



Wanderers on song with Age UK Bolton

Bolton Wanderers recently held the Big Bolton Carol Concert at the University of Bolton Stadium. The EFL SkyBet League One club connected with multiple local charities for the event, using it as an opportunity to fundraise for their partnered charities, through the Bolton Wanderers in the Community scheme.



The concert featured singing from multiple choirs from an array of primary schools in the local area and a succession of fabulous professional singers; including singer, actor and TV presenter Brenda Edwards. A collection of staff and volunteers from Age UK Bolton attended the event and assisted with the fundraising efforts!

Privacy and Consent Update

Hello all,

We have had some upgrades to our computer system and we need to update our records on what we can share with you, our volunteers. This is part of GDPR and Data Protection regulations where we need your consent to share information with you.



We have had comments from some volunteers saying that they have not been receiving the newsletter but would like to in order to keep up to date with what's going on at Age UK Bolton. So, as a festive treat we have sent this issue out to all volunteers but there is also a form enclosed which allows you to tell us if and how you would like to be contacted in future. Even though you may have completed this form before it is good for us to refresh our records and make sure we are communicating with you in the best possible way.

Please return all forms to me at The Square, or email them to pauldavies@ageukbolton.org.uk

Paul Davies, Corporate Services Manager



Volunteer Spotlight



Ethan Brown

Ethan has volunteered at the Ageing Well Centre since Summer 2022. He started out as a snack bar assistant and has since progressed to helping out on reception, doing a bit of DIY, cleaning, admin and a whole variety of other useful tasks to support staff and visitors. Most people who pass through the Ageing Well Centre know Ethan's friendly face.

When he is not volunteering Ethan attends The University of Bolton studying for a degree in Health and Social Care, and enjoys playing football.

Prior to volunteering for us at the age of 16 Ethan volunteered for Age UK Salford for 5 years.



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

"Look to the future now..."

2023 will be an important year for us at Age UK Bolton as we look to introduce a new 3-year Strategic Plan and prepare for a quality audit from Age UK the national charity in March.

We want to involve as many people as possible in being a part of this so if you have any views, would like further information, or want to be a part of any engagement meetings then please get in touch with Paul Davies, Corporate Services Manager at pauldavies@ageukbolton.org.uk



Volunteers Wanted

*Some priority volunteer
roles we need to fill*

Befriending

PALs

Walking Champions

Home from Hospital

Strength & Balance

Admin (Ageing Well Centre)

*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 get in touch*

A Word from the Chief Executive



Christmas is fast approaching and yet it only seems five minutes since we were putting up the decorations last year. Where has that year flown? I think we can all agree that it has been quite a year, but thankfully a year in which we were finally able to celebrate all of you, our amazing volunteers and all you do for older people in Bolton by gathering together. To make up for events cancelled during the pandemic, we decided to hold two thank you events this year: firstly the Platinum Jubilee party at the end of May and more recently our AGM and "Shining Lights" celebration and volunteer awards ceremony on 1 December. Both of which were really well attended and seemed from the feedback received to be much enjoyed. It was indeed wonderful to hear the hum of chat and laughter ring out in the hall at our Ageing Well centre once more. It really was a great pleasure for my colleagues, trustees and I to be with so many of you together in one place again and to have the opportunity to say thank you in person

This year we chose the theme of "Shining Lights" for our AGM because it was, we learned, held on national Christmas Lights Day and because shining lights is how we think of you all as you bring light into the often lonely lives of so many older people and are the reason that they smile. So we decided that we would hold our own Christmas lights switch-on event at the Ageing Well Centre, complete with a children's choir from Year 3 Eagly Bank Junior School who treated us to a truly tremendous performance. We were very honoured as Father Christmas called in, taking a break from his busy workshop to kindly officiate at the lights switch on as well as to present the children with their Advent calendars. We were delighted to be able to present volunteers with long service awards and a number of special recognition awards with citations received from staff, other volunteers or the older people they support. Look out for photographs from the event later in this edition of "The Volunteer".

If I'm honest, there were days during the pandemic when we wondered if we would ever be back together packed into the hall once more and whether people would be willing or able to return to their volunteering roles in their pre-COVID numbers. So I am delighted to tell you that during the year marked by the AGM there were no less than 336 people who actively volunteered with our charity, generously giving collectively more than 52,000 hours of your time as well as your friendship, skills, talents and support, which really is quite staggering, humbling and inspiring. We are indeed blessed.

