

## Niall Gears up for the Manchester Marathon



Age UK Bolton Strength & Balance Manager, Niall Bradley, will be taking on the challenge of the Manchester Marathon this year. Taking place on Sunday 3rd April, Niall will be taking on the 26.2 miles of Europe's 4th biggest marathon in terms of participants. He will be running to raise funds for the amazing Bolton Pulmonary Fibrosis Support Group, with whom we have an existing partnership, as Niall delivers the Pulmonary Rehab class at Bolton Hospice. To sponsor Niall, visit: <https://tinyurl.com/Niall-MM-PFSG>

## Support for Ukraine

Russia's invasion of Ukraine has created a huge, international humanitarian crisis. One which has seen an incredible response from people internationally, nationally and right here in Bolton. If you would like to help, Age International are raising funds and the Bolton Ukrainian Club are collecting clothes and other items for Ukrainian refugees. Donate to the Age International campaign at: <https://tinyurl.com/Agelnt-Ukraine> or call the Ukrainian club on 01204 526038 to find out about donating.



## A Word from the Chief Executive



The sun is shining and, on my walk yesterday, it was marvellous to see the lambs in the fields, the blossom on the trees and the bulbs bursting into flower, lifting our spirits with all their promise of good things to come. Yet watching the dreadful, distressing scenes from Ukraine many of us feel a

sense of impotence, anger, helplessness and anxiety for the future, for ourselves, our loved ones and the world in general.

Helping and supporting others closer to home can help with feelings of powerlessness and improve our own mental wellbeing. Volunteering not only enriches the lives of others, it also decreases the risk of many health conditions in volunteers themselves: heart disease; stroke; depression; dementia, anxiety and lower mortality rates. COVID changed our routines and caused many to re-evaluate their lives. If you are looking to do something different or know someone else who wants to make a difference, we have lots of exciting new opportunities like our PALs project (see overleaf).

It has been marvellous welcoming back volunteers as we reopened face to face services, catching up with everyone. At our Platinum Jubilee on 31 May we look forward to celebrate the more than 50,000 hours you collectively contribute to help older people every year. In the interim, may I wish everyone a happy and peaceful Easter. Warmest wishes Suzanne.



Suzanne Hilton, Chief Executive

## Volunteer Spotlight



### Sharon Fairbrother

As an Information and Advice volunteer Sharon assists Chiara Knott helping with admin and monitoring, communicating directly with clients. Chiara says "Sharon saves me a lot of time and helps keeps the service running. Her hard work helps us achieve better outcomes for people."

Sharon adds "The best part of volunteering for me would be the positive feedback we receive from people who have really appreciated our help and made such a difference to their lives which makes it all worthwhile."

## **Volunteers Wanted**

*Some priority volunteer  
roles we need to fill*

## **Befriending volunteers**

## **PALs volunteers**

## **Walking Champions**

## **Guest Speakers**

*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/](https://www.ageuk.org.uk/bolton/get-involved/volunteer/)*

## **A message from the volunteer coordinator**



Spring has finally sprung – doesn't everything just feel a little bit better when the sun is shining! As we move into warmer weather we want to continue to build our walking groups across the town. If you'd be interested in leading a walking group of your own locally, get in touch about becoming a Walking Champion volunteer.

We're happy to say volunteers are now back in all our services, after the difficulties of the pandemic. The next few months will focus on increasing volunteers across the organisation, fine tuning some of our processes and, hopefully, a volunteer celebration too!

*Leanne Fretwell*

Leanne Fretwell, Volunteer Coordinator

## **Ageing Well Centre Update**

### **Platinum Party Confirmed for Farnworth**

Excitement is building over at Farnworth in the lead up to the Platinum Jubilee! We have begun planning a special volunteer event to celebrate the Jubilee and the Ageing Well Centre's 22nd birthday! Full details are yet to be released, but suffice to say we will be focusing our attention on our special volunteer service awards and the last twenty or more years of Age UK Bolton, particularly our time at Farnworth. The event will take place on the 31st of May 2022



Do you have any memories or photos of times gone by with Age UK Bolton? Perhaps you remember when we moved in to the Learning & Activities Centre? do you remember our time at Moor Lane, and the incredibly popular cafe? If you have any anecdotes to share, please do get in touch with us with any memories or experiences from your time volunteering, no matter how long ago.

