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Charity Golf Day

On Friday 19 May we are holding a joint charity Golf Day with Connect Dacorum. It is being held at the impressive, beautifully maintained Harpenden Common Golf Course. Tickets are £300 for a team of four. There will be a two course carvery dinner in the evening. Non players are welcome to attend the dinner at a cost of £22.50. Contact Melanie Clarke on 01442 221000 for tickets.

Helping us to help you

The Local Sustainability Fund

In these difficult times many smaller charities are looking at how they can continue to provide vital services with increasing demands but reducing funds.

Age UK Dacorum successfully bid to the Cabinet Office for funding to help us become sustainable over the coming years. The aim is to position ourselves to be more

resilient to the changes we are facing in a highly competitive market. With the help of this funding we have been developing a range of initiatives to help us

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Walking football - A slower version of the

'beautiful game'



Hemel Hempstead Town FC, in partnership with Age UK Dacorum, is introducing Walking Football sessions. They will be played at Vauxhall Road, Hemel Hempstead, on The Tudors all-weather 3G AstroTurf facility.

Sessions will take place from May and are free of charge.

Contact HHFC Secretary, Dean Chance, on 07858 990550 or secretary@hemelfc.com.

How to contact us:

Telephone: 01442 259049 Call, then PRESS

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Post: Age UK Dacorum, Half Moon Yard, High Street, Hemel Hempstead, HP1 3AE

Email: admin@ageukdacorum.org.uk

Website: www.ageuk.org.uk/dacorum/

Follow us on: Facebook: AgeUKDacorum

Twitter: @AgeUKDacorum

Talking Newsletter - 40 this year!

Celebrating their 40th anniversary this year, the Dacorum Talking Newspaper, known as the DTN, is a free service provided to all people in the Dacorum area who are unable to read their local paper. The DTN is a weekly 60 minute recording of the local paper delivered to the listener's home on Saturday mornings. It is sent via a pen drive/memory stick. A unit ('boom box') on which the pen drives can be played is also provided.

Work to produce the DTN is provided by several dedicated teams of volunteers. The DTN is a registered charity. (No. 273819)

Full details of how the charity works and a copy of the latest two weeks of news can be found on their web site www.dtnhemel.org.uk for those with access to the internet.

Audrey Mackie, Secretary
01442 217918 (day time only).



Kings Langley Information Forum Dementia Awareness Day

Kings Langley Information Forum in association with Age UK Dacorum are holding a Dementia Awareness Day on **Friday 12 May at Kings Langley Community Centre. 10am - 2pm.** Includes a free lunch.

Presentations by Age UK Dacorum, Home Instead Senior Care and Dementia UK, Admiral Nurses.

Open to all in Kings Langley and the surrounding area who care or support a friend or family member living with memory loss or dementia. Learn about the local services available. All welcome.

To book your free place call 01923 270304 or for enquiries call Ann Martin 01923 267604.



Winter Warmth Success

Our well attended January Winter warmth event included presentations and discussions about local services and keeping warm in winter.

ADVERTISEMENT



Adding a little legal certainty to your future

Did you know nearly two thirds of the British adult population do not have a will? Making a will is one of the easiest and most important things you can do to protect the interests of the people you care about. It ensures that when you die your estate is shared according to your wishes and can help avoid future family disputes as well as saving on inheritance tax. If you don't make a will, you lose the ability to make some very important choices.

Machins Solicitors has a strong private client team specialising in all aspects of wills, lasting powers of attorney, probate and estate administration providing our clients with the advice and reassurance they require. In particular, we are able to offer legal expertise in all matters of concern to our older clients in the following areas:

- Wills
- Trusts
- Probate
- Inheritance Tax planning
- Lasting Powers of Attorney

Using a solicitor to write or update your will or choosing someone to take power of attorney over your affairs makes the process quick and easy and will ensure that all the paperwork is carried out in accordance with the law. If you would like more information about making a will, lasting powers of attorney or probate, please contact Josie Birnie on 01442 872311 or josie.birnie@sumtab.co.uk



Dealing with loneliness

We all know what it's like to feel lonely from time to time, but many older people feel they are destined to spend the rest of their lives feeling this way.

That's why Age UK is proud to be a member of the Jo Cox Commission on Loneliness. The Commission was started by Jo Cox MP before her death in June 2016. Jo was passionate about the issue of loneliness and in April the commission is focussing on what we can all do to help lonely older people.

Older people are particularly

at risk of being lonely as they are more likely to experience deteriorating health or the death of a loved one. But we know that loneliness in later life is not inevitable if we put in place the right support.



