

 Dacorum  
ageUK

WINTER 2021  
**FREE**

# EngAGE

Age UK Dacorum's  
Magazine



**Highlights:**

*Slip into Slippers, Befriending  
Interview, Mandi's Fundraiser and Our  
Christmas Appeal*



## ***Get in touch***

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# Message from our Chief Executive



## WELCOME TO OUR WINTER EDITION OF ENGAGE!

It seems that the years fly by quicker and quicker. We are now heading deep into the colder months of the year as we watch the nights draw in and the clocks go back. Thoughts of rain, mist, fog, and snow may be on your minds but take a moment to enjoy Mother Nature when the frost leaves lovely white crisp tree branches, and the pleasure of looking out the window on a cold day when you are warm and comfy.

Many of us will by now have had the vaccine which we hope will result in a better Christmas than last year, when we were in lockdown and of course a happier 2022. Enjoy the seasons and I wish you all a Happy Christmas!





# Flowers- Gardening Club is OPEN!

*Age UK Dacorum has very kindly been donated an area of land at Sunnyside Rural Trust's Northchurch site. With help from our amazing volunteers, staff and donations, this area has been transformed into an allotment/garden for all to enjoy.*



*In the last issue of EngAGE we were still preparing the site, this issue we are very excited to announce that site is ready and open for clubs and visits!*

*The area consists of a summerhouse, raised beds and planters at different levels for accessible gardening and a new path has been laid throughout. We also have a polytunnel which means we are able to continue growing throughout the winter.*

*Activities are garden and season lead and change based on the time of year, we run all year round, come rain or shine!*

*Although we are coming into winter there is still lots to do, including: planting bulbs, preparing springs, attending to the plants in the polytunnel, harvesting produce, weeding and of course having a nice cup of tea or coffee, a biscuit and good chat!*

*The gardening club runs between 10am - midday. We also run a gardening club for those with memory loss/dementia between 1pm - 3pm, both client and carer attend this together.*

*We will also be running mini projects over a few sessions where you can make a bird box, bird feeder or festive wreath for your front door.*

**For further information please call: 01442 259049 or email [alice@ageukdacorum.org.uk](mailto:alice@ageukdacorum.org.uk)**







# BEFRIENDING INTERVIEW

**During the initial stage of Covid-19, back in March 2020, we had to unfortunately close our clubs to protect our clients and staff. Instead, we offered extra support by finding befrienders for those who needed help and felt isolated.**

Mabel was befriended by our volunteer John who visited mid-week with the dog to get his instructions and have a chat. He delivered her shopping on Saturdays and helped with ad hoc tasks.

Mabel and John have built up a good rapport and Mabel is now supported by a good network of contacts she has developed. John spoke to Mabel about his daughter and during the school holidays John suggested his daughter, Amy, visit Mabel. They ended up getting on like a house on fire!



### **Amy, please introduce yourself:**

*I am Amy Cahillane aged 15 and live in Berkhamsted. I attend John F Kennedy School in Hemel Hempstead. With GCSEs on the horizon and playing football, term times are really quite busy.*

### **How did you get to know Mabel?**

*My dad started supporting Mabel as an Age UK Dacorum volunteer with regular shopping support during the first lockdown. During the school holidays he suggested I visit Mabel for a cup of tea as we live close by. We got on well so it sort of went from there.*

### **How many times have you visited Mabel?**

*Probably five or six times during school holidays when it was safe to do so and Covid-19 restrictions allowed.*

### **What do you do you visit?**

*Firstly, we chatted about Mabel's upbringing and looked at photos. We then discovered we had some common interests, I enjoy listening to Mabel's stories and we chat about lots of different things.*



### **So what do you have in common with someone over 70 years older than you?**

*We both love animals, dogs in particular. I think we are both independently minded and strong willed which helps us get on. We share an interest in local stories and like a good laugh. We discovered we both enjoy cooking and baking in particular. I showed Mabel some photos of a cake I baked and decorated. We then decided to cook together and Mabel helped me out.*