I know it's a line that I say often, but it is forever true: without our dedicated and caring band of volunteers, we simply could not do a fraction of the good work we do. So on behalf of everyone at Age UK Bolton I would like to thank you from the bottom of our hearts for everything you do and to wish you all a peaceful and joyful Christmas, a Happy New Year and health and happiness for 2023. May it herald in better times to come.

Warmest season's greetings

Suzanne

Suzanne Hilton, Chief Executive



A message from the Volunteer Co-ordinator



Hello volunteers!

It was great to see so many of you at our AGM & volunteer celebration earlier this month. I hope that you all had a lovely time, I know I certainly did. The children singing were a highlight for me and even brought a joyous tear to my eye. Don't worry if you missed it as we are busy planning lots more get-togethers for 2023!

Thank you for all your hard work throughout 2022, I have been nothing but impressed with the efforts of all our volunteers since taking over from Leanne.

I hope you all enjoy a lovely Christmas with your family and friends and I look forward to continuing working with you all next year.

Tara Barker

Tara Barker, Volunteer Coordinator



Wish upon a tree

Our wish tree is up and sporting plenty of wishes at the Ageing Well Centre.

If you would like to add your wish email it to ageingwell@ageukbolton.org.uk

Knit & Natter



A big thank you to the 11 very talented ladies from our Knit and natter group at Harwood library. Since September they have been busily making Christmas stockings for the domestic abuse charity Fortalice.

The miniature stockings will be filled with a little treat for families in refuge to help bring some Christmas joy in their time of need. Along with stockings the ladies also made fidget toys, soft teddies, bunnies and one lady even made a very impressive working rubik's cube.

In previous years the knit and natter ladies have made blankets and baby clothes for Caritas Bolton charity shop, and recently had an exhibition of their knitting in which they raised £263 for Bolton Hospice.

Our Harwood knit and natter group is led by our dedicated volunteer Mary Turner and takes place on Thursday mornings at 10:30.

For any Volunteer enquiries
call Tara on 01204 382411 or email
volunteering@ageukbolton.org.uk



Christmas Opening Times

The Square

Dec 23: Open

Dec 24 - Jan 2: Closed

Jan 3: Open



The Ageing Well Centre

We have staff covering the days in between the bank holidays, so if you do need to speak to a member of staff please get in touch as usual

For emergency Befriending calls: Home from Hospital team will take urgent-only befriending messages if befriending staff are on leave.

Please ring them at the hospital on 01204 390390 ext: 143520.

If there is a danger to life or a crime has been committed, please always ring 999 and ring us to update, thank you.

For more information call

01204 328411

A word from the Ageing Well Centre

Just a note for all our befriending volunteers. We have staff covering the days in between the bank holidays, so if you do need to speak to a member of staff please get in touch as usual. However for emergency support only over the bank holiday, evenings or weekends, a reminder you can contact us using the following numbers.



Our Home from Hospital team will take urgent-only befriending messages over the holiday period if befriending staff are on leave. Please ring them at the hospital on 01204 390390 and ask for extension 143520. If there is no answer, please leave a message and someone will get back to you. If there is a danger to life or a crime has been committed, please always ring 999 and ring us to update, thank you

The Ageing Well Centre closes for activities over the holiday from the 16th December, although table tennis. Zumba Gold and the Tea Dance will continue for another week. The Afternoon Tea on the 20th December is now sadly full and we have a wait list. Dates for our 2023 social events (Afternoon Tea, Lads@Lunch and Friendship Café) will be published soon, please keep an eye out for those. We reopen the centre on Monday 9th January 2023.

We ran 48 weekly creative, social, physical and leisure activities in quarter 2 (July – Sept 2022), accessed by 675 clients and a total of over 3500 attendances.

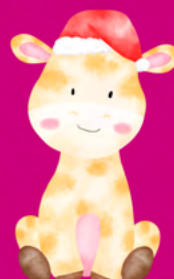
There were 6 weekly lunch groups offering over 1500 hot meals to 140 clients. Also, a total of 11 social events at the Ageing Well Centre, where numbers are increasing all the time, with our highest attendance of 49 attendees at the afternoon tea in October, and the December Christmas afternoon tea on the 20th December full! This is all down to the hard work of all our wonderful volunteers and we are so pleased at the numbers returning after Covid, this year has been full of so many amazing stories and events and due to each and every one of our dedicated supporters. We would like to thank you all for your hard work and commitment to helping the older people of Bolton remain socially and physically active and well this year. We will be collecting class figures and attendances again for Oct – Dec very soon, we would therefore appreciate you having your figures ready for the first week back in January, and we look forward to reporting even better numbers in March! Thankyou so much again.