Age UK Dacorum has clubs, groups and services to help combat loneliness. **Call**

us on 01442 259059 and see how we can help.

Loneliness not only makes life miserable for older people it can also have a serious impact on health - loneliness can be as harmful as smoking 15 cigarettes a day.

Is a good night's sleep just a dream?

These top tips can help you get a good night's sleep.

- Get up the same time every day
- Expose yourself to natural sunlight during the daytime
- Don't drink alcohol to help you to sleep
- Try to eat dinner around three hours before going to bed
- Don't drink coffee after lunch time
- Don't look at an electronic screen of any kind after you get in bed
- Avoid using over the



counter sleep preparations

- Wear socks to keep warm in bed
- Keep pets that disturb sleep out of the bedroom
- Avoid arguments before going to bed
- Limit afternoon naps to 30 minutes.

The Local Sustainability Fund

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provide older people and their carers with high quality services in the years ahead. For example, we have been working closely with local companies, and are delighted that Parker Hannifin has made us their Charity of the Year and that they are talking to their employees about introducing payroll giving. We hope more local companies will support us and that we will be able to widen our funding base to make our charity more financially secure.

Hidden Talents

Our 'Hidden Talents' exhibition of artworks by members of our Active Living Clubs and Carers Support Group takes place between 1 - 15 June at The Frogmore Paper Mill, Fourdrinnier Way, Apsley, Hemel Hempstead, HP3 9RY.



Everyone is welcome to a special fundraising event day on Sunday 4 June, between 11am – 4pm.

Entry to the gallery is free and refreshments will be available.

Parking in Durrants Hill Road car park. Limited disabled parking on site.

Love an old movie?

Come along to Relaxed Classics at the Old Town Hall. These fully accessible screenings are specifically for older people and their carers. £4.00 each (carers go free). **Some Like It Hot** (27 April), **Singin' in the Rain** (25 May), **March of the Penguins** (29 June). Films start at 2pm. Tea & coffee are included.

Keep in touch by email

More and more of us are using email to correspond with family, friends and organisations. With a second class stamp now 56p, we are having to look at ways to save money.

Where we can, we would like to use email to communicate with you rather than use the post. This won't work for everyone but for many email is now a way of life.

If you are happy for us to use your email address, please send an email to:
admin@ageukdacorum.org.uk

We won't pass your details to any other organisation.

Handyperson scheme update

We usually take on jobs that can be completed in 2 hours or less. There is a minimum charge of £20 +VAT for the first hour and then subsequent time will be charged at £5.00 per 15 minutes. The cost of any materials will be charged in addition. For a quote or to book an appointment phone

Linda on 0208 386 4214.

If you are a council tenant over 60 all requests must go through your Supported Housing Officer otherwise you will have to pay for our service. Osborne's emergency number, which tenants can use if they feel their request is urgent, is 0800 186 050.

New group opens in Tring

Our fifth Cogs Club, for people with dementia has now opened. We are grateful to Tring Lions and Dementia Friendly Tring for their generous donations enabling us to open this much-needed club.



Age UK Dacorum needs your support

When you make a donation to Age UK Dacorum **we guarantee that your money goes straight to where it counts - the services that we run** - services that make a real difference to older people living in Dacorum.

There are various ways to donate to Age UK Dacorum (please remember to tick the Gift Aid box below)

Credit or Debit card

For secure online donations please go to www.ageuk.org.uk/dacorum

Internet banking

Please credit the following account with a one-off donation or a regular monthly standing order and send us this form to confirm your donation

Account No. 00676128 Sort Code 30-94-08

By Text

Text **AUKD16£** with the donation amount to **70070** ie AUKD16£10 (texts are free)

Cheque

Please send cheques payable to **Age UK Dacorum** with the form below.

Please treat my donation of £..... as a Gift Aid donation. I confirm I have paid or will pay an amount of Income Tax and/or Capital Gains Tax for each tax year (6 April to 5 April) that is at least equal to the amount of tax that all the charities or Community Amateur Sports Clubs (CASCs) that I donate to will reclaim on my gifts for that tax year. I understand that other taxes such as VAT and Council Tax do not qualify. I understand the charity will reclaim 25p of tax on every £1 that I have given.

Donor's details

Title:.....First name or initial(s):.....Surname:.....

Home address:.....

.....Postcode:.....

Please tick to confirm your Gift Aid donation. ☐

Signature:.....Date:.....

Please complete the form and return it to us with your donation: **Age UK Dacorum, Half Moon Yard, High Street, Hemel Hempstead, HP1 3AE. Thank you!**