



Oh, what a Night... Run

Over the weekend of June 30-July 2nd the Iron Man was back in Bolton. The event, centred around the main event of the Iron Man Extreme Triathlon, has been a recurrent part of the Bolton calendar for many years and has grown over time to include satellite events. The Saturday morning "Iron Kids" event is hugely popular, as is the run that gets it all kicked off... the Night Run.

The Night Run gives participants the option of running either a 5 or 10k course, through Queens Park and finishing in Bolton town centre. This year, an Age UK Bolton team braved the rain to don their running shoes and get stuck into some running to help raise funds to support the vital work undertaken by the charity in the local area.

Staff on the team (pictured top L-R) were Deputy Chief Executive, Pat Kitchen, Strength & Balance Service Manager, Niall Bradley, Strength & Balance Coach, Ste Franklin and Information & Advice Manager, Chiara Knott. After completing the Night Run, Niall said "What a great effort from our team! There were a few worries about how challenging it was going to be, but everybody has smashed it. I'm proud of all of our efforts."



To add your donation to the fundraising efforts speak to Niall, or visit [justgiving.com/ageuk-bolton](https://www.justgiving.com/ageuk-bolton)

A message from the Volunteer Co-ordinator



Hello Volunteers!

I hope you're all doing well and continuing to enjoy your volunteering with us.

Last month we celebrated Volunteers' Week where I got to see some of you in action, making a real difference to the lives of others. Your commitment and enthusiasm is truly inspiring.

I am happy to share that we have a series of fantastic events planned ahead, which are our autumn fayre, Strength & Balance Workshop (see page 5) and another Befriending Café. Please keep your eye out for details of all these events coming up and how you can get involved.

Tara Barker



Lunch Club Workshop a success

In June we hosted our first ever lunch club volunteer workshop at our Ageing Well Centre. All lunch clubs were invited to get together for a skills refresh, with a focus on best practices and idea sharing. Representatives from three different lunch clubs attended and reported that they found it very useful to get together and find out how other clubs worked. One attendee said, "I thoroughly enjoyed the session, it was nice to meet up with other groups and get a different perspective and pick up little tips on how we can make improvements"



A Word from the Chief Executive



Summer has finally rolled round. You know, I look forward to it every year and then somehow it seems almost to be gone before it fully arrives. One might say “blink and you miss it”. Are the years going faster with each passing one, or is that just for me? I do hope everyone enjoyed the lovely warm sunshine in June, however, the rain that followed wasn't quite as much fun.

Especially I recall, as I was standing in a field at the Lytham music festival with gale force winds blowing the rain horizontally off the Irish Sea, soaking us to the skin. I had stupidly been enthused to don my festival boots once more after watching Glastonbury on television, bathed in sunshine, from the safety of my sofa. The weather however had other plans for us in the North West. Despite the monsoon-like rain, the crowd at Lytham were well entertained. I have been musing that this year's offering of music festivals really were a celebration of “ageing well” in the music industry with so many of the headline acts being in their late 50s to late seventies, clearly still going strong, entertaining the intergenerational crowds: Elton John; Rick Astley; Blondie; Grace Jones and Sting to mention but a few. This has been a summer of sport as well as music with Wimbledon and the exciting Ashes series but there too the weather played its part, when rain stopped play at Old Trafford, just when England were at last in the driving seat! So it seems Australia will now retain the Urn after all (although the fairytale ending for Stuart Broad, albeit in a drawn series, saw the Ashes end on a sweet note.) However, as I write, I am watching the wildfires ravaging homes and lives across southern Europe and I am counting my many blessings that all we have to complain about is rain.

Since the last edition of 'The Volunteer', we have been typically busy at Age UK Bolton. We were delighted to celebrate Volunteers' Week at the beginning of June, presenting a great opportunity to showcase our inspirational volunteers, to encourage others to join you and most importantly to say a big thank you to you all. Last year Age UK Bolton volunteers collectively contributed over 930 hours each week which is staggering. Older people tell us that the fact that you are willing to give of your free time, friendship, care and talents means so much. We still need more people to volunteer with us, especially befrienders. Volunteers' Week was a good opportunity to spread the word about how volunteering can enrich the lives of volunteers as well as making a big difference to the lives of the older people they support.

