

SUPPORT HUB

for older people

Your free copy



- getting connected
- staying active
- accessing support
- meeting our Support Hub partners

Winter Newsletter

2020

SUPPORT HUB

for older people

0117 929 7537

www.ageukbristol.org.uk

Practical help

- Support to apply for benefits, pension credit, attendance allowance
- Emergency financial support
- Guidance for prescription and pension collection
- Shopping, emergency food parcels, prepared meals
- Help with home maintenance and to ready your home on discharge from hospital

Social & Emotional support

- Weekly social phone calls
- Free counselling and bereavement support

Activities

- Activities that you can do from the safety of your own home to help keep you physically and mentally active



Hello!

Hello and welcome to our Support Hub newsletter. We felt it was hugely important to ensure that people who may not have access to the internet, are still kept in touch with news, activities and support available in the Bristol area.

For those of you who don't know who we are, Age UK Bristol is an independent local charity working with and for people aged 50+ in Bristol to ensure that everyone can live a happy and independent life. We've been working in city for over 25 years, and in that time we have seen lots of change. In March of this year, we helped to establish the Support Hub, a collaboration of local charities and organisations who have come together to provide practical, social and emotional support following the Coronavirus outbreak.

We hope that you find this winter newsletter useful. Please be aware the content for this publication is accurate at the time of print and that we have used a mixture of images both pre-Covid and during the pandemic. For any enquiries regarding how the Support Hub can assist you and your loved ones, please ring 0117 929 7537 or email admin@ageukbristol.org.uk

Warm wishes,
Kay Libby, Age UK Bristol Chief Executive



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A few words from Bristol Older People's Forum...

BOPF campaigns to give older people (55+ years) in the city a real voice in decision-making about the issues that affect people's lives. We challenge ageism, promote diversity, and address inequality, and have membership of around 3,000 older people. Please do, if you can, view the BOPF website and Facebook page to find out more, including how to join - find our contact details on page 19.

BOPF are part of the Support Hub of local charities and organisations that has developed in response to the challenges of the Covid pandemic. We are delighted to be part of this winter newsletter, and really hope you find it informative and valuable.

Take care,
Ian Bickerton,
BOPF Chair



SUPPORT HUB

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Getting connected:

By phone...

If there is one lesson that lockdown has taught us, it is the importance of our relationships. Having a chat, seeing a friendly face and sharing stories lifts the day and can make us feel happy and valued.

The Support Hub provides several ways to connect with other people, whether you are a telephone chatterer or a silver surfer.

Telephone Groups

At the start of lockdown, Support Hub partners quickly realised that we needed a new way for our groups to meet that was not face to face but was still accessible; and so our telephone groups were born. We use a system which can be accessed by anyone with a landline or mobile phone, there is no need for internet connection, and if callers feel overwhelmed by the thought of calling into the group, we can call you instead.

Currently, six organisations run weekly telephone groups as part of the Support Hub; the following groups are open to new members:

- Mandarin and Cantonese speaking groups, run by Bristol and Avon Chinese Women's Group. This is a group for native speakers of Mandarin and Cantonese.
- Reminiscence and Chat group, for people with dementia and their carers, run by Alive!
- Exercise class, exercise for all abilities, run by The Exercise Club. Classes are free and open to all abilities and include seated exercise routines as well as weights and posture focused classes.

***"I enjoy being part of a group and hearing others. It makes me feel like I am going out somewhere although I'm still at home."** - Telephone group member.*



- Shared reading group, run by The Reader. A group of people, one of them a trained Reader Leader, reads a great novel, short story or poem aloud. They stop and discuss what has been read. There is no need for group members to read aloud or speak – it's fine to just listen. The idea is to create a space where people feel at ease.
- South Bristol social group, run by Age UK Bristol. During the call we read an interesting short piece on South Bristol local history, followed by a friendly chat where we can discuss the topic and share stories and anecdotes. You don't need to live in South Bristol to join, everyone welcome.

If you are interested in joining a group, please contact the Support Hub by email admin@ageukbristol.org.uk or by phone 0117 929 7537.

