

Age UK Dacorum requires your support to help the local community

As the corona virus continues to affect our daily lives and the knowledge that this is not going to be a short-term crisis, AUKD continues to be at the forefront along with many other organisations in protecting the communities we serve.

We know that older people are more susceptible, are far more likely to die if they have pre-existing conditions, and if they recover may be left with respiratory problems. Therefore, it is vital our chats, shopping for daily essentials, fitting key safes (so people can be discharged from hospital) and information and advice services are continuing to offer people time to have a chat, raise any concerns, and know someone is there if needed.

As the crisis worsens, we know things could be even more challenging. It is important we keep our clients fit and healthy, that they don't become lonely and isolated and importantly we keep people out of hospital.

I cannot praise and thank enough the extraordinary efforts of our staff and volunteers. How communities have come together during this time of crisis. Something we must not lose post corona virus.

AUKD will continue to support the communities it serves, to protect and recognise the contributions older people have made to society and the lifetime of knowledge, experience and love they offer, not to mention the massive void which would be left in the lives of those who love them if we did not help to keep people safe and healthy during this crisis.

We are here for them and we hope you will help us to continue to deliver the highest quality services not just now but in the future by making a contribution small or large to our work.

How we will use your donation.

Our services have changed to meet the demands of self-isolation. However, our aims remain the same. To provide the highest quality services to support older people and their carers. Tackle loneliness and isolation, whilst reducing the demands on the NHS and statutory services.

With over 1000 calls per week being made to older, vulnerable people and their carers. Checking on their health and wellbeing and a friendly voice to chat to.

We receive on average fifty-sixty calls per day (including weekends) from people who need information and advice (often from worried relatives across the world)

Over 300 people receiving a weekly service to undertake shopping, dog walking, laundry, collecting prescriptions.

Our personal assistants and living well service makes visits two or three times a week to some of the most vulnerable people in the community (dementia, physical and mental issues)

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:

Credit or Debit card For secure online donations, please go to www.ageuk.org.uk/dacorum

Internet banking Please debit the following account and send us this form to confirm your donation
Account No 00676128 Sort Code 30-94-08

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

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*

Name

Address

Post Code

Tel No Email

Age UK Dacorum's Newsletter for Older People and Their Carers

Welcome to this special edition. We aim to provide information and activities to help Dacorum residents during the coronavirus pandemic. Although our core services are aimed at older people, the vulnerable and their carers we can help people of any age by either direct support or signposting to other appropriate services. We have listed some key organisations in this edition. Or if you need to speak with someone our phones are monitored everyday (you will need to leave a voicemail—but we will call you back)..

Our contact details are telephone 01442 259049 e-mail admin@ageukdacorum.org.uk

Corona Virus

It really has been a year to forget. Having just got over years of Brexit and the endless debates. Who would have thought anything else could dominate the media more than Brexit.

I don't think anyone could have predicted within weeks we would hear new words such as covid-19, coronavirus, furlough. That businesses of all sizes would be closed, there would be long queues at supermarkets (and that people would be stockpiling toilet rolls—I was actually told of someone who had stored over 120 toilet rolls—unbelievable, pasta and tinned beans).

That we would all be self-isolating for weeks, not seeing family and friends.

Despite all the tragedy and sad loss of thousands of lives across the world we have also seen some amazing acts of kindness.

Here at AUKD we been inundated with new volunteers wanting to help. We now have over one hundred new volunteers joining adding to our current two hundred volunteers.

Along with our staff the volunteers make regular phone calls, undertake shopping, collect prescriptions, walk the dogs and do the laundry.

We have no idea when we will once again be able spend time with our friends and family, go out when we want and get back to our normal lives.

For many people they will have experienced loneliness and social isolation and have a better understanding of the effect this can have on peoples lives. Something many of our clients experience on a daily basis.



Apologies

Apologies that the newsletter is in different fonts and formats. I have never done a newsletter before and working from home. Hopefully back to the quality standards for the next newsletter.



Age UK Dacorum—Club Activities — We will be back

Unsung Hero's

Alongside the amazing and wonderful NHS there are many thousands of people who continue to offer their support to people in the community.

Carers who visit vulnerable clients each day. People who work in care homes. Councils and statutory services. Our police, fire services, teachers, bus drivers and shop workers. Charities, volunteers and community groups all working hard in the background.

We also have to thank everyone who is staying in doors during this period of lovely weather. It is difficult not seeing family or friends and going about your daily business. We know it is hard, so thank you for following the government guidelines. By us all working together we will get back to our normal and hopefully improved community life.

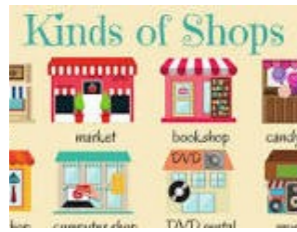


Don't forget

The effects of the coronavirus have been unimaginable. While we rightly celebrate the amazing people who are working or volunteering everyday we must not forget those people who have lost their jobs or the businesses which have closed. It is going to be a huge task to rebuild our economy.

