

June 2017

NEWSLETTER



All the latest news from Age UK Cheshire East

Having 'shed loads' of fun down in Congleton

It's not just woodworking going on down at the Shed!

Men across Congleton have been flocking to our Men in Sheds project in Centenary Place, Congleton. Following a big push on recruiting new service users, places are running out fast at our popular town centre shed.



Bill, the Manager of our Congleton Shed, feeling the long arm of the law at the Food Festival!

Staff from our Congleton Shop and Shed, together with volunteers were out in force at the Congleton Food Festival earlier this month, promoting the services we offer in the town, and even selling cupcakes for our charity!



Damon Taylor, Chief Executive of the charity said "Those attending the shed can try their hand at various woodworking projects. On a recent visit, I witnessed various objects being worked on including spinning tops made from old table legs, dove-cotes and an old chair being renovated.

For those fellas who want a break from the woodwork, there was an impromptu game of dominoes and even a quick rendition of some old classics on a ukulele!"

We run two sheds, with the other being located in Macclesfield. The sheds need to raise £50,000 each year towards running costs which include rent, salaries and other overheads. Over £11,000 has already been raised this year, but more is needed, and that is why the Charity is undertaking a big push to promote the great work that the sheds do and hopefully attract more funds.

Bill, the Manager of the Shed in Congleton said "The Shed allows fellas to come along, enjoy each other's company, share stories, chat over a cup of tea, and if they fancy it, have a go at a woodworking project. The great thing about this place is that fellas come in as strangers but then form new friendships away from the shed. Loneliness in later life is a big focus for our charity, and the Shed is a great way to help tackle this problem."

One thing is for certain, over 30 older men each week in Congleton benefit hugely from coming to the shed, relaxing and having a great time with other like-minded men.



Would you like to come along to the Shed as a service user or a help as a volunteer? Or would you like to help us raise funds to keep our sheds open and carry on supporting lots of people across our area? If so, please give us a call on 01625 612958



Alan and Chris, two of our Sheddors in Congleton, enjoying a tune on the ukelele

An “Accidental Volunteer”

A day at our Dementia Group through the eyes of a teenage volunteer



My name is Jemma and I am currently in Year 10 at Congleton High School and preparing for mock-exams. The half-term conversations in our house are usually along the lines of “Mum, I’m bored” and the reply comes “Get some revision done then” Or “Mum, I can’t concentrate any more” which gets the response “Do something active then..... like tidying your room!”

So this half-term I thought I’d do something different and ask to volunteer at Age UK Cheshire East. I thought I would be with my Mum in the offices; answering calls, copying and scanning, making the brews etc. When she said I was going to be helping in the Dementia Day Support Service (DDSS) I wasn’t sure what to expect, what the people would be like or what it would be like helping people with

dementia. I had never met anyone with dementia before so everything was all brand new to me.

Meeting the team Jo, Laura and Amanda, I was a bit nervous but they were lovely and after collecting some clients from home with Amanda and bringing them back to the Day Support, the day really got going.

Tea and biscuits were followed by dominoes, memory games and quizzes. We even managed to fit in a quick game of scrabble before lunch too.

Everyone was so welcoming. I didn’t really expect the clients to be as loud and cheerful as they were; and although they did struggle with some of the memory games once they started talking about something they seemed to remember every single detail.



“I didn’t really expect the clients to be as loud and cheerful as they were”

After lunch I helped with the ‘girl time’ gossiping with the ladies as they got their nails painted, loving choosing their nail colours and being pampered for a little while. I had a chat with Margaret who is very mischievous. I was only helping her play dominoes when she started trying to fix me up with a boyfriend – apparently she knows lots of “lovely young fellas”!

I had a great day in the DDSS, it was much happier and more cheerful than I thought it would be. I loved hearing the stories that people were telling and the memories they were sharing of their childhood, their jobs and their families.

One of the purpose built rooms at our Dementia Support Service

I will be back again in the Summer holidays, when I will also hopefully do my Dementia Friends awareness, so I have a better understanding of what dementia actually is, as well as how it affects people and their families.