Online



zoom



Who had ever heard of Zoom before

lockdown? Not us. But if we are looking for silver linings in this pandemic, one would be that we have learnt how to use new technology. And Support Hub partners have put this opportunity to good use by creating online activities, similar to the telephone groups, where we can see each other, if not actually be in the room together!

The following Zoom groups are open to new members:

- Coffee Mornings with the Centre for the Deaf and Hard of Hearing. These catch ups take place every Tuesday morning from 10.30am.
- Group art sessions with Bristol Arts for All. These sessions take place every Thursday from 10am - 11.30am and are an opportunity to draw, paint and create together.

"As with any others of an older age group, I am not going out very much at the moment and these sessions give a focus and structure to my week which is welcome. I also enjoy the chat and the focus on art." Meryl, Zoom art session participant, art by Meryl below.



Facebook offers an opportunity to not only stay in touch with friends and relatives, but also to join Facebook groups and follow pages that interest you. A Facebook group is something you can join (if you have a Facebook account) where members can discuss a shared interest. If you have a hobby, we can almost guarantee there will be a Facebook group dedicated to it. Through Age UK Bristol's 'Friends Ageing Better' (FAB) project, we have a Facebook group for people over 50 who would like to make more connections in their local area. Just type 'Friends Ageing Better – FAB' into the search bar on Facebook.

How to Guides

Not all of us feel confident using internet technologies, but help is at hand to get you online. Age UK Bristol has a library of How To guides, including for Facebook and Zoom. Download our guides from the LinkAge website www.linkagenetwork.org.uk or call us for a paper copy.

Newsletter

The Bristol Older People's Forum (BOPF) publish a printed newsletter three times a year sharing useful information about projects, campaigns and consultations. BOPF promotes the rights of older people in the city of Bristol by informing, campaigning, and working with key local, regional and national partners. **To become a member and receive their newsletter call 0117 927 9222.**

Staying active

We all know that staying active keeps us fit not only physically but mentally as well. But it can be a challenge in these times if you can't book a swimming slot or you are fed up of walking round the block again. The Support Hub has different ways you can get active and feel good.

Alive Activities Virtual Activity Hub

Alive's Virtual Activity Hub runs a variety of online classes each week, all led by local tutors, designed for people aged 50+. Classes include dance, yoga, Zumba Gold, plus more.

All you need is a laptop or tablet, WiFi and away you go.

To find out more visit Alive's website at www.aliveactivities.org/what-we-do/services/virtual-activity-hub/.

Seated exercise packs

Bristol Bears Community Foundation have developed the fabulous 'Golden Memories LP' which includes physical activity cards, quizzes and reminiscence bingo cards. All activity is specifically designed for people who need to stay seated and stretch gently.

You can get hold of your pack by contacting ktavender@bristolbearsrugby.com

The Exercise Club

Based in North Bristol, The Exercise Club welcomes people of different ages, backgrounds and abilities and tailor their fitness programmes to suit individuals: with a special focus on older adults. The Gym is open while Covid-19 rules allow, but it also provides classes online, over the telephone and up on the Downs.

To find out more call 0117 973 9787 or go to www.theexerciseclass.co.uk



Tai Chi in the park

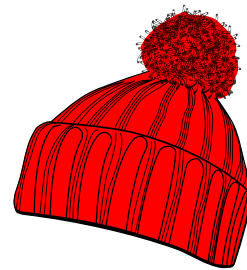
"Finding this class was an absolute gem - space to be outdoors with the elements and be calm with friendly and supportive people. Mel is a great teacher/facilitator very knowledgeable about Tai Chi and very approachable."

"The social aspect of linking with others and all they have to offer cannot be underestimated. One of the group has set up a Whatsapp group for keeping in touch during this second lockdown." - Tai Chi participant.

Shibashi is a gentle form of Tai Chi which uses movement and breathing to energise and relax you. Age UK Bristol runs Shibashi sessions at the Ardagh on Horfield Common every Tuesday morning.