Our singing group made their debut performance at Kearsley Mount on the 8th December and also planning another performance at St John Fisher Church, Kearsley on the 21st December a 1.00pm. If you can, please do go along and support them and we would appreciate you sharing the word about them, as they are seeking more members from January. They meet at the Ageing Well Centre on a Wednesday from 2-3.30pm



Lesley Simm

Lesley Simm, Ageing Well Manager



Bolton
Age UK TUBE 

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.



Annual General Meeting 2022: Celebrating Our Shining Lights



We held the first AGM, with volunteers in attendance, since 2019 on Thursday, December 1. The event, traditionally a highlight of the Age UK Bolton calendar, had had to be held in a more modest way over the past few years due to restrictions related to the COVID-19 pandemic and had been limited to simply the business style AGM meeting between senior management and the Board of Trustees.

This year, following on from the Coming of Age Platinum Celebration we were ecstatic to welcome you wonderful lot back into the Ageing Well Centre to celebrate your contributions and hold our AGM.

As well as the formal AGM and the giving out of our long service and special recognition awards, attendees were also treated to a lovely buffet lunch, as well as festive singing from the talented pupils of Eagley Juniors Primary School.

Also on display at the event was the International day of Older Persons wall of inspirational local women, which features some Age UK Bolton volunteers!

A highlight of the event was a visit from the man of the month, Father Christmas. Old Saint Nick was certainly in a jolly mood as he handed out gifts for the members of the choir. After the event, Mr Christmas said "What a wonderful event to be in attendance at! The choir were wonderful and it was brilliant to be involved in celebrating the work of all of Age UK Bolton's volunteers! I think everybody in attendance today will definitely have made the nice list!"

As a thank you to all of our volunteers, our AGM gift this year has taken a festive feel! Each volunteer received an AGE UK Bolton Christmas tree bauble, and if you didn't attend the AGM, don't you worry as a bauble will be winging its way to you very soon!

For those who did attend the 2022 AGM, we hope you had a fantastic afternoon with us all and we can't wait for the next opportunity to get together with you all!



We would like to thank all of our volunteers that attended the AGM and hope that you have a wonderful time with us!

Here are a selection of photographs from the event.

To see all the photos visit the news section at www.ageukbolton.org.uk for access to the full gallery of photos taken at the event.





**NEW SPRING DATES
COMING SOON!**



Lunch Clubs Update

We currently have over 50 volunteers across 6 venues working tirelessly each week to provide a hot lunch for local residents, thank you very much to you all. We know that it is the highlight of many of peoples week.



The following lunch clubs are running throughout Bolton:

- The Wright Place, Horwich - Monday
- Windsor Road, Bromley Cross - Tuesday
- St Mary's Church, Horwich - Wednesday
- Westhoughton Methodist Church, Westhoughton - Alternate Wednesdays
- St Chads Church, Tonge Fold - Alternate Wednesdays
- Hulton Lane, Daubhill - Friday



to attend, or for more information contact Vicky Urmston on 01204 701525

Next year we will be planning a fun get together for all luncheon club volunteers, please let us know if you would be interesting in attending and we will endeavour to find a day suitable for everyone. This will be a chance to meet up, connect, share ideas and even make new friends.

As a lunch club volunteer you will receive online training specific to your role inclusive of Food Hygiene level 2. If anyone would like more information about training please contact our volunteer coordinator Tara

Strength & Balance Volunteer Appeal

As our Strength & Balance team continues to go from strength to strength (no pun intended) we will be looking to add more classes to ensure we are reaching as many people in Bolton as possible and make our service as accessible as possible to as many local older people as we can.

To assist in achieving this aim, we are looking for more Strength & Balance volunteers who have a qualification or experience in providing exercise or health and fitness classes or education and who would like to assist with, or run new classes for older people in the area. full support will be provided by the Age UK Bolton team. If you are interested in helping out contact volunteering@ageukbolton.org.uk



WE ARE HIRING NOW

**Could you
work in...**



Home Services?



Home from Hospital?

Join the team working towards supporting and improving the lives of older people in Bolton

www.ageukbolton.org.uk



**Bolton
ageUK
Annual Report 2022
Out Now!**

Download digitally from
ageukbolton.org.uk

Staff Super Focus: Jeanette Macmurray

Favourites:

Food?

I am always on a diet and have been a member of Weight Watchers for 52 years

Drink?

A gin and tonic at tea time with my mother who is 94

Place?

