

May 2017

NEWSLETTER



All the latest news from Age UK Cheshire East

Your views on how to tackle loneliness

Shoppers respond to our recent loneliness in the elderly survey

During March and April this year, we joined forces with the Jo Cox Commission on loneliness to spotlight the issue of loneliness in older people. We asked shoppers in our five high street shops whether they felt loneliness was a problem in their local area and what they could suggest to help lonely older people.

To help make the process easy for people to feedback their views, we placed 'postboxes' in each of our shops, under the hashtag **#happytochat**, and provided a simple form for people to write their comments about how we could improve the situation locally. **71% of respondents agreed that loneliness was a problem in their local area.**

When asked how the local community could do more to help lonely older people, they talked about hosting coffee mornings; local clubs; lunch clubs; and local activities. Many of the respondents just felt it was important to say 'hello' to older people and engage them in conversation. This was particularly important where people knew there were elderly people living nearby.



#happytochat

Would you like to help us tackle loneliness in older people in Congleton?

If so, come inside and let us have your ideas in the #happytochat post box located by the till. We are working with the Jo Cox Commission for loneliness to help address this issue amongst older people.

Want to know more? Then call
01625 612958
email enquiries@ageukcheshireeast.org
or visit ageukce.org

Age UK Cheshire East is a charitable company limited by guarantee and registered in England and Wales.
Registered Charity Number: 1091015
Company Number: 1200571
New Street and Gifford, Wellington Street, Macclesfield, Cheshire, SK11 0BB

**JO COX
LONELINESS**



When asked how we, as a local charity, could raise awareness of the issue, most respondents agreed that it was just a case of continuing to highlight the issue as widely as we possibly can, with leaflets in our shops and across our services about the things we offer older people and how that helps tackle loneliness.

Respondents were also asked how they were going to start a conversation with an older person. Many agreed the best way to make people feel less lonely was to go out of their way and engage them in conversation, and always start with a simple smile. This is a small thing that we can all do but which can make such a difference to a person's feelings of isolation & loneliness.

Many of you also commented that it was difficult to identify lonely older people as they did not make themselves known and were often isolated. This is something that we will take forward with other local agencies in our campaign against loneliness and ensure that the focus very much remains on addressing the issue and ensuring there are sufficient services in place to help those who are lonely.



To find out more about the services that we provide that help address loneliness, please call us on 01625 612958 or visit our website at www.ageukce.org

Election Manifesto: Dignity in Older Age

Age UK publishes its ambition for the next Parliament 2017-22

Our national charity, Age UK, has issued its manifesto in the run up to the General Election. Entitled **“Dignity in older age and a later life worth living”** Age UK’s vision is for a world where everyone can love later life, but sadly this isn’t the case for many of today’s older people. Pressures on the NHS, social care, pensioner poverty, and loneliness are all difficulties that millions of older people in the UK continue to face.

The General Election on 8 June provides a huge opportunity to address these issues. Age UK is therefore calling on the next Government to focus on the following key issues:

Older People should get dignified care

- Tackle the increasing workforce pressures facing the NHS and social care,
- Adopt a twin-track approach to saving and restoring social care
- Back NHS England’s plan to make healthcare more joined up, person-centred and preventive,
- Tackle the increasing workforce pressures facing the NHS and social care,



Older People should get a decent income

- Ensure pensioners on low and modest incomes can live decently in retirement
- Protect the incomes and the dignity of people in their fifties and sixties who are unable to work up to their State Pension Age.
- Help older people who want to continue working for longer by leading the charge against ageism in the workplace



Older People shouldn’t be lonely

- Take the lead in developing a national strategy to identify, prevent and tackle the causes of loneliness, especially but not exclusively among older people.
- Ensure all services, public & private, meet the essential everyday needs of older people not online.



- Work with local government, transport providers and civil society to make every community genuinely age-friendly



To read more about the Age UK manifesto and find out what they want our next Government to do for older people in the UK, go to <http://www.ageuk.org.uk/generalelection/>

Bringing back the memories




Service users have a day out on the canal courtesy of a kind donation

The Dementia Day Support Service (DDSS) kindly received a donation of a day on the scenic Macclesfield canal aboard the Mary Sunley narrow boat. The group went on their outing enjoying a fish and chip lunch along the way. It rained a little during the morning but this did not dampen spirits!

People commented on how relaxing the trip was and how good it was to have a change of scenery. The trip also brought back happy memories of times gone by. One gentleman used to live not very far from the canal and one lady used to enjoy holidays on the canals.

Margaret (photographed), has been attending the DDSS since its launch in September. We have been supporting her by providing a stimulating and caring environment for her when attending DDSS. This enables her daughter to have much needed short breaks from her caring role. She knows that her mum is safe in our care and having an enjoyable day. Margaret, over the past few months, has gradually increased her days attending DDSS to four days a week. She says 'it's just like home; in fact it is better than being at home. Everyone is lovely.'



 **If you know of someone who may benefit from attending the Service, or indeed, would like to offer an activity that our service users could take part in, please give**
 **us a call on 01625 612958 or email at enquiries@ageukcheshireeast.org Further**
 **details are also available on our website by [following this link](#)**

Joining Forces project to launch shortly

Project aimed at improving the health & wellbeing of armed services veterans

We are pleased to announce a new project which is due to be launched shortly in Cheshire East, which will be targeted at aged armed forces veterans, their families and carers. A Veterans Wellbeing Co-Ordinator has just been appointed by our charity and is expected to start on the project in the next month or so.

The three year project has been made possible through The Aged Veterans Fund funded by the Chancellor using LIBOR funds.

The Wellbeing Co-Ordinator will work with veterans to help them address the many particular issues which may impact on them in later life. The project will work closely alongside armed forces charities such as The Royal British Legion. *Further information on the project will be made available following its official launch in July.*



Lifelinks to end

Service to come to an end in June 2017

Life Links has consistently delivered excellent wellbeing outcomes to our clients and has been a very successful project. The learnings we have made from the project will be used to inform any future wellbeing services which are commissioned in Cheshire East. In line with the contract specification, the service will now end on 30 June 2017.

The project delivered significant numbers of wellbeing improvement outcomes for people across the length and breadth of Cheshire East and exceeded expectations. We're very proud of the work Life Links has done:

- We have provided intensive, in-home face to face help to almost 1,000 people across the length and breadth of Cheshire East
- Using our outreach vehicle to access community settings across the county, we have spoken to over 10,100 people since we launched in 2015
- We have provided signposting support to over 300 people – introducing them to support services across the community provided by third sector partners
- We were targeted to find people who were unknown to health and care services and we achieved this with the majority of our clients self-referring (or being referred via a concerned family member)
- 65% of clients said that, following our intervention, they felt their quality of life had improved and 69% felt an improvement in their mental wellbeing
- 100% of our clients would recommend us



From the start of May we have not been taking any new referrals so that we can focus on reaching a satisfactory outcome with all the clients we are currently helping. From the middle of May we will be unable to continue with our outreach events.

We would like to say a huge thank you to all the Cheshire East Council, NHS and third sector service partners (too many to name individually) who have helped us deliver such a successful service over the last 2 years. We couldn't have achieved the wellbeing outcomes we did without their dedication to the communities we serve.

Please contact Helen Davies on 01625 553439 or h.davies@peaksplains.org if you have any questions

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.