To find out more, contact Friends Ageing Better on 0117 929 7537 or at fab@ageukbristol.org.uk

Walks to try this winter



Active Ageing joined Age UK Bristol's services in October. Active Ageing runs 'WalkFest', Bristol's annual walking festival for people of all ages. Keep your eyes peeled for the 2021 celebrations and to find out how you can take part. For now, we are sharing a couple of walks you might enjoy.

Folly Farm

Folly Farm at Bishop Sutton is one of 30+ nature reserves managed by Avon Wildlife Trust and one of its biggest – some 250-acres of unspoiled loveliness around the remains of an 18th Century ornamental farm and providing spectacular views of Chew Valley Lake and the Mendips. The wildflower meadows are especially fine but there are plenty of other wildlife attractions including a large badger sett easily visible from the path through the SSSI-ranked Dowling Wood. Because the site is so special dogs are strictly forbidden.

Access is via an unnamed but sign-posted road just off the A368 near Stowey, BS39 4DW.

Troopers Hill

Troopers Hill boasts a fascinating history, wildlife treasures and spectacular views of Bristol and the river Avon. An obvious sign of its industrial heritage is the tall Grade 2 Listed chimney on the hill's crest - a relic of copper smelting, probably built in the 1790s. It's also believed the hill was where Parliamentary troops gathered before the 1645 siege of Bristol during the Civil War. It's also a great place for wildlife spotting with, for instance, no fewer than 24 species of butterfly being recorded.

Main access is off Troopers Hill Road or enter via Malvern Rd or Summerhill Terrace to avoid steps/a steep climb.



Accessing emotional support



The winter months can be hard for many people. The night's drawing in and cold, wet weather can have a negative effect on our mental wellbeing. This winter will be especially difficult with Covid-19 travel restrictions and social distancing, but there are things you can do and organisations that you can turn to for emotional support.

Where to look for emotional support

Would you like a friendly weekly conversation with one of our volunteers? There are a number of organisations in Bristol that offer telephone befriending. This is a friendly weekly conversation with a volunteer. You can talk about anything from current events, to family and hobbies.

Get in touch with any of the organisations listed on the following page to talk about what they can offer you...



Are you a carer in Bristol or South Gloucestershire?

Would you like emotional support or advice? They can also offer a more in-depth counselling service over the phone for adult carers. Counselling is done over the phone, with a trained counsellor, over a 6-week period.

Call the Carers Line for more information, 0117 965 2200.

If you would like to have more in-depth emotional support, there are local organisations that offer counselling. Counselling can help you deal with the anxieties and issues in your daily life. If you find that you are struggling, have a conversation with your GP. They may be able to support you.

Somerset and Avon Rape and Sexual Abuse Support (SARSAS)

has a helpline for people who have experienced rape or sexual abuse in their lifetime. The helpline is free and offers a listening service **0808 801 0456**.

Nilaari is a Black, Asian and Minority Ethnic (BAME) led community-based charity. Nilaari is able to provide emotional therapeutic support, prioritising people from a black, Asian, minority ethnic background. Call for more information **0117 952 5742**.

Looking after your well-being

You might want to look up the '5 Ways to Well-being' - these are 5 key steps you can take to improve your mental health. They are...

- **Connect with other people.** Even if you can't do this in person, you can still stay connected with your loved ones via Zoom, phone calls, or even writing letters.
- **Be physically active.** Get outside and go for a walk, or stay in and try out some seated exercises.
- **Learn a new skill.** Cook new meals. Take an online course. Teach yourself origami...
- **Give to others.** Studies have shown that acts of kindness and care make us feel good about ourselves. You could join a mutual aid group in Bristol, volunteer your time, or donate to a good cause.
- **Practice 'mindfulness'.** Mindfulness simply means appreciating the moment. Pay attention to your feelings, your senses and to the world around you.

Alone, not lonely.

By the Community Access Support Service.

We're all hearing a lot about loneliness these days. Covid-19 restrictions have resulted in hugely reduced social contact. And it seems likely that the usual winter celebrations and gatherings with family, friends and community may not be possible.

Being alone though does not need to equal loneliness.

One of the 5 Ways to Wellbeing encourages **Connection**. Regular telephone calls can help us both connect and **Give** to others. We can also feel connected by paying attention to the sights and sounds around us.

