

November 2016

NEWSLETTER



All the latest news from Age UK Cheshire East

Dementia Support Service grows

Following its successful opening by local MP David Rutley back in September, our new service, based in Macclesfield, aimed at those with dementia and memory problems, is going from strength to strength.

Our service users have enjoyed visits from the resident Cockapoo 'Betsy' as well as decorating the rooms (and each other!) for Halloween.

"My wife loves attending so much she now goes for two days a week, the variety of experiences on offer makes this service excellent value for money"

The service is open 5 days a week, staffed by paid support workers and team leaders, who are also supported by a number of volunteers, many who have worked with the service users for a number of years. As well as being provided with a hot lunch and a regular supply of tea and coffee, service users

have enjoyed several trips out, listening to songs from the Hullabaloo choir as well as music from singer Mary who entertained the group with music from the 60's. Service users added to the music by joining in playing a range of musical instruments. The Group has also been preparing for bonfire night with arts and crafts.



Interested in finding out more about the service? Then call
01625 660527 or email ddss@ageukcheshireeast.org



We are desperate to increase our volunteer driver numbers, especially on Tuesdays. If you know of anyone who could help bring people to this much needed service, please give us a call!



Jean with 'Betsy' the Cockapoo

Wednesday lunch club launches in Poynton



Working in partnership with Poynton with Worth Town Council to provide new service in the town

A Wednesday group for older people who are physically frail and/or have some memory problems has started at Poynton Civic Hall.

The Group meets from 10.00am to 2.00pm and provides a caring and stimulating environment for up to ten people. Previously, day support has been delivered separately, one group supporting older people with memory problems and another supporting physically frail older people. The new service will combine these groups into one session with increased capacity and activities to suit all.



Experienced and trained volunteers organise games and activities, singing and light exercise. A hot lunch is also provided.

This new initiative is managed by Poynton Town Council in partnership with Age UK Cheshire East and costs £20 per session.

Transport can be arranged at a small additional cost.



Please contact Sharon Duke, Communities Co-Ordinator at Poynton Town Council on
01625 872238 if you would like to find out more

Help at Home

Helping older people remain more independent in their homes

Age UK Cheshire East provides a Help at Home service, ensuring that older people can lead more independent lives and remain in their own homes longer. The Home Helps provide services such as cleaning, washing up, changing bedding, doing laundry and ironing, collecting prescriptions or shopping, preparing light lunches and other tasks around the home.

All our Home Helps are fully DBS checked and are carefully selected to ensure they are suitable and appropriate to work with older people. A recent satisfaction survey of the service showed a high level of satisfaction with the service provided.

Some recent comments from our service users:-

"It makes a big, big difference, wouldn't manage without him. He is so polite."

"Looking after my wife for months, things were getting on top of me. This service has helped me tremendously"

"Age UK Cheshire East was recommended to me by a friend. I did have a cleaner who I was not happy with. Now, having an efficient and reliable service is such a relief. Good also to have cover when my regular cleaner is off."



For more information please call the Help at Home Manager on 01625 660540 or email hah@ageukcheshireeast.org

**URGENTLY
NEEDED!**

**Home Helps
urgently needed in
the Poynton,
Disley, Knutsford
and Wilmslow
areas. Competitive
rates of pay and
benefits.**

**If you know of
anyone interested
in this role, please
call now on
01625 660540**

Our Men in Sheds is moving

Changes planned to the Men in Sheds project in Macclesfield

Changes are afoot in the Macclesfield Men in Sheds project, with the current Shed, based in Crossall Street in the town, **closing on 18 November** this year, to enable the construction of a new shed nearby at the rear of our Newbridge House site in Henderson Street, only a few minutes walk from the current Shed.

The shed will be closed throughout December to allow it to be kitted out and readied for use, when the Shed reopens in the New Year.

Damon Taylor, Chief Executive of the charity said "Men in Sheds is a vitally important project to this charity as it works with men who are not always as easy to engage with in activities. We are pleased to be able to continue to provide this great project and are grateful to a number of parties, including the Royal British Legion and Morrisons for helping to fund the new Shed."

The new shed will be officially opened at a ceremony in the New Year.



The new shed going up in Macclesfield

Opening times for our Sheds

Macclesfield—closes on 28 November to enable kit out of new Shed. Our new shed opens on Wednesday 4 January 2017 and will be open Wednesday through to Friday each week. Additional days may be available subject to volunteer availability.

