

Your insight into Age UK Calderdale and Kirklees

# news LETTER

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## Kirklees Dementia Hub

The new Kirklees Dementia Hub aims to offer support and advice to people living with dementia or memory problems and their carers.



It is a partnership between Community Links and Age UK C&K which offers:

1. Information and advice sessions around what dementia is (and isn't), financial issues, physical activity, healthy eating, housing and other services in Kirklees that can be provided further help and support for people living with dementia and their carers.

Referrals into our service must be made through the SWYPFT Memory Services or a GP and it is for adults of any age who have been diagnosed with dementia. These professionals can make referrals by calling the Hub co-ordinator on 07387 019180.

2. Our expert dementia advisor offers advice and information. They can help on any issues or concerns related to dementia. The helpline is open from Monday to Friday 9am-5pm.

**Dementia helpline 01484 503908**

3. Our community engagement worker raises awareness by offering Dementia Friends sessions across Kirklees. We can provide a free one hour Dementia Friends session at your place of work or in your community. Please call our helpline to book your free session.

We look forward to working in partnership with local services to provide support for people living with dementia and their carers in Kirklees, making sure they have the best support possible. For more information, visit our website [www.ageuk.org.uk/calderdaleandkirklees](http://www.ageuk.org.uk/calderdaleandkirklees)



## Free home energy visits

We are doing free home energy visits again this year, offering advice on your energy usage and installing energy saving devices, all free of charge.

You must be over 65 and either on a low income, have health issues or live in a hard to heat home.

Call 01422 252040 to book your free home energy check.

## Tackling Isolation in Calderdale

The Community Fund for Calderdale have commissioned a number of projects to tackle isolation in the borough. There are four organisations involved:

- The Ovenden Initiative are doing some micro-commissioning, signposting people to local Staying Well activities.
- Todmorden Health Centre will provide transport to their Health Champions activities including, art sessions, a walking group and more.
- Calderdale Community Transport will provide trips out to local community activities.
- Age UK Calderdale and Kirklees have three projects to be managed by Carly Munro, Community Projects and Volunteer Manager which will begin early 2018. All will have a part time worker and be supported by volunteers:

Nearly Neighbours - Following the success of the Ripponden project, we aim to create supportive networks for people to support those within the communities of Elland and Ovenden who are experiencing isolation and loneliness. We will increase awareness of issues facing older neighbours by working with existing groups, community champions and volunteers. The project will support and encourage people to be more neighbourly.



Dementia Coordinator - To compliment our existing befriending service, we aim to set up a specialist dementia project. The coordinator will recruit and train specialist volunteers to support people living with dementia, encourage the use of our dementia tool kit and signpost to other support organisations.

Travel Companions - to support older people to navigate transport issues of all varieties including helping with route planning and any other travel related queries and building link with local providers and encouraging them to become dementia and age friendly.

## Jo Cox Commission on Loneliness - Final report



Before her death, Jo Cox set up a cross party Commission on Loneliness because she did not want to live in a country where 1000's of people were lonely and unhappy. This was continued by Rachel Reeve (Lab) and Seema Kennedy (Con): the Commission worked to address the impact loneliness and focused on the **positive action** we can all take. With the message 'Start a Conversation', the Commission tried to get people talking at all levels - whether chatting to a neighbour, visiting an old friend, or just making time for people you meet.

## WORKING TOGETHER TO TACKLE LONELINESS

The final report from the Commission was launched on Dec 15th and called for action on 3 main fronts:

1. National leadership in Government including a UK wide Loneliness Strategy with ministerial lead.
2. Measurable progress with robust data including a national indicator, measures of effectiveness and easy to understand messages.
3. Support for action at a local level including an 'innovation and spread fund' from Government, trusts, foundations and other funders.



### What can you do?

It could be as simple as starting a conversation! Or volunteer in your community, maybe with Age UK C&K or you can pledge your support on the Jo Cox website.

[Volunteer](#)

[Make a pledge](#)

## Age UK C&K Will Making Month - April 2018

Age UK Calderdale and Kirklees are holding a Will Making Month in April 2018 with the help of local solicitors, to encourage more people to make their will.

Having a will is the best way to ensure that your wishes are carried out after your death but research shows that around two-thirds of people haven't got round to writing a will yet.

By writing a will you can ensure there is adequate financial provision for your family and your estate will be divided as you want. If you're not sure what goes into a will, you can download a [Will Planner](#) from our website.