Food writer, Nigella Lawson, has talked about cooking for one, after her husband's death:

"It's a pity when people say they don't cook 'because it's just me'. I thoroughly believe it's important to cook for yourself because symbolically, it's important to say you'll take care of yourself." Giving attention to cooking or laying simple food out on a colourful plate can bring mindfulness into our day.

Time alone can give us a chance to be being silly or creative. Another Way to Wellbeing is **Learning**, or trying something different. You could try a new radio station that plays music you're unfamiliar with, and perhaps dance to **Stay Active!**

Many religions encourage solitude to get to know yourself and your faith. If you don't follow a religion, solitude could help you become surer about yourself, your aspirations and relationships.

Telephone befriending services available:

**Age UK Bristol, Telephone Befriending,
0117 929 7537**

**Re-engage, Call Companions,
0800 716 543**

**Independent Age, Telephone Befriending,
0800 319 6789**

Age UK's The Silver Line is a free confidential helpline providing information, friendship and advice to older people, open 24 hours a day, every day of the year. **Call them anytime for a chat on 0800 470 80 90.**

Where to find practical support:

We all need some support with practical issues in our lives. This could include fixing a leaky tap, help with pension credit or disability benefits and more.

Through the Support Hub, we can offer you the help you need. Give us a call and we can talk through the options, 0117 929 7537.

Age UK Bristol offers a free and confidential information and advice service for older people, their families and carers.

We can also offer advice to family members who are supporting older relatives who are over 55 and live or work in Bristol.

The service is provided by a small specialist staff team, and a team of trained volunteers. We can offer advice and information on a wide range of issues, including:

- Benefits and allowances, including Pension Credit & Attendance Allowance
- Social care services
- Council Tax
- Priority debts, such as rent & utility arrears
- Care homes
- Lasting Power of Attorney
- Wills

If we cannot advise on an issue, we will try to find an organisation that can wherever possible. Contact us via our Support Hub helpline, 0117 922 7537, or by email, advice@ageukbristol.org.uk.



“You can feel frustrated and beaten by the system, but there is hope. Don’t be embarrassed about asking for help. Julie, who supported me, was very friendly, open, and understanding.”

Robert, Veteran and Age UK Bristol service user

“I cannot thank Age UK Bristol enough for their understanding and help. The Advice Worker’s kindness, though, and caring make her very special, so please say a big thank you to her. If I know anyone in the future that can’t deal with disability, problems, and pain I won’t hesitate to recommend Age UK Bristol. I thank you for all the help, professionalism, and care that I was given.”

Carol, Age UK Bristol service user

Specialist support

We Care Home Improvement has wide ranging services to support older people live in their homes as long as possible. We Care can provide specialist advice on home adaptations and accessible bathrooms. Maybe you need handrails put in or a larger walk-in shower. Their specialists are able to work with you on options.

We Care Home Improvement also provides home improvement and repair services in the Bristol, Bath and North East Somerset, North Somerset, Gloucestershire and South Gloucestershire areas. They can help for individuals that are leaving hospital and completing minor repairs such as fixing a leaking tap.

For any handy person needs, give them a call for a trusted professional. [Call for more information, 0300 323 0700](#)

The Carers Support Centre can support you with practical advice for carers, care respite and breaks, and even a discount card for carers. You may be able to have a Carers Assessment or extra benefits for carers. [Give them a call to find out what is available, 0117 965 2200.](#)

The North Bristol Advice Centre now offers a telephone support to help people to Get Online and develop their digital skills and confidence. A Digital Friend volunteer can help you build confidence in using the internet. The North Bristol Advice Centre is also able to offer free independent advice on benefits and debt. [Call for more information 07731 842 763 or 07595 047 278.](#)

Getting food if you are self-isolating or shielding. If you aren't able to cook for yourself, **Bristol Community Meals** can bring you prepared meals, including if you have special dietary requirements. They'll also carry out a wellbeing check when they bring your meals. This is a paid for service. [To find out more contact 0117 903 1520 or \[community.meals@bristol.gov.uk\]\(mailto:community.meals@bristol.gov.uk\)](#)