I don't mind where I am, as long as I'm with good people who like a chat.

Book?

I only like murder fiction either reading or on the TV.

Record?

Songs of the 60's

Sport?

Line dancing (till I fell and broke my hip).

Work:

What does the Finance Manager do?

As finance manager I do the accounts, pay the bills and sort out wages and expenses.

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

The team at The Square are a fantastic team, full of chatter and laughter.

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

This is the perfect job! I came to Age UK Bolton when I originally retired.

Away from work:

Any Pets?

My daughter's dog, Denzel, is always on a sleepover at my house.

Any Hobbies?

Spending time with my grandchildren.

Tell us an interesting fact about you.

My late husband, as well as being a musician, was a Guinness World Record holder for performing a limbo under two coke bottles.



Befriending Coffee Morning

Organisers of the Befriending Volunteer coffee Morning at the Ageing Well Center were very pleased with the turnout to the first one held on 7 November. The event was held for Befriending volunteers as well

as volunteers who's interactions with people using the services or facilities at Age UK Bolton brought a social element into their lives. Ageing Well Manager Lesley Simm told us "We were very pleased with the turnout to the first coffee morning we held and will be looking to hold another one in spring of the new year, so keep your eyes peeled for information on that as we get closer to the time"

Stay In Touch

The Square: 01204 382411

Ageing Well Centre: 01204 701525

volunteering@ageukbolton.org.uk

www.ageukbolton.org.uk





Festive Fun!



Absolutely Crackers!

Jokes so bad, they could only come from a Christmas cracker

What do you give a dog for Christmas?

A mobile bone

Why was the turkey in the pop group?

Because he was the only one with drumsticks!

Why are Christmas trees bad at knitting?

Because they always drop their needles

Why was the snowman looking through the carrots?

He was picking his nose!

Why did no-one bid for Rudolph and Blitzen on eBay?

Because they were two deer

What do you get if you cross Santa with a Duck?

A Christmas Quacker

Christmas Wordsearch

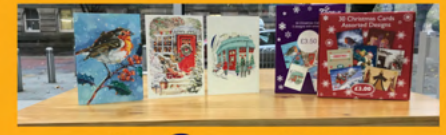


Can you find...

1. Snuggins
2. Christmas Eve
3. Cinnamon Sticks
4. Christmas Tree
5. Sugar Bum
6. Butterscotch
7. Hottie
8. Bear Hug
9. Mince Pie
10. Eggnog
11. Bakewell
12. Crackers
13. Chimney
14. Mistletoe
15. Muggins
16. Sockins

....all the words?

ageUK Christmas Cards



3 for 2!!

Send your friends and family a lovely card that helps us do the work we do!

Call into the Reception at the Square 10am-1pm (cheapest pack free)

Home Made Bailey's

- 150ml whiskey
- 1 tin sweetened condensed milk
- 1 tablespoon instant coffee granules
- 150ml longlife single cream (Elmlea or similar)

Blend together and enjoy!

Christmas Quiz

1. How many ghosts show up in A Christmas Carol?
2. Which real-life person is Santa Claus based on?
3. Which country started the tradition of putting up a Christmas tree?
4. Which country did eggnog come from?
5. Miracle on 34th Street is based on which real-life department store?



Answers: 1. Four, 2. ChristianBishop St. Nicholas, 3. Germany, 4. England, 5. Maceys



A Christmas Wish

by Brian Tite

*The season's fast approaching, though I'm trying hard to fight it.
If there's to be a Christmas poem, I wonder who will write it.
I rack my brain for happy thoughts, to put down on my pad,
but everything that comes to mind, just borders on the sad.*

*there was a time in history, where life was quite a blast,
but now I fully understand "Living in the past".*

*We used to have hangovers, from parties that were gay,
but now we suffer body aches to wile the night away*

*We used to go out dining, and couldn't get our fill,
now we just ask for doggie bags, come home and eat our pill.*

*We used to travel to places near and far,
now we get sore backsides from riding in the car.*

*We used to go to Blackpool, and in gaiety imbibe,
now we go to bingo and donate to the tribe.
We used to go out shopping, for all new clothes to show
now we never bother, there is no place to go.*

*we used to go to the pub, and drink a little booze,
now we stay at home alone and watch the evening news.
that my friends is how it is, and so my tale is told,
if you haven't guessed it, we are just getting old.*

*We used to send out greetings, very warm and true,
perhaps you wont believe it, it is something we still do.
wishing you and yours a marvellous Christmas day and Christmas night,
of health of wealth and happiness from me and my good wife.*