If you die without a will (called 'intestate'), there are strict guidelines that must be followed and these may not accord with your wishes.

To make your will, all you have to do is contact a participating solicitor and make an appointment between 1st and 30th April 2018.

- Please say you are calling about Age UK Calderdale and Kirklees 'Make a Will' month.
- All we ask is that you make a suggested donation of £60 per person or £100 per couple.
- This offer is open to anyone aged 50+, covers straight forward wills and does not include home visits. More complicated wills may incur extra charges, so please check with the solicitor first.

**If you would like to speak to someone at Age UK Calderdale and Kirklees about our Will Making Month and find out which solicitors are taking part, please contact us on 01484 535994.**



### Need a trader you can trust?

You need the Age UK Calderdale and Kirklees Trusted Traders Directory!

It is a listing of local companies who have been vetted by Age UK C&K to make sure they are trustworthy and reliable. We have lots of local businesses from plumbers and electricians to mobility specialists and IT Support companies. You can look at the directory online at:



[www.aubdcalderdaleandkirklees.co.uk](http://www.aubdcalderdaleandkirklees.co.uk)

Or call us free and we'll search for you:

**Tel: 0800 012 6508**

### Award winning team

Gunita Collins and Claire Bellis, our Personal Independence Coordinators, based in Locala have scooped another award. They won the Locala Jo Cox



Memorial Award for their exemplary work with older people. Well done both! See Gunita on Youtube talking about her work [https://www.youtube.com/watch?v=5NqMFdOV\\_34](https://www.youtube.com/watch?v=5NqMFdOV_34)

### Get protected with 5 Star cover from Age UK Travel Insurance



Buying Age UK Travel Insurance supports Age UK's charitable work

### Pop in for a free information pack

Age UK Calderdale & Kirklees Trading Limited (Huddersfield)  
12 New Street, Huddersfield, West Yorkshire HD1 2AR  
Open: Mon - Fri 10am to 4pm

Also: 4-6 Square, Woolshops, Halifax HX1 1RJ  
Open: Mon to Fri 10am to 4pm.

**0800 066 5917<sup>†</sup>**  
[www.insuranceover50s.com](http://www.insuranceover50s.com)



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## Staff Profile : Charlene Freidl

Charlene has recently started her role as coordinator of the new Kirklees Dementia Hub. She is employed by Community Links but is based in the Age UK C&K New Street office.

She comes from the Community Links Engagement and Recovery Service which works with adults who are struggling with mental health issues, providing group activities and helping them reach their goals and aspirations in life. They also worked with people with dementia and offered Dementia Friendly sessions. Before that she worked in a residential setting with people of all ages with complex and challenging behaviours.

'I am passionate about helping to improve people's lives and making a difference and it is really exciting to be involved in this new project' said Charlene. She thinks the service will be really useful for people who have been recently diagnosed with dementia, helping them to understand the condition and what it is and isn't. But also for the families and carers of people living with dementia.

Charlene has lived and worked in Huddersfield all her life and is committed to making the area a more friendly place for people with dementia. When not at work, she loves reading and spending time with her family and friends.



### What did you think?



*We would like to hear your feedback, stories and any comments you have. Please contact our Huddersfield office.*

**12 New Street**

**Huddersfield HD1 2AR**

**01484 535994**

**Choices Centre**

**4-6 Woolshops**

**Halifax HX1 1RJ**

**01422 252040**

### Local Services

**Companionship Centres** Friendly groups to meet for a cuppa and a chat, activities, outings and fresh midday meal.

**Advice, information and advocacy** Free advice and info available from our staff by appointment.

**Legal and financial advice clinics** Short appointments can be booked with local solicitors and financial advisers.

**Befriending** Volunteers offer a friendly face and a listening ear for those at risk of isolation, either in person or over the telephone.

**Home from hospital** Short term support at home after leaving hospital.

**Insurance services** Call for more information.

**Shopmobility** Short term loan of mobility scooters in Halifax & Huddersfield, Dewsbury.

**Mobility and living aids** Mobility scooters, walking aids and stair lifts at competitive prices.

**Domestic services** Friendly well trained staff take care of cleaning, shopping and household tasks.

We can also provide a Deep Clean Service.

**Trusted traders directory** A directory of local traders checked by Age UK Calderdale & Kirklees.

[www.aubdcalderdaleandkirklees.co.uk](http://www.aubdcalderdaleandkirklees.co.uk)