Help is also available if you cannot afford to buy food. [Call 0800 694 0184 to find out:](#)

- if you can be referred to a food bank, for short-term support in a financial crisis
- if you can be referred a FOOD club, for help feeding your family
- information about community or voluntary organisations that can provide food



Support Hub Partners:

and how they can help you

- **Age UK Bristol.** We're an independent local charity working in the community to support older people, their families and carers. We can offer practical support via our information and advice service and support to stay social via our befriending and activity groups. We are able to signpost queries and refer you on through the Support Hub. [Contact admin@ageukbristol.org.uk](mailto:admin@ageukbristol.org.uk) / 0117 929 7537.
- **Alive Activities.** Alive is a charity enriching the lives of older people in care and training their carers. Alive run a range of telephone and online groups, including chat, physical activity and the creative arts. [Contact: Info@aliveactivites.org](mailto:Info@aliveactivites.org) /0117 377 4756.
- **Alzheimers Society.** The UK's leading dementia charity. They can offer regular welfare and companion calls as well as access to a crisis team for urgent out of hours. They also run weekly online or Ring and Sing singing groups, weekly online memory cafes and activity group or people living with and affected by dementia. [Contact: bristol@alzheimers.org.uk](mailto:bristol@alzheimers.org.uk) / 0333 150 3456.
- **Bristol After Stroke.** An independent charity to help people after experiencing a stroke. They offer support to clients via telephone and zoom, and also run two zoom café's a month for people to stay social. [Contact office@bristolafterstroke.org.uk/](mailto:office@bristolafterstroke.org.uk) 0117 964 7657.
- **Bristol and Avon Chinese Women's Group.** BACWG exists to support the health and social care needs of the Chinese community in Bristol and the surrounding area. They can support members who have language barriers to access services provided by Support Hub Partners. [Contact admin.bacwg@btconnect.com](mailto:admin.bacwg@btconnect.com) / 0117 935 1462.
- **Bristol Drugs Project.** A Bristol-based charity helping with alcohol and drug problems and can have a social support group for people aged 50+. [Contact Info@bdp.org.uk](mailto:Info@bdp.org.uk) / 0117 987 6000.
- **Bristol Bears.** Bristol Bears Community Foundation is the club's charity, delivering programmes that are proven to change the lives of people across the region. Bristol Bears have created a 'Golden Memories' lockdown provision, a weekly pack with activities to do at home. [Contact ktavender@bristolbearsrugby.com](mailto:ktavender@bristolbearsrugby.com) / 07766 446 572.
- **Bristol Black Carers.** Bristol Black Carers is a charity committed to providing culturally appropriate support and assistance for carers and their families within Black communities across Bristol. They can provide a cooked meal, advice and advocacy as well as a friendship programme to African/Caribbean carers. [Contact 0117 379 0084.](tel:01173790084)





- **Bristol Older People's Forum. BOPF** promotes the rights of older people in the city of Bristol by informing, campaigning, and working with key local, regional and national partners. [Contact bopf@ageukbristol.org.uk / 0117 927 9222.](mailto:bopf@ageukbristol.org.uk)
- **Carers Support Centre.** A charity which provides support, information and advice to carers of any age living in the Bristol and South Gloucestershire areas. They can support you or someone you know when leaving hospital. They also run counselling, mentoring and befriending services. [Contact 0117 965 2200.](tel:0117 965 2200)
- **The Community Access Support Service (CASS)** works with community, equality and faith groups to improve awareness of mental health and provide better links to support services in Bristol. [Contact 0117 304 1400.](tel:0117 304 1400)
- **Cruse Bereavement Care** is the leading national charity for bereaved people in England, Wales and Northern Ireland. Their local services provide free and confidential phone and online support to bereaved people. [Contact their helpline on 0808 808 1677.](tel:0808 808 1677)
- **Dhek Bhal** are a local charity offering support for the south Asian community in Bristol and South Gloucestershire. [Contact dhekbhal@yahoo.co.uk / 0117 9146671.](mailto:dhekbhal@yahoo.co.uk)
- **Independent Age.** A national charity supporting older people, they offer free and impartial advice as well as regular telephone befriending. [Contact 08003 19 6789.](tel:08003 19 6789)
- **LinkAge.** LinkAge has recently merged with Age UK Bristol and now leads on Support Hub activities. The full list of online, telephone and face-to-face activities (when allowed) can be found on the website, www.linkagenetwork.org.uk
- **Macular Society.** Support people with macular degeneration and their families. [Contact 0300 3030 111.](tel:0300 3030 111)
- **Marmalade Trust.** A charity dedicated to raising awareness of loneliness and helping people make new friendships. The Marmalade Trust can help with befriending and have a number of volunteers who make regular telephone calls to members. [Contact 07566 244788.](tel:07566 244788)