The HOPE project, which we trailed in the last edition, is now underway with the appointment of a new team member Sharon Kirkham who is herself an existing volunteer. We are delighted to welcome Sharon to the staff team. She will be working hard to identify new venues across Bolton to offer additional social events and classes to encourage more people to get involved and also to volunteer. Our involvement in the Ageing in Place programme, a partnership with Bolton at Home, focuses specifically on enhancing the quality of life for older people in Little Lever. It is now really beginning to develop some momentum thanks to the new team members Gaynor and Victoria. Do keep an eye out for new clubs, classes and volunteering opportunities popping up across Bolton and do please share your ideas and suggestions for new projects and activities, we would love to hear them!

I would like to take this opportunity to thank everyone who fed into our engagement on the refresh of our charity's strategic plan. Age UK Bolton has been active since 1947 and we recognise how important it is to listen to the changing support needs, interests, and aspirations of older people, to adapt to meet them and remain relevant and responsive. Our volunteers are really important in shaping this vision that will provide the roadmap for our charity to deliver services, events and activities that can best improve quality of life and support for older people in Bolton for the next three years. Trustees will consider the refreshed plan at their board meeting at the end of August before it is signed off and published.



We are currently planning a vintage-themed autumn fayre in early October which should provide an opportunity to get everyone together and have some fun. We will be in touch to invite you to join us as VIP guests.

For now, I hope that you enjoy reading this latest edition of 'The Volunteer' and that you also enjoy what remains of our summer and the light evenings whatever the weather has in store for us. My fingers are however tightly crossed that we are blessed with the sunshine's return.

As always, may I sincerely thank you all for your contribution to making Age UK Bolton what it is. It just wouldn't be the same without you.



Suzanne Hilton, Chief Executive



Website changes for volunteers

Recently we have been making some changes to the volunteering section of the website to provide a dedicated area for all of you lovely volunteers. The section will be made to include lots of useful information and a copy of the new Volunteer Handbook, that is currently being put together by Tara and Jim.



The site will also contain links to procedures and policies, links to our training site and an archive of these fantastic (we hope) editions of 'The Volunteer'

If you have any thoughts or suggestions of things you would like to see incorporated please do let us know. This is your section of the website and we would love to hear any suggestions and see if there are things we would be able to implement within the section.

Urgent call for befrienders

We are always looking to find more befriending volunteers to help us fight against loneliness and isolation in later life.

We are especially in need in Brightmet, Dean and Daubhill.

If you could help out, or know somebody who could, please get in touch or send them our way!

All signs point to Silver Signers

During the warm spaces initiative that Age UK Bolton was involved with, one of our Strength & Balance clients Pat Cahill started sharing her knowledge of British Sign Language with people.



As a fantastic idea, we are very pleased that this has now developed into a fully fledged class! Led by Pat, who is now signed up as an Age UK Bolton Volunteer, at Little Lever Library. We hope Pat, and the new Silver signers group thoroughly enjoy their time together and good luck in their learning!

To get involved in Silver Signers call the Ageing Well Centre on 01204 701525



53-55 Victoria Square,
Bolton, BL1 1RZ

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

Come and see us!

Monday-Friday 10am-1pm

Training & Development

If you need any extra training for your volunteer role, please get in touch



A Smart way to raise money for Fortalice



Age UK Bolton Chairman David Smart has been on a fundraising pilgrimage in aid of Fortalice, the domestic violence charity.

Not to do things by halves, David embarked upon a sponsored walk that can only be described as epic, walking the famous Camino

trail. (France). Starting the walk at St Jean de Pied du Port, a small community village at the base of the Pyrenees Mountains, David braved the 500 mile walk to Santiago in northern Spain.

David has been updating people following his pilgrimage by posting a video diary throughout his efforts which can be found on YouTube (@DavidSmartWalksCamino).

Before setting out on his trek, David said "I would like us all to support Fortalice (Bolton) – domestic abuse charity that offers refuge accommodation for mainly women and young children. In the year 2021-2022 Fortalice helped over 2,200 individuals in the Bolton community, they provide frontline services and work in the community with GMP and local schools. To sponsor David visit <https://fortalice.enthuse.com/pf/david-smart-camino>.

Volunteers Wanted

Some priority volunteer roles we need to fill

Befriender

**Community
Befriender**

**Wellbeing
Group Leader**

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/>



Elaine's got the energy for advice!

Age UK Bolton has welcomed a new staff member to the Information & Advice team over at The Square. Elaine Bennett has joined the team as an energy specialist to be on hand to assist and help with many issues revolving around the turbulent world of energy.

