

January 2017

NEWSLETTER



All the latest news from Age UK Cheshire East

MP opens new Men in Sheds in Macclesfield

David Rutley MP has given his continued support for Men in Sheds by declaring a new facility in Macclesfield officially open.

Thanks to a number of generous funders, Men in Sheds Macclesfield has a brand new home on Henderson Street. The new shed houses all the equipment older men require to use the workshop, enabling them to learn and share skills in an environment that also supports their social interaction.

Men in Sheds is a place for men over the age of 50 to get together in a relaxing environment to share interests, skills, experiences and decent conversation. The primary aim of Men in Sheds is to re-engage local older men with their peer group in an environment where they can improve their social and emotional wellbeing and participate in meaningful and productive activity, such as woodworking.



David Rutley MP opens the new shed with Damon Taylor, Chief Executive, and John Hitchen, Men in Sheds Co-Ordinator in Macclesfield on 13 January

David Rutley MP said, "I'm delighted to have the chance to open the new Men in Sheds facility. I have always been a huge supporter of this initiative as it makes a real difference in improving the quality of life and health outcomes for older people.

I hope that more people will come and use the facilities and that local residents and businesses will provide further funding so it can go from strength to strength."

Damon Taylor, Chief Executive of Age UK Cheshire East said: "We are extremely proud to open the doors to our brand new shed for older men in Cheshire East. We'd like to encourage more local men to come to the shed and try it out, you won't be disappointed."

The charity has been able to create the brand new space in Macclesfield thanks to the generosity of a number of funders including the Royal British Legion, Morrison's Foundation, HSBC, Leigh Trust and Pennycress Trust.

The opening also provided a chance for the charity to launch its fundraising campaign for the year ahead. The cost of running two sheds in Cheshire East for one year is a *minimum* of £50,000 and the charity is asking for support from the local community to reach its target by becoming a sponsor, donating, fundraising or volunteering.



The charity operates two sheds - one in Macclesfield and one in Congleton. If you'd like to find out more about our Men in Sheds project, call 01625 660534 or visit



www.ageuk.org/cheshireeast

Stakeholder Event to Improve Partnership Working with Older LGBT Community in Cheshire and Wirral

Local Age UKs join forces to work towards becoming Diversity Champions

As part of our commitment to increase the diversity of our organisations across all protected characteristics, Age UK Cheshire East, Age UK Cheshire, and Age UK Wirral have united to join the Stonewall Diversity Champions Programme – the UK's leading programme for equality for lesbian, gay, bi and transgender staff and service users.

The programme is a best practice sharing forum in which organisations receive support from Stonewall with their work towards lesbian, gay, bi and transgender equality, with the aim of creating a fully inclusive workplace for all staff and embedding inclusion in all areas of service delivery.



We want to ensure that we reach the diverse populations in the area to make sure services are relevant and inclusive and to help bring funding into the area to provide the right services for the local community.

LGBT people aged 55 and over are more likely to be single, live alone, and less likely to see biological family members on a regular basis. LGBT people are also more likely to drink alcohol, take drugs and have a history of mental ill health. ([Stonewall LGB People in Later Life, 2011](#))

We can achieve more by working in partnership with other stakeholders across the area and we would like to invite interested organisations to a Stakeholder Event on **Wednesday 22 February 2017** from 10.30am to 12.30pm at Cheshire Fire and Rescue's Chester Fire Station, St Anne Street, Chester, CH1 2HP.



If you are interested, please let Dominic Anderson know by the end of January 2017. He can be contacted on 01625 612958 or alternatively by email at



dominic.anderson@ageukcheshireeast.org

Staying warm as the cold weather sets in

Keep warm and well this winter

The Met Office has warned that another cold weather snap is on its way. As people get older it takes them longer to warm up which can be bad for their health. The cold thickens blood and increases blood pressure, and breathing in cold air can increase the risk of chest infections.