There are some local businesses who are still operating. Some businesses have adapted to these changes. For instance restaurants doing take away meals, diy shops doing click and collect or deliveries.

During the crisis if we can help these by purchasing from them and helping them to raise some vital revenue. Once this is over we also need to support the LOCAL businesses by shopping LOCALLY and help our LOCAL economy recover and re-build.



Do you know someone who would like a daily chat or help to collect daily essentials

If you know of someone of any age who requires support and may be struggling with loneliness, isolation, or other issues. Please contact us. We can either help them directly or signpost them to the many other voluntary organisations who will be able to assist.



Foundation Stones

Remembering the six million Jewish men, women and children murdered in the Holocaust

You are invited to paint a stone which will be laid within the foundations of the new UK Holocaust Memorial and Learning Centre in London.

This is a unique opportunity to make a personal contribution to the new Memorial.

Every stone will be laid within the foundations of the Memorial.

Just find a stone of any size, put on your message and if possible paint the stone. Although this is not essential.

We will arrange collection of stones once the lockdown is finished



Chair based exercises to do at home



Try these 6 simple exercises 2 or 3 times a week to see an improvement in mobility.

Make sure the chair is sturdy. Make sure to wear supportive shoes. A slight soreness the next day is normal. If you experience chest pain, dizziness or severe shortness of breath, **stop** and call your GP or 111.



Ankle Activators - This exercise loosens the ankle joint

- Place one foot in front, with the heel on the floor
- Lift the foot and place the toes where the heel originally was
- Repeat 4 times on each foot

Trunk Twist - This exercise loosens the lower back

- 'Sit tall' in the chair
- Cross the arms, and turn the upper body to the side, back to the front, then turn the other way
- Repeat this movement 4 times



Hamstring Stretch - This exercise increases the range of movement in the hips

- Place one foot in front, with the heel on the floor
- Place the hands on the bent knee for support, 'sit tall', then lean forwards, (a slight pull on the back of the thigh should be felt)
- Hold this position for up to 10 seconds, then repeat on other leg

Calf Stretch - This increases the range of movement at the ankle

- Place one foot in front, with the heel on the floor
- Point the toes upwards towards the ceiling (a slight pull in the lower leg should be felt)
- Hold this position for up to 10 seconds, then repeat on other leg



Shoulder Lifts - This exercise loosens the shoulder joint

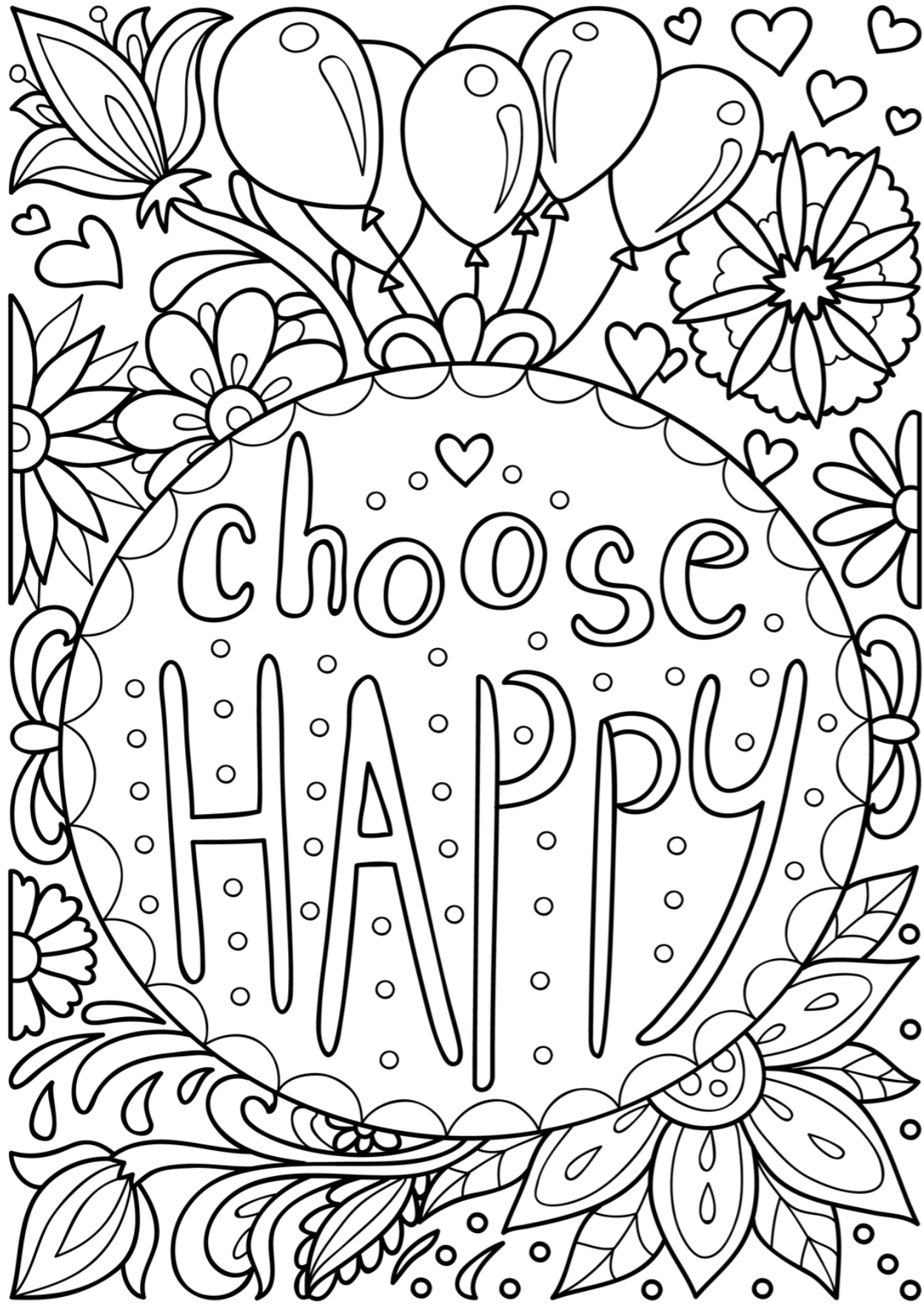
- 'Sit tall' in the chair
- Lift the shoulders upwards towards the ears, then begin to lower slowly
- Repeat this movement 4 times