- **Nilaari.** Black, Asian and Minority Ethnic led charity delivering social care support, talking therapies and training to adults and young people across Bristol. Nilaari can provide weekly 50 minute sessions of therapeutic support to those in need. [Contact nilaari@nilaari.co.uk](mailto:nilaari@nilaari.co.uk) / 0117 952 4742.
- **Playlist for Life.** A charity founded to enable everyone living with dementia to have a playlist of personal music and for everyone who cares for them to know how to use it effectively. They can support you via one-to-one phone and video calls to create a playlist. [Contact info@playlistforlife.org.uk](mailto:info@playlistforlife.org.uk) / 0141 404 0683.
- **Re-Engage.** Re-engage exists to support older people who live alone and find it hard to get out in normal times. They can offer support to stay social through their call companions service where volunteers call the same older person between two and four times a month at a mutually agreed time for an informal chat. [Contact info@reengage.org.uk](mailto:info@reengage.org.uk) / 0800 716543.
- **RSVP West.** A charity encouraging those of you who are over 50 to volunteer in the community, RSVP will provide you with appropriate training and regular support. [Contact office@rsvp-west.org.uk](mailto:office@rsvp-west.org.uk) / 0117 922 4392.



- **St Monica Trust.** A charity working across Bristol, South Glos, North Somerset and BANES to improve the lives of all older people across the region. St Monica Trust can help with financial and other support to older individuals in need. [Contact info@stmonicastrust.org.uk](mailto:info@stmonicastrust.org.uk) / 0117 949 4000.
- **Sight Loss Council.** Advocate the needs of visually impaired people and work to improve access to goods and services at a local and national level. They can provide advice over the phone, and also offer face-to-face appointments at their resource centre in North Bristol where people can try out daily living aides, magnification and lighting, and be provided with technology advice and training. They also offer befriending services, social groups, audio library and audio-described home exercise classes. [Contact info@sightsupportwest.org.uk](mailto:info@sightsupportwest.org.uk) / 0117 322 4885.
- **Sight Support West of England.** Supporting blind and partially sighted people across Bristol, Bath, South Gloucestershire and Wiltshire. Provide befriending and an information and advice service. [Contact 01380 723 682](tel:01380723682).
- **Somerset and Avon Rape and Sexual Abuse Support.** A specialist support service for people in Bath and North East Somerset, Bristol, North Somerset, Somerset, or South Gloucestershire, who have experienced any form of sexual violence, at any point in their lives. Provide counselling services, people in need can phone, email, use their online chat, or read their self-help booklets to access support. [Contact support@sarsas.org.uk](mailto:support@sarsas.org.uk) / 0808 801 0456.

- **The Exercise Club.** A single site gym based in Bristol, specialising in supporting older adults to keep fit. They are currently running a range of free exercise classes online and over the phone. Contact [0117 973 9787](tel:0117 973 9787) enquiries@theexercisecub.co.uk
- **The Reader.** A national charity promoting shared reading so that everyone can experience and enjoy great literature, which is a great tool for helping humans survive and live well. The Reader are currently running shared reading sessions online and over the phone. They also send out weekly stories and poems along with notes and activities for individuals or households who want to read something different. This can be emailed or posted out. Contact michaelprior@thereader.org.uk / 0151 729 2200.
- **We Care Home Improvements.** Work to enable people to live comfortably and independently at home for as long as they choose, enabling them to enjoy their lives in the surroundings they love. We Care Home Improvements runs: a handyperson service, bathroom installations, home adaptations, major housing repairs, home from hospital service and advice and support. Contact info@wecr.org.uk / 0300 323 0700.
- **Wyldwood Arts** produce 'The Meeting Post' intergenerational newspaper, run an intergenerational pen pal scheme, offer festive care packages for older people living alone, poetry by phone (limited sessions available) and artists available to deliver creative reminiscence storytelling by phone. Contact 01380 723 682.



