



Age UK Bolton joins the nation in mourning The Queen

On September 8th 2022, a mammoth era in British and World history came to a close with the sad death of Her Majesty Queen Elizabeth II. Ascending to the throne following the death of her father, King George VI, on February 6th 1952, her reign of 70 years and 214 days makes her the longest reigning monarch in British history and the longest serving female as Head of State of all time. Age UK Bolton joined the nation in mourning, observing the nationally declared Bank Holiday on the day of the Queen's State Funeral celebrations.



During her reign, The Queen visited Bolton on numerous occasions, including a trip where, alongside The Duke of Edinburgh, Her Majesty officially opened Bolton Market Place and the "The Water Place" in 1988 as part of the town's 150th birthday.

Double Olympian visits Age UK Bolton

Former European Champion, World Cup Medallist and double Olympian Charlotte Gilmartin got her skates on to get down to the Age UK Bolton Ageing Well Centre in Farnworth to talk about safeguarding in sport, a topic that the short track speed skater-turned-firefighter is very passionate about.



The visit and talk was part of a health and wellbeing event organised by Age UK Bolton and included a talk about bio-mechanics from Age UK Bolton Strength and Balance Coach Stephen Franklin and involvement from Bolton Council's "Lets Keep Bolton Moving" campaign as well as representation from the Social Prescribing team.

Volunteer Spotlight



Michael Norris

As part of the Information and Advice Team, Michael provides invaluable assistance to our I&A officer Chiara, helping people fill in Attendance Allowance forms.

Having previously worked as an advisor in adult care and volunteered as an adviser at Bolton CAB, Michael has a wealth of experience to offer.

"I much prefer helping and advising face-to-face, It's great to do it again following the lockdowns"

As well as volunteering Michael does Amateur Dramatics and likes to walk Swiss Glaciers.

Information & Advice Manager Chiara Knott said "Michael is a great asset to the I&A team, he is knowledgeable on benefits and an enthusiastic people person who loves to help."

New Volunteer Coordinator for Age UK Bolton

As Age UK Bolton sadly bids farewell to former Volunteer Coordinator Leanne Fretwell, we are delighted to introduce our brand new Volunteer Coordinator, Tara Barker. Tara has taken the reins of the role, starting in September and is looking forward to meeting the existing volunteers and recruiting new ones too. "I'm very pleased to be here and can't wait to get stuck in!" said Tara. You can hear more from Tara later in this quarter's edition of The Volunteer.



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

New Strength & Balance

Class for Horwich

St. John's Methodist church in Horwich will be hosting Strength & Balance classes with Ste. Classes run on Friday 2pm-3pm with a post class brew.



for more information and to book call:

01204 382411

Volunteers Wanted

*Some priority volunteer
roles we need to fill*

Befriending

PALs

Walking Champions

Home from Hospital

Information & Advice

*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



Recently we all experienced the sad passing of Her Majesty The Queen. The end of an era, or more, the end of an epoch. Queen Elizabeth II has been for the vast majority of us, the only monarch we have ever known and a constant in our lives as the head of state. The global outpouring of love, affection and tribute towards her shows the profound impact she had.

As with many losses, even when they are expected as a result of advanced years and failing health, the news of the actual passing often comes as a shock. The death of The Queen also brings uncertainty about the future where there had been stability. Coming at a time when we are still emerging from the pandemic and now facing the energy and cost of living crises exacerbated by the war in Ukraine it seems even more impactful. It also brings reflections on national identity.

The Queen was also a mother, a grandma and a great grandmother and, for some, the mother or matriarch of our nation. Her loss will make some of us think of our own similar losses or will simply have a sense of something being missing. For those closer to her in age, it may bring reflections of their own mortality and I think for us all another loss of one of the greats among the Great Generation. Still working hard and committed to her official duties up to just two days before her death she was an inspiration to us all.

It seems just yesterday that we celebrated The Queen's platinum jubilee at our Ageing Well Centre at the end of May with Volunteers. Truly special memories as we move into a new era under King Charles III.

