

*All the latest news from Age UK Cheshire East*

## Joining forces to support aged veterans

**New project launches to help older ex-servicemen across Cheshire East**

A new project to support veterans in Cheshire East has been launched at a special event at Macclesfield Town Hall on 15 September.

'Joining Forces' is the charity's new initiative led by Wellbeing Coordinator Mike Askew who will work with older veterans across Cheshire East to build their resilience, manage their health and improve their independence.

Partners, ex-service personnel, local services and veterans charities attended the launch to discuss how they can work together to improve the lives of local veterans.

Local Macclesfield MP, David Rutley, spoke at the launch and had the opportunity to meet with local veterans, and hear about their experiences of accessing health and care services to support their needs. He joined Chief Executive, Damon Taylor, as well as the Joining Forces Veteran's Wellbeing Coordinator as they spoke about the importance of reaching out to 'hidden' veterans, who might not be aware of the range of support services available to them, so that they can become better connected to the community. Tatton's MP, Esther McVey, also attended.



Local MPs David Rutley and Esther McVey join the project team and ex-servicemen at the Macclesfield launch

resilience, health, independence



## Joining Forces



Joining Forces with partners, services and friends to support armed forces veterans / ex-service personnel.

- ♦ reducing feelings of social isolation
- ♦ linking into local groups/activities
- ♦ accessing information on financial management
- ♦ managing long term health conditions

Speaking after the event, Mr Rutley said, "I am pleased to support this important initiative. It is vital that our older veterans are properly supported for the significant sacrifices they have made for our country. I hope that the Joining Forces project will help highlight the range of support services available for older veterans, helping to tackle loneliness and isolation and promoting mental wellbeing. I would encourage local residents, businesses and voluntary groups to consider how they might be able to actively support this excellent project going forward."

Age UK Cheshire East will work together with veteran organisations and local services to improve the life of ex-service personnel and engage with those 'hidden' from services and support. Mike will provide information and advice, signpost and refer into relevant services and provide more concentrated one-to-one support for a smaller number of more vulnerable and/or complex cases.

Mike said: "Thanks to everyone who came along to the launch. This project compliments the great work already being carried out in our community and very much look forward to working together with our local partners to engage with and support older veterans throughout Cheshire East"



If you'd like to find out more about the project or have ideas about partnership working, please call Mike on 01625 612958 or email [mike.askew@ageukcheshireeast.org](mailto:mike.askew@ageukcheshireeast.org)

# Dementia Centre celebrates first birthday

## Carers and service users get together to mark first anniversary

This month we celebrated the first anniversary of the opening of our Support Service for people living with dementia by holding a celebratory tea party for service users' families and carers.

The service, provided from our base in Macclesfield has been a great success since its inception, with 65 families/carers accessing support. During this time, 2,273 sessions have been provided for older people living with memory loss. A number of emergency respite places have also been available, providing an all-important last minute break for carers.

The centre was developed as we were concerned at the lack of suitable provision in the local area for people and their families living with memory loss.

Thanks to the generous financial contributions from a number of parties, the specially adapted centre was officially opened by David Rutley MP on 12th September 2016.

Age UK Cheshire East believes that a diagnosis of dementia should not prevent people living a fulfilling life, and our service makes sure that those who come along have a great time, with lots of chat, a wide variety of games and activities and the opportunity to have trips out in the charity's very own minibus.

A combination of experienced staff and volunteers interact with service users and ensure that everybody leaves the centre at the end of the day feeling good about their day.



But don't just take our word for the success of the service! Below are some quotes from regular users

Coming here steadies my thoughts, I can work it out here. I like the social activities and meeting friends

Things to do which stimulates the brain!

I come here for all of the people here and the staff. It makes me feel younger coming here

At the celebration event, our Chief Executive, Damon Taylor said "thanks to all of you for making this new service so successful in its first year, and providing so much support and care for people living with dementia. We are proud to be able to provide such a service and look forward to it going from strength to strength over the coming years."

## New Horizons Club

"Since the service started, it has been known by the rather formal name of the 'Dementia Day Support Service', but I am pleased to announce that from now on, our service users and their carers will know us as 'The New Horizons Club', which we think is a great name for all we do here at the New Horizons Centre!"



If you'd like to find out more about attending the New Horizons Club, please give us a call on 01625 612958 or email [ddss@ageukcheshireeast.org](mailto:ddss@ageukcheshireeast.org)



# Volunteer Q&A

This month we speak to Rosemary in one of our charity shops

**What is your role at Age UK Cheshire East and how long have you volunteered for?**

I currently do the cash register one of the shops and attend to customers. I have been there one and half years

**What do you enjoy most about you role?**

Meeting customers and interacting with them.

**What made you want to volunteer for Age UK Cheshire East?**

Having retired from very active full time employment, I needed to go out of the house.

**What is your favourite thing to do in your spare time away from volunteering?**

I enjoy a good movie. I like books with a good plot and being with friends when possible.

**If you could be an animal, what would it be and why?**

I love all animals but I would choose to be a cat as they choose the ground rules.

**What would be your superpower?**

Healing.

**Who would you like to invite to a dinner party past or present?**

Mother Theresa (Calcutta)



Would you be interested in volunteering with Age UK Cheshire East? If so, then please call us on 01625 612958 or email [volunteering@ageukcheshireeast.org](mailto:volunteering@ageukcheshireeast.org)

## BIG BUSINESS BAG DROP

Your donation of unwanted goods could make a big difference for local older people!

We can arrange a staff donation day and collect for FREE, call us on 01625 612958

We can make use of good quality clothes, shoes, bags, homeware accessories, bric a brac, ornaments, games, curtains, DVD's, records, household electricals and more



Registered Charity No 1090161

# Did you know?

## Some interesting facts about growing older in the UK

- There are now over 15.3 million people in the UK aged 60 and above, with the number of people aged 60 or over expected to pass the 20 million mark by 2030
- 3.64 million people in the UK aged 65+ live alone. This is 32% of all people aged 65+ in the UK
- 76% of older people believe the country fails to make good use of the skills and talents of older people
- This winter, 25,000 older people could die prematurely from the cold. That's over 200 preventable deaths a day
- A baby born in 2011 is almost eight times more likely to reach 100 than one born in 1931. A baby girl born in 2011 has a one in three chance of living to 100 and a baby boy has a one in four chance
- An estimated 4 million older people in the UK (36% of people aged 65-74 and 47% of those aged 75+) have a limiting longstanding illness. This equates to 40% of all people aged 65+. The aging population and increased prevalence of long term conditions have a significant impact on health and social care and may require £5 billion additional expenditure by 2018
- Of the 18.7 million adults admitted to hospital last year, around 7.6 million (41%) were aged 65+. Falls are the largest cause of emergency hospital admissions for older people, and significantly impact on long term outcomes.
- 850,000 people are estimated to be living with dementia in the UK, of whom 808,000 are aged 65 years or over.



## 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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