### **What do you get out of these visits?**

*I really enjoy listening to her talk about her life experiences and she has some really good stories to tell! Mabel helped me be more adventurous than the recipes I learnt at school. Mabel is very organised and helps with the preparation. She shows me the tips and tricks learnt from her own baking experiences. It has helped me gain confidence to tackle more ambitious recipes. Firstly, we made fairy cakes and then we tackled the Victoria Sponge cake! It was so good, we made it twice.*

### **Mabel, what do you get from the visits?**

*With health issues I rarely get out of the house these days. I enjoy the company and having a chat. It is nice to be able to share my knowledge and experiences with someone who is willing to listen. Amy is a good cook and just needs some encouragement. It is nice to chat with someone who has a similar sense of humour.*

*See page 18 for how to become a volunteer and what opportunities AUKD has to offer.*



# Memory Support Club

Our Memory Support clubs support those with memory loss or dementia and are fun and sociable. Our clubs are 1.5 hours long and are for carers and carers.

Each week there is a different theme, for example: nature, hobbies, films, food and sport. There is always bingo, quizzes, chair-based exercise routines, music and singing. Also, tea or coffee and biscuits are provided.

*Here is a testimonial from one of our clients: 'Georgina and her partner Richard both attend the Memory Support Club in Bourne End every Tuesday! They always look forward to going and enjoy meeting everyone there and love Susan who runs their club!'*

*Thank you to everyone at Age UK Dacorum for all the love and care you give; it makes a huge difference to so many people!"*



**Our Memory Support clubs run on Tuesdays, Wednesdays and Thursdays in Bourne End and Aldbury. For further information please email [adminofficer@ageukdacorum.org.uk](mailto:adminofficer@ageukdacorum.org.uk) or call 01442 259049. There is a £5 charge to attend the club for each couple.**

We need your help to knit or crochet as many little hats as possible! Your creations will adorn bottles of Innocent Smoothies. Best of all, the money raised will help fund the fantastic work we do at Age UK Dacorum. For each of our be-hatted smoothies sold, we receive a 25p donation.





# Christmas shopping means more than just gifts

## Raise FREE donations for

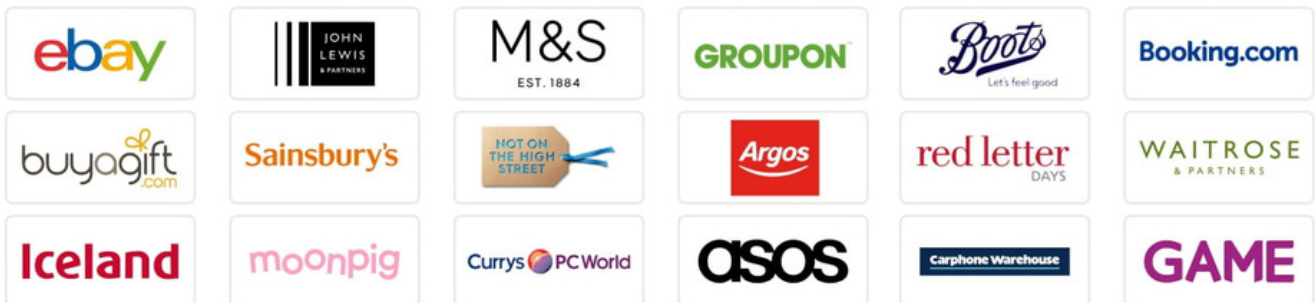
<https://www.easyfundraising.org.uk/causes/ageukdacorum/>



with  easyfundraising  
feel good shopping



You **Shop**. 6,100 sites will **Donate** to us. For **Free**



Find us on [easyfundraising.org.uk](https://www.easyfundraising.org.uk) or get the App



# Slip into Slippers

# THANK YOU

Celebrating the privilege of aging



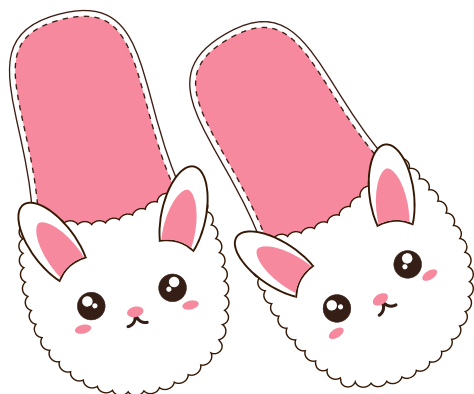
**A HUGE thank you to everybody who got involved in our Slip into Slippers campaign on Friday 1st October, to celebrate the privilege of ageing and commemorate the UN's International Day of Older Persons.**

We had an astonishing response from our community, to which we are really grateful, both for the fun photos and the generous donations.