The ideal temperature is 64°F (18°C) for your bedroom and 70°F (21°C) for your living room. Check your thermostat or use a room thermometer to monitor temperature, and keep your bedroom window shut on a winter's night.



If you know of anyone who might be at risk from the cold weather, make sure they know what to do! Make sure you look out for elderly or lonely neighbours and check up on them during the cold spells.



A useful Age UK downloadable guide on staying warm is available by [clicking on this link](#)

Out & about with our new day support service

Providing support both to people living with dementia and their carers

'Nothing is too much trouble. Anything we need they get. A great team that work well together – a very good mix.'

The above is a direct quote from a 79-year-old gentleman, Alan, who attends the Dementia Day Support Service (DDSS). Alan had tried attending a group prior to the new DDSS but this was unsuccessful. Alan was spending his days at home with his wife who was concerned Alan was not receiving enough stimulation. Their daughter contacted Age UK Cheshire East to arrange an assessment for the DDSS.



Alan and friends on a trip out to the West Park Museum

The assessment was successful and Alan began attending the DDSS twice a week. He was that pleased with the service that after attending his first week he increased the number of days attending to 3. During the first few times attending Alan did occasionally become upset. We were able to use our designated quiet room to sit, chat, and reassure Alan. Once Alan was settled we were able to re-join the rest of the members in activities. Since Alan joined the group he has settled and cares very much for his peers. One lady

who was attending the group was not her usual self and could not get warm. Alan took it upon himself to get his gloves out of his coat pocket and gave them to the lady. He ensured that the lady was warm and that the blanket we had given her was wrapped around her.

We believe that people can live well with Dementia and should be integrated within the community. To promote this, we try, weather permitting, to go out every day. This may be a walk up to the local park or to garden centres where we walk round and the group members enjoy a hot drink. We have had an outing to West Park Museum where we had a look round and were shown how to write our names in hieroglyphics. Alan thoroughly enjoyed this trip out and walk round West Park.

The service is provided in our newly refurbished centre in Macclesfield. The centre is bright and airy and there's always some fun activity going on whatever time of day it is. We also have a brand new minibus which can provide transport to and from the centre. We are proud of what we can offer and welcome anyone to come and have a look at our facility, but would ask that you call us first to make sure we are able to give you our full attention on your visit.



Our newly refurbished New Horizons Centre



If you know someone who may benefit from this service, or would like to learn a little more about it, please call us on 01625 660527 or email

ddss@ageukcheshireeast.org

Selling furniture to help older people of Cheshire East

Bag yourself some bargains and support our charity at the same time



Dave Rahman, Manager of the Showroom explains "We have 4 floors of furniture, appealing to every taste. As well as quality used furniture, we also have a large range of ex-catalogue stock which is great value and suitable for all types of homes. Our stock is competitively priced and changes on a daily basis, so would ask anyone interested in grabbing a bargain to come and have a look around"

Age UK Cheshire East operates its very own furniture showroom, in an old mill building in Henderson Street, Macclesfield. The showroom is open six days a week, selling high quality furniture including a wide range of beds and mattresses, wardrobes, chairs, sofas, tables and other items which people always need in their homes.



The charity has operated a furniture showroom for 6 years now, finally moving to its current home in 2014. As well as selling furniture, the showroom offers a free collection service for anyone wishing to donate unwanted furniture. Deliveries of furniture purchased can also be arranged for a small charge.



All proceeds from sales at the Showroom go towards supporting services for older people provided by the charity. Interested in having look around? Then why not pop in, 9.30am—4.30pm, Monday to Friday at Newbridge House in Henderson Street, Macclesfield. **Collections? Call 01625 440776**

About us...

We are a local charity, providing a wide range of services to older people in Cheshire East. All the funds we generate are spent on delivering services locally. Our aim is to improve the later life of the people of Cheshire East. The main focus of our work is:-

- Support for people living with dementia
- Tackling loneliness
- Free Information & Advice
- Lifestyle support
- Men in Sheds
- Help in the Home



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