Elaine's role within the I&A service will be to help with matters such as understanding your bills, and advice if you are struggling to pay bills or have an amount in arrears. She can also help with your energy meters, understanding your Smart meter in-home display, meter readings as well as advice on disconnection and switching suppliers and getting yourself on the Priority Service Register.

Elaine can also provide advice and information on anything related to energy, disconnection, switching suppliers and the Warm Home Discount and Winter Fuel Payments.

If you need extra help, have difficulties with your energy supply or want to complain about your supplier then get in touch. Elaine can help you save money and get greener and provide tips on switching, grants, benefits, and energy efficiency schemes available to you.

Speaking to 'The Volunteer' Elaine said "I understand that in the current climate there are many challenges faced by our clients with the cost of living and high energy prices. I can provide guidance and support for you to understand what help you are entitled to and how to deal with these challenging times."

For any Volunteer enquiries

call Tara on 01204 382411 or email tarabarker@ageukbolton.org.uk



Volunteer Spotlight: Carol Fitton

Befriender and former Chair Based Exercise Volunteer



I have volunteered with Girlguiding for over 30 years & when I retired from Bolton Council Housing Dept 14 years ago I thought I would like to work with older people as well as younger ones. My Chair Based Exercise class ran for a number of years before financial restraints saw the venue sadly close shortly before the pandemic.

However, whilst attending the Age UK Bolton AGM I was inspired by the work of the Befriending volunteers and decided to put myself forward as a Befriender.

I have visited some lovely people and have recently been visiting a lady who was a former leader at the Brownies who loves to reminisce about our times Girlguiding.

I usually visit people on a fortnightly basis, with regular telephone calls in between. My befriendees are always so appreciative of my calls and visits. I love giving something back to the community and seeing the difference the visits have made.

Away from volunteering, I practice yoga and meditation. I enjoy the outdoors and walking and was recognised, alongside my husband, as a Munro Completist by the Scottish Mountaineering Council after conquering all 282 of the Monroe mountain group, and I have also driven a steam train! I also follow Rugby League and I love spending time with my Grandchildren.



Strength & Balance workshop coming soon

Following the success of the volunteer workshops aimed at befrienders and at our lunch clubs, it has been announced that Strength & Balance will be the next to benefit from one.



These workshops have been a great opportunity to get together with other volunteers and share experiences, advice and best practice, as well as giving volunteers the opportunity ask questions, make suggestions or simply get to know other volunteers.

It can also be a fantastic opportunity for anybody thinking of getting involved.

We would like to extend an invitation to all of our existing, and any prospective Strength & Balance volunteers to the workshop on Wednesday September 6th.



The session will be at the Ageing Well Centre and will include taster sessions from our Strength & Balance staff as well as a chance to meet and chat with our Strength & Balance team and other volunteers.



Subscribe to the Age UK Bolton YouTube channel for some great video content including Strength & Balance videos and examples of our work in the local area.





Once again Volunteers' Week raced around, as always taking place 1st-7th June. This year we decided to go a little bit bigger than previous years have allowed and get more volunteer-related content up on our social media channels. As part of the festivities our Volunteer Coordinator, Tara Barker, made some special visits to various groups in the community, with Communications Officer Jim Bailey in tow, camera at the



ready to get photos and video footage of some of the groups run by volunteers in Bolton.

Jim told 'The Volunteer' "It was fantastic to get out into the community to populate Facebook with photographs, videos, and thanks! Our Volunteers do an amazing job and it was humbling to see the time, effort and love that is put into our community classes. Our volunteers truly are priceless!"



After the visits, Tara added "It's been great to be able to give our social media followers, that weren't aware, a taste of what our volunteers do.

As the Volunteer Coordinator, I'm privileged to have these regular interactions with our volunteers and it was great to share that online. I hope that people enjoyed it and we are already thinking about how to make next year's Volunteers' Week an even bigger and better thank you to our volunteers!"



Here is a selection of some of the photographs taken at some of the Volunteers Week visits made by Tara and Jim, taken at the Doninoes Group at Manor Gardens in Harwood, Tai-Chi at Cornerstone Church in Bromley Cross, Chair Based Exercise at Kenyon Rise in Great Lever, Mah Jong in Bolton Library, Card Making at Brightmet Library and Information & Advice at The Square.





Eileen's Cooking Corner

My heritage is Irish and, as a child, my mother made soda bread on a weekly basis. As a young child I really didn't appreciate just how good this bread was.