If you would like to help us support people with dementia, or know of someone who would benefit from this service, please give us a call on 01625 612958. Further details of the service are also available [through the following link](#)

Art Group exhibits its pictures once more

Exhibition to take place at Macclesfield Library in July

Age UK Cheshire East's Art Group is proud to announce their second art exhibition to be held at Macclesfield Library from **Monday 3 July until Friday 14 July 2017**. The exhibition, which is being held on the first floor landing area in the Library, will be exhibiting work of 8 artists who attend the Arts Group, which meets at our offices every Thursday afternoon between 2 and 4pm. Dorothy, who helps run the group explains "Self-expression through art is a great way to keep active, make new friends, learn, and share skills."



If you are interested in coming along to the Group and trying your hand at some art, please give us a call on 01625 612958. Who knows, you could be exhibiting a piece of art at the exhibition next year!

Some of the pictures on show at last year's exhibition.

Furniture showroom celebrates its 3rd birthday

Can you help us find out more about the history of our showroom?

Our second hand furniture business, housed in Newbridge House on Henderson Street, Macclesfield, has just celebrated its third anniversary. The business, which collects and sells quality and used furniture and house accessories across four floors, enables us to raise vital funds to support the charity's work with local older people. To mark its third anniversary, we want to learn a little more about the history of this local landmark.

It is believed that the building was originally built as a mill back in the mid-19th century, and since that time it has been known to house a wide variety of functions, including a clothes shop and a college. The *Macclesfield Express* published a photo of the building back in April which showed women and young girls at work in what was then Clapham's Shirt Factory somewhere between 1910 and 1919.



Nowadays, the four storey building houses a wide range of furniture which has been donated by local residents and **collected for free**, the proceeds of which all go to help fund the local charity's services, including Men in Sheds, which is located directly behind the mill building.

Brian, Dave, Dave & Mick—some of the Showroom team

David Rahman, the Manager of the Showroom says

"It's amazing to think that we are using a building today to sell furniture that was originally built over 150 years ago to make shirts. Since that time, many different businesses have used the building and we would love to feature some pictures in our showroom entrance which charts the amazing and varied history of this place"

We often get customers asking about what the building was used for, or telling us that they have a relative or friend who once worked here, and we therefore thought that it would be a great idea to find out a little more. There is even reputedly a ghost of a girl who used to work in the mill who walks up and down the stone staircase in her clogs, but none of us have ever seen her!"



If you can help the Charity find out a little more about the history of its building, have photographs that could be used in the buildings entrance, or would just like to donate some furniture, please get in touch on 01625 440776

Our journey towards a Dementia Friendly Charity

Awareness sessions ensure staff & volunteers better understand the issues facing people with dementia

At Age UK Cheshire East, we are proud to be working towards becoming a dementia friendly charity by inviting yet more employees, home helps and volunteers to dementia friends awareness sessions. This photo was taken at our most recent awareness session, and more events are being held at the end of June in Macclesfield, Knutsford and Congleton to raise awareness of the issue.



As a charity, we work with many people who either have dementia or care for someone who has, so it is vitally important that all our staff and volunteers are aware of some of the issues faced by people living with dementia so that we can tailor our services accordingly!



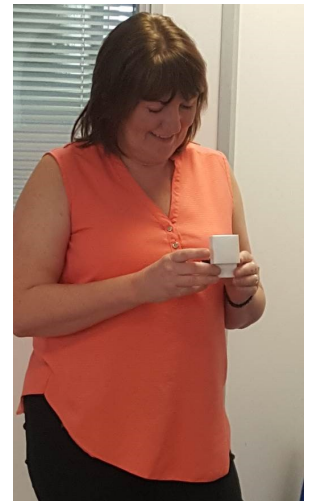
Six more staff become dementia friends

by people living with dementia so that we can tailor our services accordingly!

And finally...Good luck Jennette!

Our long serving Director of Services moves on to pastures new

Jennette Brown, our Director of Services who has worked for the charity for over ten years, has decided to leave the Charity to indulge in a bit of travelling. Jennette, who has undertaken several roles at the charity during her time with us, will be sorely missed for the huge knowledge and expertise that she brought to her role and the way in which she has managed a wide range of services in increasingly difficult and challenging times. Many of you may know Jennette from her time at the charity, and leaves us after working so very hard to lead the development and introduction of our newest service, the Dementia Day Support Service. All her friends and colleagues at Age UK Cheshire East will miss her very much and wish her all the best for the future!



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



01625 612958



enquiries@ageukcheshireeast.org



www.ageukce.org



@AgeUKCE



Age UK Cheshire East is a registered charity No.

1090161 and a company limited by guarantee.