

SPRING 2022

VOLUNTEER NEWSLETTER



WELCOME TO OUR FIRST VOLUNTEERS' NEWSLETTER!

We hope a regular newsletter will EngAGE you and enhance the connection you feel to Age UK Dacorum and the other volunteers within the charity. We aim to do this by highlighting news, special achievements and ongoing opportunities. Please remember that this is YOUR newsletter and we want your input in every edition. Don't hesitate to email editorial@ageukdacorum.org.uk if you would like to share something in our next edition.

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A BIG Thank You

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Story

Age UK Dacorum needs your help more than ever

Age UK Dacorum has had a difficult two years due to the pandemic.

Clubs:

The pandemic has meant that most of our clubs have been shut since 2020. Currently we only have five Young at Heart Clubs (previously known as Active Living Clubs) and five Memory Support Clubs open. Clubs are one of our main sources of income and therefore these closures have had a negative financial impact.

Previously, many of our clubs were run in the lounges of Dacorum Borough Council owned sheltered accommodation. However, we are not yet able to fully access these sites as we are unable to bring clients in from outside the sheltered accommodation. Therefore, Age UK Dacorum's ability to help and support all of our clients has been severely impacted. The clients that are unable to access our clubs, as they do not live within the scheme, continue to suffer from loneliness due to their inability to socialise at our clubs.

We hope that this situation changes soon and we are able to support all of our clients in accessing clubs in 2022.

Fundraising:

Due to the pandemic we weren't able to hold as many events to raise funds or promote our charity. However, by the end of last year we were able to hold a few events, such as our first Slip into Slippers campaign and our Christmas Carol Concert. We need YOUR help this year going forward to raise funds to support our services and most importantly help older people and their carers in our community.

UPCOMING EVENTS TO GET INVOLVED IN:

Easter Discovery Trail
Saturday 16th April 2022
Rectory Lane Cemetery
10am-1pm

Let's Talk Dementia
Friday 20th May 2022
Berkhamsted Town Hall
7pm-9pm

Jubilee Proms in the Park
(Queen's Platinum Jubilee)
Thursday 2nd June 2022
Berkhamsted Cricket Club
Times - TBC

Slip into Slippers
Friday 7th October 2022
Everyone can join in at
home/work/school





New Service

In the spring our Handyperson Scheme will be launching a Gardening Service which will help with general garden maintenance.

Our DBS certified gardeners can help you with a range of tasks:

- Lawn mowing
- Hedge cutting
- General garden maintenance

Please note:

- Cost is £20/hr
- Can be booked in regularly or on a more ad hoc basis
- Initial risk assessment is carried out
- Clients to provide equipment
- Waste to be put in green bin, not taken away

Please contact the Handyperson Service on 01442 259049 or send an email to ho@ageukdacorum.org.uk

INTERNATIONAL WOMEN'S DAY TINA'S STORY:



International Women's Day took place on March 8th, this day is an opportunity to celebrate the social, economic, cultural, and political achievements made by women every day and everywhere. For that reason, we're shining a spotlight on one of our amazing volunteers who gives up her time to help those most in need.

"Tina has been a volunteer for Age UK Dacorum for 9 years. She was an office manager for 19 years in a local school and retired in 2021 when she was 60. She found she had some spare time on her hands once her daughter went off to university and decided she wanted to use this by volunteering. She looked through the local volunteering website and read through all they had to offer and decided she liked the sound of befriending for Age UK Dacorum.

At the time, the befrienders were supporting people for a short time when they came out of hospital and may have been suffering with mobility issues, which Tina understood from her own stays in hospital. She liked being able to help people with some companionship, shopping etc. She befriended approximately 12 clients at this time. She is still in touch with one particular lady and although she is now in a care home they are in regular contact.

The help Tina has given has been invaluable to the client's family, who are not particularly local. Tina wanted to give something back to the community and to help those who were isolated and lonely. She has learnt a lot from listening to older people and hearing their wonderful life stories.

Through her volunteering, her husband has also become a volunteer for Age UK Dacorum. They have both been wonderful throughout the pandemic and have helped with shopping for our clients who were isolating and/or housebound and they still continue to do so. Tina has been, and still is a truly inspirational woman".

Volunteering Opportunities

Do you have a spare hour or two to help our Marketing Team distribute marketing materials to libraries, community centres etc.

Contact:

editorial@ageukdacorum.org.uk

Our new Handy Person Gardening Service is looking for volunteers to help visit clients homes and help with general gardening needs.

Contact: ho@ageukdacorum.org.uk

Have you regularly got free time? Our Befriending Service is always looking for new volunteers who can visit older people in their homes. You would provide friendship, support and help reduce loneliness and isolation.

Contact:

adminofficer@ageukdacorum.org.uk

A BIG Thank YOU

Finally, may we say A BIG THANK YOU to you for all that you do. Age UK Dacorum couldn't do what it does without you so keep on being brilliant! Again, if you would like to be involved in the production of future newsletters or have any suggestions for features you would like to see, then please don't hesitate to get in touch:

editorial@ageukdacorum.org.uk

For more information and for latest updates visit our website or follow us on our social media:

www.ageuk.org.uk/dacorum



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