne 07546305466

Stay In Touch

The Square: 01204 382411

Ageing Well Centre: 01204 701525

volunteering@ageukbolton.org.uk

www.ageukbolton.org.uk