It is only now, as I have become much older and my gut cannot tolerate processed foods as easily, that I fully understand the benefits of soda bread: no yeast needed, so no proving time required; four simple ingredients; no special equipment needed; it can be made and eaten within an hour ... and it's delicious hot from the oven with lots of butter. Even when it becomes slightly stale, it is just as good when toasted!

Method

Pre-heat oven to 200°C / Gas Mark 6 (non-fan setting).

Sift the dry ingredients together into a bowl, adding any left-over bran from the sieve). Make a well in the centre of the flour mix and pour in the buttermilk / yoghurt.

Blend by hand to make a soft dough (hand blending will prevent overworking of the dough – an overworked dough will result in a heavy loaf!).

If the dough feels a little too dry, add more buttermilk / yoghurt (different flours have different absorbency levels).

Turn the dough out onto a floured surface and shape it into a round loaf.

Grease a baking tray (or line with greaseproof paper / baking parchment) and place the dough onto the tray.

Shape the dough and pat it down into a round shape, approximately 5cm / 2" high and cut a cross in the top (this makes it easier for the dough to expand and helps the loaf rise evenly).

Bake for 35-40minutes until well browned.

Cool slightly on a wire rack (allows the air to circulate freely round the loaf and stops moisture being trapped underneath – let's face it, nobody wants a soggy bottom!)

The loaf will keep for 1 – 2 days in an airtight container. It will also freeze well. I find it's best to section it up into four quarters if you intend to freeze portions.

It's great with scrambled eggs / bacon / pâté / cheese and pickles / soup or simply toasted.

You could also make a sweet loaf by changing the flour mix to half wholemeal and half plain white flour and adding dried fruits of preference to the mixture.

Ingredients

500g (1lb 2oz) strong wholemeal bread flour
1½ tsp bicarbonate of soda
1½ tsp salt
500ml buttermilk (or the equivalent amount of plain yoghurt)
Butter for greasing the tray



New coordinators for Little Lever project

Age UK Bolton are really excited to be part of a new project working with Bolton at Home in Little Lever. Funded by the Greater Manchester Combined Authority the aim is to make sure older people's voices are heard and valued, creating the opportunity to help shape services for the over 55s in their area.

As part of this project we are pleased to introduce our new Ageing Well Coordinators Victoria Harper and Gaynor Clayton!



In the centre of 'The Village' as it is affectionately known, Lever Gardens Court is currently well under construction and is going to be an exciting retirement development designed for the over 55s. There will be some public areas as well with a lounge, bistro and social activities.

There are also lots more opportunities being explored to introduce new social groups and events in the area and with Age UK Bolton and their current fantastic volunteers we really hope to make a difference and get people involved in shaping and enjoying living life to the full in Little Lever!

Look out for Victoria and Gaynor and have a chat – they want to help you Age Well in Your Community!

Staff Super Focus: Rebecca Mason

Favorites:

Food?

Very thin and cheesy pizza

Drink?

Orange juice with lemonade or a cup of tea.

Book?

The Harry Potter series (The books are better than the films)

Record?

Snow Patrol - Chasing Cars

Sport?

Football (I'm a Bolton Wanderers Fan! COYW!)



Work:

What does a Home from Hospital coordinator do?

A home from hospital co-ordinator ensures that people over the age of 50 living in Bolton continue to live a happy and independent life by listening, having empathy and understanding to everyone's individual needs and therefore supporting them to achieve this.

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

Everyone has a smile for you when walking in any of the offices. It really is a great team!

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

A dancer on a cruise ship.

Away from Work:

Any pets?

1 very silly dog called Jasper

Any hobbies?

Tap dancing

Tell us an interesting fact about you.

I have danced on stage at the Palace Theatre London



"Take a Look" Returns

"Take A Look: Age UK Bolton in the Community has returned for a second set of episodes on the Age UK Bolton Youtube channel. The series of videos looks into some of the classes, clubs and social events put on, by Age UK Bolton, in the local area.



The second set of videos will be landing sporadically over the next few months, with the first episode of the new batch, focusing on lunch clubs run by Age UK Bolton Volunteers, having now gone live. To check the video out, just visit the Age UK Bolton YouTube channel, or search Age UK Bolton on YouTube to find us!



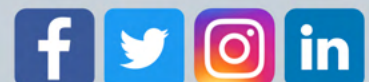
Stay In Touch

The Square: 01204 382411

Ageing Well Centre: 01204 701525

volunteering@ageukbolton.org.uk

www.ageukbolton.org.uk



We hope you enjoyed this quarter's edition of The Volunteer!

See you in October for the Autumn edition!



Bolton
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