Upwards Side Stretch - Increases range of movement in the shoulder

- Place one hand on the shoulder of the same side and lift that elbow upwards towards the ceiling with the opposite hand
- Hold this position for up to 10 seconds, then lower slowly and repeat on other arm



1



Life Stories

One of the most fascinating things I find working with older people is their life stories.

We were therefore delighted when celebrated and local author Katy Regan agreed to help us co-ordinate peoples life stories. We are also pleased that Berkhamsted School sixth formers agreed to contact our clients to have a chat and gather information on



the lives people have led. It may be a key moment such as the wedding day, the first kiss, your job, or experience during the war.

Once we have collated the stories, we will publish (with your permission) these in a magazine and on our website to share with the community.

Keeping busy

With us being indoors there is a lot of used items we are collecting. Why not recycle some of the items and create something.

Phone a friend that you may not have talked to for some time.

Cook something that you have never done before.

Take up a new hobby such as pencil drawing

Life Stories

Dianne Wheeler Born 1929 Isle of Sheppey Kent

I'm quite old now, but I can remember lots of things. I was out with our little gang picking blackberries. A man on a bike came flying by yelling go home you kids. Its war! What's war? we shouted

Now we have this nightmare. All in shock, so very hard. Didn't have lockdown in the war.

My sister Pat aged 8, myself 10 were evacuated from Kent to South Wales. Labels, gas masks, suitcases in hand and not a clue where we were going. Not even our parents knew where we heading. We were put on a train for what seemed an endless journey, waving goodbye to our parents. None of us knowing when or if we would meet or see each other again.

We finished up in a church hall, all sitting in a circle, everyone crying and afraid. People walking in and picking children, it was a terrible experience.

We stayed in Wales for 18 months. We were very lucky being placed with a lovely family, although very strict. We went to chapel three times on a Sunday. Mum sent us letters and postal orders every week, which we really looked forward to and kept our spirits high. When our Mum came to see us, having not seen her for 18 months, we were so happy, and of course wanted to go home. It was heart-breaking that we were not allowed to. But, Mum being Mum worked her magic and soon after we were heading home.

Rations were small, but we survived. One egg a week, stork margarine (which was vile), only fruit we could get were apples and pears. (plenty in Kent). If you used your food coupons up, you went without. My poor mum gave us cocoa made with water. No morning cuppa.

My dad was in the army, so we did not see him. My Mum must have been so lonely, especially when we were in Wales.

Time passed and when I was eighteen I met the love of my life. James who was also eighteen, serving in the Navy. Two years National Service for all young men.

We were 'courting' for two years, although I didn't see him much as he was often away for six weeks at a time (seemed like six years) due to his Navy commitments.

We married when I was aged twenty and moved into our first home. We were married for sixty five years and had four beautiful children.

During this time, we had lots of happy times and wonderful memories. When James suffered a stroke life was a little more difficult. He never moaned and his determination to carry on and keep his independence was inspiring.