*Lesley Simm*

Lesley Simm, Ageing Well Manager

## **Training & Development**

We are always happy to help our volunteers develop. We have lots of opportunities for you to engage in some training and development and we have access to lots of e-learning modules, to help develop your skills. If you feel that you could benefit from partaking in some of these e-learning modules, please get in touch with our Volunteer Coordinator, Leanne, on 01204 328411 or by email at [volunteering@ageukbolton.org.uk](mailto:volunteering@ageukbolton.org.uk)

# Nutrition & Hydration Week

Nutrition and Hydration week made its return to March for the 2022 edition. Age UK Bolton once again got behind the week to promote good nutrition and hydration among Bolton's older people, with a dedicated section of the website hosting resources. In a first for this year, our communications officer, Jim Bailey, recorded two Nutrition and Hydration quizzes that have been posted to our YouTube channel and on the N&H week website section. Check out the N&H section of the website at: <https://tinyurl.com/AUKB-NaHW>



## Arena addition boosts beautiful game

Age UK Bolton have expanded the walking football programme through our partnership with Bolton Arena. The Arena, who have been running football leagues for many years are now providing two more Walking Football sessions, one for men and one for women, on their 3G outdoor pitch facilities.



These sessions are running alongside the sessions running at Burnden Park 3G and our indoor session at Horwich Leisure Centre.

Bolton Arena's Marcus Brown "We're thrilled to have launched the Age UK Walking Football Programme in Bolton, thanks to funding from The Football Association and Sport England

The Bolton Arena sessions are for those aged 60+ with the men's on Friday 10am-11am and the women's on Tuesday 7pm-8pm both sessions are charged at £3

## Monthly Events at The Ageing Well Centre

### April

- 5 April – Friendship Café 2-4pm
- 12 April – Lads @ Lunch 2-4pm
- 26 April – Afternoon Tea 2-4pm
- 27th April Floor Curling Club 2-4pm

### May

- 10 May – Friendship Café 2-4pm
- 17 May – Lads @ Lunch 2-4pm
- 24 May – Afternoon Tea 2-4pm

### June

- 7 June – Lads @ Lunch 2-4pm
- 14 June – Friendship Café 2-4pm
- 28 June – Afternoon Tea 2-4pm

Cross St., Farnworth

## Join our Facebook Groups



## Together While Apart

- Quizzes
- Walk Ideas
- Videos
- Tips

## Strength & Balance

- Exclusive Workouts
- YouTube Videos
- Dance
- Fitness



Search for us on Facebook

## Egg-cellent Easter Quiz



1. What meat is traditionally eaten at Easter?
2. Who made the first Easter egg in the UK?
3. How many Easter eggs are eaten on estimate each year in the UK?
4. What is Easter the first Sunday after?
5. In which decade was the first Cadbury Creme Egg sold?
6. Which country produced the world's largest Easter Egg?
7. What is the traditional flower of Easter?
8. What is the first day of "Holy Week"
9. What animal is most commonly associated with Easter?
10. What Fruit is most commonly used in Hot Cross Buns?



## Answers

1: Lamb 2: JS Fry & Sons 3: 80-90 Million 4: The Spring Equinox 5: 1970s 6: Italy 7: Lilly 8: Palm Sunday 9: The Easter Bunny 10: Raisins

# Staff Super Focus: Emer Fostyk - PALs Coordinator

## Favourites:

### **Food?**

Anything meat-free with mushrooms on

### **Drink?**

Pepsi Max

### **Place?**

Rivington and Big Tesco

### **Book?**

The Goldfinch

### **Record?**

The War On Drugs – Lost In The Dream

### **Sport?**

I don't really watch sport but if I had to pick it would be something like gymnastics because it amazes me.

## Work:

### **What does the Pals Co-ordinator do?**

In my role as PALs Co-ordinator I match lonely, isolated older people with a volunteer who will help them take their first steps towards a more active lifestyle and support them both through the process. The aim is to improve the older person's mental and physical wellbeing over a short period of time. As demand for the service is so high and I have a lack of volunteers, I have been taking people out myself, which is a great part of the job as I can get really involved.

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

I love being part of such a caring and friendly team. Everyone works together here to try to help people as much as they can so I feel lucky to be a part of that. I especially love being based at the Centre in Farnworth as there is always a different activity going on downstairs and the staff are predominantly women who are all fountains of knowledge, so it is great to be around them and learn from them every day.

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

Hmm it would involve travelling and ice cream so international ice cream taster perhaps?

## Away from work:

### **Any Pets?**

Sadly not, I used to have a bird but I would love a dog in the near future.

### **Any Hobbies?**

I like yoga/pilates, reading, thrifting, walking and an occasional visit to the gym.

### **Tell us an interesting fact about you.**

My toes bend the wrong way (I'll leave this up to your imagination).



## **Stay In Touch**

The Square: 01204 382411

Ageing Well Centre: 01204 701525

[volunteering@ageukbolton.org.uk](mailto:volunteering@ageukbolton.org.uk)

[www.ageukbolton.org.uk](http://www.ageukbolton.org.uk)



## **Walking Netballers Net Great Results**



Age UK Bolton's walking netballers had a great time at a recent local tournament. The ladies teams took first place and third place in the tournament and were only goal-difference away from making it an Age UK Bolton one-two finish in a competitive, but fairly contested, competition. All involved had a great day and had a lot of fun, with a fantastic camaraderie between players and supporters alike.