Suzanne

Suzanne Hilton, Chief Executive

A message from the Volunteer Co-ordinator



Hi to all our wonderful volunteers,
I would like to introduce myself, I am Tara your new Volunteer Co-ordinator. Since September when I started working at Age UK Bolton I have been busy trying to meet with as many of you as possible. It has been a thoroughly enjoyable experience seeing what you all are getting up to throughout Bolton and how you are supporting our older generation. You've invited me to join in with your board games, bring out my artistic side at craft classes, knit, join you at lunch clubs and I've even attempted some Tai Chi! It's heart-warming to see how dedicated each and every one of you are to being a volunteer, and the varied skills that you bring to your roles are extraordinary. Over the next few months, I hope to meet with many more of you, however in the meantime if you would like any support or to talk to me please feel free to get in contact.

Thank you for my warm welcome.

Tara Barker

Tara Barker, Volunteer Coordinator

A word from the Ageing Well Centre

It's been busy at the Ageing Well Centre this term. Along with our usual activities we have finally been able to offer a beginners' art class again, something we have been wanting to do for a while, thank you to our new art tutor David. Each week the class will cover new skills, building up over time. There are still a few spaces left if anyone would like to book a place.



We love singing at the centre and, with funding from Pam and Frances at Thinkcre8tive have been able to trial 3 fun singing sessions, full of popular tunes for all. The interest and turnout has been amazing and so much better than we could have imagined. While we seek further funding to continue we would love to be able to find a volunteer or two who could take this on for a while. Do you know anyone who might be interested or are you a singer with a couple of free hours on Wednesday afternoons? Please let us know or share with your contacts, thank you.

Introducing Dave Boardman.

If you've been into the centre recently you may have met Dave, our new premises manager, who has been with us almost 2 weeks. Dave is keen to continue the warm, friendly atmosphere at the centre so would love to say hello, please do look out for him if you are popping by.

September's afternoon tea experienced its highest ever turn out, with over forty attendees, we were over the moon! Indeed the Friendship Cafe is also growing in attendance and we are trying to encourage more men to the fortnightly Lads@Lunch. So we need a couple more hands on deck for these busy afternoons!

Finally, now the weather is turning you may like to come along to the centre to enjoy some good company yourself. We have a board game group that meets on a Wednesday morning and is welcoming new members, and our table tennis group that meets Thursday afternoons is seeking more players. Please get in touch with Dave who can advise. It would be lovely to welcome you along! 01204 701525

Lesley Simm

Lesley Simm, Ageing Well Manager



International Day of Older People 2022



The International Day of Older People 2022 was held on 1st October celebrating inspirational older women. There was initially a planned event in Victoria Square, but reports of storms sadly saw the event cancelled.

The nominated inspirational women, some of which were our very own Age UK Volunteers were put on display at Bolton Central Library's temporary base in Crompton Place. with a ceremony still planned on the 25th October.

Social Events at The Ageing Well Centre

Oct 25th
Friendship Cafe

Nov 7th
Befriending Coffee Morning

Nov 29th
Afternoon Tea

Dec 6th
Lads@Lunch

13th Dec
Friendship cafe

Dec 20th Afternoon Tea
(Christmas Special)

Cross St., Farnworth
01204 701525



Staff Super Focus: Steven Franklin

Favourites:

Food?

Tapas as I like the variety and flavours

Drink?

Nice cup of coffee to start the day off

Place?

Florida, USA

Book?

Richard Branson – F**k it lets do it

Record?

U2 – “With or without you” classic

Sport?

Rugby



Work:

What does the S&B coach do?

Classes to aid support and improve people's strength and balance in the community. Falls prevention and aiding social interactions with our post session coffees.

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

It's a great team to work for. Very supportive and passionate about what we do.

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

Tough one, I'm already doing the dream job.

Away from work:

Any Pets?

None

Any Hobbies?

Hiking when I can and traveling

Tell us an interesting fact about you.

I have three nipples!

Funding boost for community garden

We have some fantadstic news to report from our Social Prescribers who have manages to successfully secure more funding for the Wild and Fruity Community Garden on the Rawlin Road allotment site.



This funding will allow the site to be made more secure with better accesibility, with the aim being to open the site to more groups and activities. There are big plans in the works so watch this space.

Stay In Touch

The Square: 01204 382411

Ageing Well Centre: 01204 701525

volunteering@ageukbolton.org.uk

www.ageukbolton.org.uk