Sadly I lost him five years ago, and I miss him still. However, I have a loving family. Lots of grandchildren and great grandchildren who bring me lots of happiness.

But from this despair comes lots of kindness and an environment that's recovering.

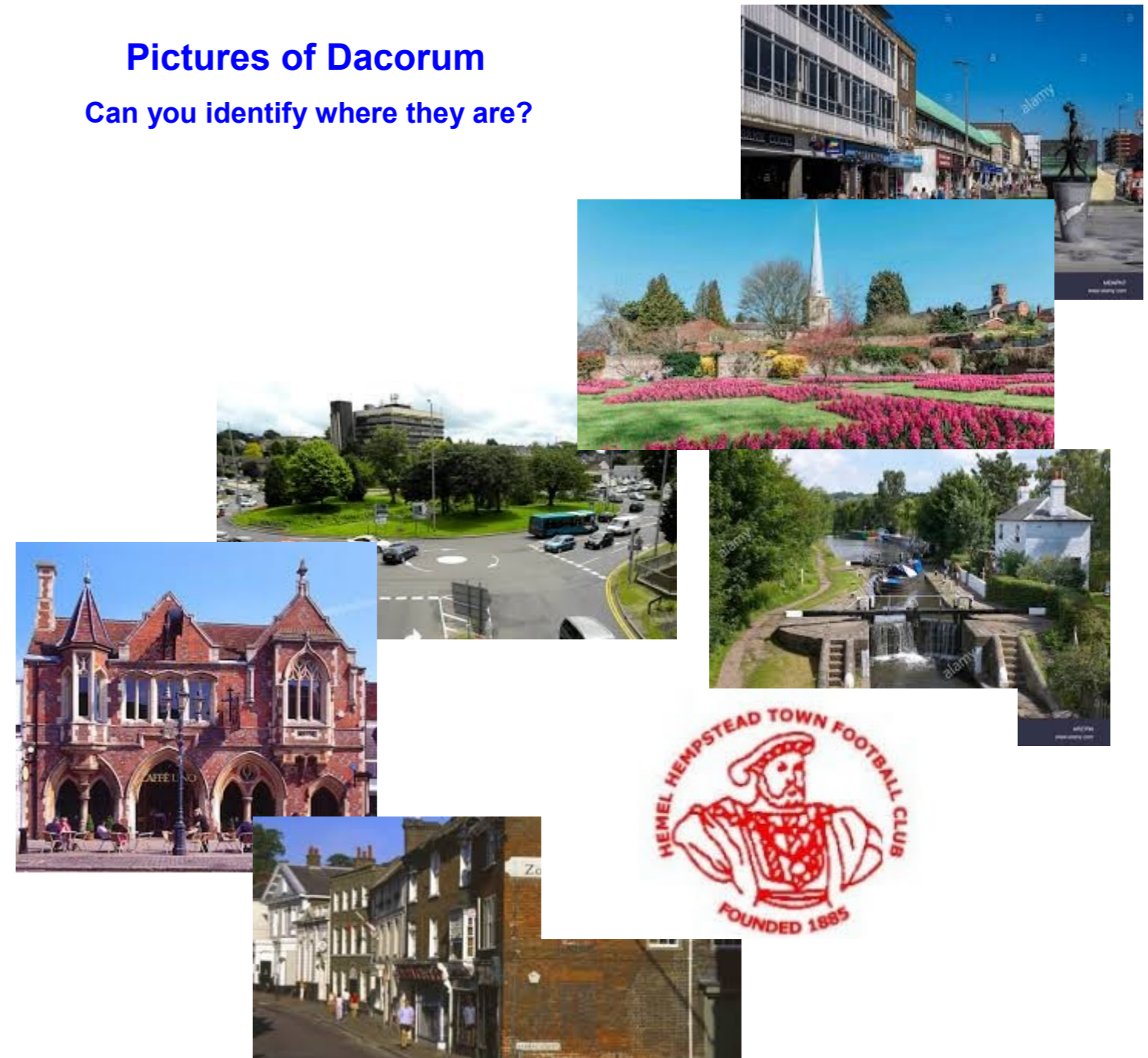
I mark my calendar each day as we aim for a way out of this horror, no one can understand.

So my message to you is

"Chin up, won't last for ever, take care and bless you all"

Pictures of Dacorum

Can you identify where they are?



Useful Contact Details

Age UK Dacorum	01442 259049	admin@ageukdacorum.org.uk
Herts Help	03004562370	pohwer@pohwer.net
Citizens Advice Bureau	01442617304	
Community Action Dacorum	01442253935	
Dens (Foodbank)	01442262274	office@dens.org.uk
Herts Mediation Service	01442268044	help@mediationherts.org.uk
Dacorum Borough Council	01442228000	
Hertfordshire County Council	03001234040	(general enquiries)
Herts Mind Network	02037273600	info@hertfordshiremind.org