Can you help Age UK Bristol?



Age UK Bristol depends on the support of local people, businesses and foundations to keep our services going. We are an independent local charity and raise all of our own funds to run the many services that we provide across Bristol.

How can you support Age UK Bristol?

Make a donation

You can make a one-off donation online or send a cheque by post. Or you can set up a regular donation with a Standing Order through your bank or online through Just Giving or Virgin Money Giving. A donation of any size makes a big difference.

Do some fundraising in aid of Age UK Bristol

Could you do a sponsored event for us? It could be a running a 10k or it could be walking lengths of your garden. You could also host a coffee morning, sell some houseplants or a handmade craft. There are so many ways that you can raise funds. Every pound goes to support older people in Bristol.



Volunteer your time

We love our volunteers. We couldn't do our work without them! Could you spare a few hours a week to support one of our services? You could become a volunteer Advice Worker and help people claim the money they are owed. Or you could be a befriender having a weekly chat with an older person.

We are also looking for people to join an Older Person Advisory Board. This group would meet a few times a year for you to give us feedback on our services and ideas of how to improve Bristol for older people. Get in touch if you would like to get involved.

Leave a gift in your will

You can leave a lasting legacy to AUKB through a gift in your will. This could be for a certain amount of money or for a percentage of the estate. Speak to your solicitor when making your will and tell them you would like to leave a legacy to Age UK Bristol, charity number 1042548, Canningford House, 38 Victoria Street, Bristol, BS1 6BY.



Get in touch today to support Age UK Bristol.

**Please contact us by
telephone, 0117 929 7537 or by
email fundraising@ageukbristol.org.uk**

Puzzle Page

I L B R N N D V H U I S O S L
K O X U N A Y P X M N O T R C
T O I I R T M S Q O D U A J Y
E M T S F N E W W N O N R B P
C K Y W E V S F O R Y Q A D M
H X I N O E L N P N R Y E B Q
R D Y L D A G S I U S X Y Y G
I C G I K R L H I G T P W I D
S Z X E G E Z X B I H J E B F
T Q M T S B Q G N U F T N E S
M M Y S C B J J M C Y X O G Q
A P U H O T C H O C O L A T E
S R I I N E M I M O T N A P I
B N B C G R C O S Y A U G C R
K D P Z E O W B R F Q W I H U

Can you find all the winter words?

BRUSSELSPROUTS
BURNSNIGHT
CHRISTMAS
COSY
GLOVES
HOTCHOCOLATE
ICE
NEWYEAR
PANTOMIME
SNOWFLAKE
SNOWMAN

Christmas Quiz



1. How many ghosts appear in a Christmas Carol?
2. Which country did eggnog come from?
3. The song 'Driving home for Christmas' was written during a car journey back from which town?
4. Which country started the tradition of putting a Christmas tree up?
5. What stick would you put in a mulled wine?
6. Astronauts broadcast which Christmas song from space in 1965?
7. In which country is it tradition to eat KFC for Christmas dinner?
8. In which children's classic is it 'always winter but never Christmas'?

(Answers on page 19, no cheating!)

Check out our submission for this year's 'virtual' Tree-Fest! Staff and clients at Age UK Bristol's New Beginning Centre decorated the tree together.