Congleton—open every Monday & Tuesday. The Shed is located off Lower Park Street, near the town centre.



Call 01625 660534 for more details about both Sheds.

New Congleton store opens its doors

Important new addition to Charity's retail offering

The Charity was excited to open its new store in High Street Congleton on Saturday 12 November. The store is open six days a week, from 9.30am to 4.30pm, stocking a wide range of women's and men's clothes, party wear, bric-a-brac, CDs, DVDs, toys and books, as well as a wide range of other pre-owned quality goods.

To coincide with the remembrance day activities, the store's first window display (pictured right) featured items relevant to the commemoration.

All proceeds from the sale of goods at the store will go directly to support the work of the charity locally, and help fund activities such as Men in Sheds, Dementia Support and help us tackle loneliness.

The new Congleton store is an important addition to the charity's other five retail outlets it runs across Cheshire East, including four high street shops in Macclesfield, Alderley Edge, Knutsford and Poynton, as well as a furniture showroom in Macclesfield. The income from these is invaluable in enabling the charity to bring in much needed unrestricted income and continue to operate and provide vital local services for local older people.



We are always grateful to receive any donations or offers to volunteer in the shop.
To contact us at the Congleton store, please call 01260 281288



Free Information & Advice

Helping older people tackle difficult issues in later life

Our charity provides a wide range of support to older people in Cheshire East. Our Information and Advice team provides advice both within the office environment but also out in people's homes. As our charity provides a wide range of services, and work closely with other organisations, we are very quickly able to help people find an answer to some very difficult issues, like Mrs C recently found:

Mrs C is the sole carer for her husband, who has vascular dementia. She contacted Age UK Cheshire East as she needed timely assistance. Mrs C telephoned us to ask for help with completing a claim for Attendance Allowance. A member of staff from Information & Advice made contact shortly afterwards and arranged a visit.



Age UK
Information & Advice
Quality Assured

During the visit, Mrs C described how her husband was no longer able to participate in the social activities he previously engaged in. Mr C is increasingly reliant on his wife for practical and emotional support. The Dementia Day Support Service was discussed, to offer the opportunity for social stimulation for Mr C, and enable his wife to have a break from the caring role.

The I & A worker liaised with the Dementia Day Support Service to arrange a 'taster' session. Mrs C reported that she was relieved her husband had enjoyed the experience and further sessions have now been booked.



To contact our Information and Advice Team, please call 01625 612958 or visit our website at www.ageukce.org for more information and downloadable factsheets and guides

New project begins

Age UK Cheshire East working in partnership with Peaks & Plains Housing Trust

One You Cheshire East is an exciting new project to be officially launched at the end of this month, which will see the Charity employ four Lifestyle Support workers who will support people across Cheshire East to improve their health, in the following areas:

Alcohol use; Smoking cessation; Physical Activity; Weight Management; Healthy Eating; Sexual Health

The workers will identify people eligible for services, supporting people to manage their health. They will also provide training and advice, referring people to specialist services where appropriate.



If you know someone who could benefit from this new service, and to find out more about how it could help you, please email info@oneyoucheshireeast.org

Lifelinks reaches out into the community

Over 7,000 local people already benefiting from project

Since the project was first established in July 2015, more than 7,330 people have received support from the Lifelinks team. The project, delivered in partnership with Peaks & Plains Housing Trust and funded by Cheshire East Council, aims to support people to self manage long term conditions and other issues including loneliness and social isolation, and provide greater access to community services and activities than enable people to maintain their health and wellbeing.

Our team of seven wellbeing co-ordinators go out into the community across Cheshire East, working closely with people who would benefit from the service. Since the start of the project, we have worked with clients on a one-to-one basis and given advice and support specifically tailored to their needs. The team are able to help people get involved in local groups and activities in the community; learn to use computers, laptops and tablets to help them keep in touch with friends and family; prevent minor health conditions from becoming a major problem; and provided advice and information on home adaptations and equipment to help people live independently in their own home

Lifelinks
Living Life, Staying Well

Analysis of the Project's success at the end of its first year of operation shows that 70% of people we have worked with report a positive improvement in their mental wellbeing.



Anyone interested in hearing more about our Lifelinks service, or know someone who would benefit from its support, should call 0808 281 1052 or email info@lifelinksce.org

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



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