Cooking corner

Polish dumplings (Pierogi)



1. To prepare the sauerkraut filling, melt the butter in a skillet over medium heat. Stir in the onion, and cook until translucent, about 5 minutes. Add the drained sauerkraut and cook for an additional 5 minutes. Season to taste with salt and pepper, then remove to a plate to cool

2. For the mashed potato filling, melt the butter in a skillet over medium heat. Stir in the onion, and cook until translucent, about 5 minutes. Stir into the mash potatoes, and season with salt and white pepper

3. To make the dough, beat together the eggs and sour cream until smooth. Sift together the flour, salt and baking powder; stir into the sour cream mixture until the dough comes together. Knead the dough on a lightly floured surface until firm and smooth. Divide the dough in half, then roll out one half to 1/8 inch thickness. Cut into 3 inch rounds using a biscuit cutter.

4. Place a small spoonful of the mashed potato filling into the centre of each round. Moisten the edges with water, fold over, and press together with a fork to seal. Repeat procedure with the remaining dough and the sauerkraut filling

5. Bring a large pot of lightly salted water to a boil. Add the dumplings and cook for 3 to 5 minutes or until the dumplings start to float to the top. Remove with a slotted spoon.

'Bristol Meets the World - a community cookbook' celebrates Bristol Meets the World Food and Nutrition Project. The book shares recipes from cooking sessions with older people across the city. This is a collaborative project led by Bristol & Avon Chinese Women's Group, delivered in partnership with 91 Ways to build a global city, Brunelcare, Anchor Hanover and the Pakistani Welfare Organisation. The project was funded by Bristol Ageing Better.

Serves 4 people

Ingredients:

Sauerkraut Filling:

1/2 tablespoons butter

1/3 chopped onion

160g sauerkraut, drained and minced

Salt and pepper to taste

Potato Filling:

1 tablespoons butter

1/2 chopped onion

160g cold mash potatoes

1 teaspoon salt

1 teaspoon white pepper

Dough:

1 egg

75g container sour cream

230g all-purpose flour

1/4 teaspoon salt

1 teaspoon baking powder



Thanks for reading our newsletter; we hope you have found it useful. If you'd like to keep in touch you can contact Age UK Bristol at admin@ageukbristol.org.uk, visit our website at www.ageukbristol.org.uk or give us a ring on **0117 929 7537**. We're on Facebook too, type **@ageukbristol** into the search bar.

You can contact BOPF at bopf@ageukbristol.org.uk, or visit the website www.bopf.org.uk On the BOPF website you'll be able to join as a free member by visiting the following page, www.bopf.org.uk/about/become-a-member/ BOPF are also on Facebook, [@bristololderpeoplesforum](https://www.facebook.com/bristololderpeoplesforum) (all one word).

RSVP The Retired & Senior Volunteer

Programme encourages and provides support for the over 50's to volunteer for the benefit of their local community.

It is volunteer-led with no salaried staff. RSVP members choose their activities and decide how much time to donate. All out-of-pocket expenses are reimbursed and generous personal accident and third party insurance cover is provided. There is a wide range of volunteering opportunities available, from befriending to helping children learn to read, and RSVP West is always interested in new projects. Most of its members are working in groups (led by a Project Organiser) so the benefits for the people they support is matched by the friendship and satisfaction that comes from each other's company.

Find out more, contact:

office@rsvp-west.org.uk / 0117 922 4392

Answers to Christmas Quiz. 1.Four 2. England 3. Middlesbrough 4. Germany 5. Cinnamon 6. Jingle Bells 7. Japan 8. CS Lewis' The Lion, The Witch and The Wardrobe

Age UK Bristol and the Support Hub have created this winter newsletter as a way of sharing news about what services are available in the city. If you have found it useful, please sign up to receive our next edition. (If you received this newsletter in the post, we already have your details.) We can send you the newsletter either in print, or online. It does save us money to email the newsletter to you, however we understand that not everyone has access to the internet. Please fill in your preference below along with your contact details. I understand that my details will be held by Age UK Bristol for the purpose of sending out the Support Hub newsletter. My details will not be given to any other party or used for other purposes. I can request for my details to be removed or changed at any time.

You can either return the slip below by post to **Age UK Bristol, Canningford House, 38 Victoria Street, BS1 6BY** or email it to admin@ageukbristol.org.uk

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