**We raised an amazing total of £1000, which will enable us to continue to improve the lives of older people and their carers throughout Dacorum.**

We would like to say a special thank you to the following businesses who got involved. These businesses helped by either supporting and promoting our campaign, or they took part on the day and donated to our cause!

- *Active Dacorum*
- *Berkhamsted District Chamber of Commerce*
- *B&M Care Homes*
- *Chemistry Hair Salons*
- *Community Action Dacorum*
- *Daily Express online*
- *Epicure Café Berkhamsted*
- *Great Big Small*
- *Haines Watts*
- *Hemel Today*
- *Indigo Tree*
- *Living Magazines*
- *Martin the Milkman Ltd*
- *Our Garden Room*
- *Rayden Solicitors*
- *Sign with Anna*







*Haines Watts joined the Slipper-thon in their office in Berkhamsted!*



*Martin the milkman proudly wore his slippers outside his home in Bovingdon in support of Age UK Dacorum.*



*Indigo Tree wore slippers on Friday 1st October and are a "great supporter of local charities and are proud to help Age UK Dacorum to highlight the needs of older people and raise vital funds to support their services."*

*We'd like to thank Annie and Claire from Active Dacorum for showing their support by slipping into their slippers.*







*Pupils of Galley Hill Primary School, Hemel Hempstead showing off their slippers!*



Also, a big thank you to all the staff and pupils at Galley Hill Primary School, Pixies Hill Primary School in Hemel Hempstead and Swing Gate Infant School and Nursery in Berkhamsted for helping raise funds for us. Looks like you all had fun joining our Slipper-thon!



*We really loved the pictures sent in by B&M Care Homes and love that their staff and residents got involved in the fun!*

This was our first ever Slip into Slippers campaign and we were astounded by the community's response.

This will become our annual fundraising/awareness campaign and we'd like to get more businesses and schools involved in the following years. If you would like to take part in next year's campaign, please email [editorial@ageukdacorum.org.uk](mailto:editorial@ageukdacorum.org.uk).





# WINTER WALKING NETBALL



**Fancy a game of netball?**

**Come along to our Walking Netball club for just £4 per session! The group now runs every Sunday between 4:30pm-5:30pm at the Knox- Johnston Sports Centre, Berkhamsted, HP4 3BG.**

Walking Netball is a great low-impact form of exercise and a brilliant way to stay active and socialise. Our sessions have moved from the outdoor courts to the indoor courts for the winter so no need to wear extra layers or worry about getting chilly!

**If you are interested in joining or would like more information, please email [sally.whittle@englandnetball.co.uk](mailto:sally.whittle@englandnetball.co.uk)  
We look forward to seeing you!**

# HANDYPERSON SCHEME

**Our Handyperson Scheme is here to help older people, their carers and the disabled in Dacorum. Our friendly and trusted tradespeople can provide help with small repairs around the home at reasonable rates.**

**The range of jobs we do includes:**

- Security work: fitting smoke alarms, installing stair handrails, grab rails, fitting phone extension to enable a "Lifeline facility" to be installed.
- Minor electrical work: changing light bulbs, fitting fluorescent tubes and starters.
- Minor plumbing work such as changing tap washers, reseating taps.
- Carpentry jobs: fitting shelves, putting up curtain rails, roller, venetian and vertical blinds.
- Assembling small flat pack units and wardrobes, putting up mirrors, pictures, wall mounted clocks, fitting and repairing doorbells etc.
- Fixing and replacing fencing.
- Fitting foam insulation strips to doors and windows to help during the winter months.
- Supplying and installing key safes.

**Check out some of the projects we have completed!**



Before



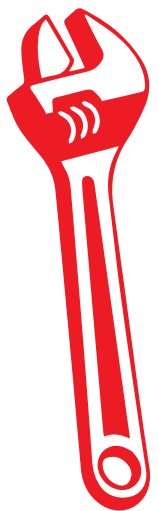
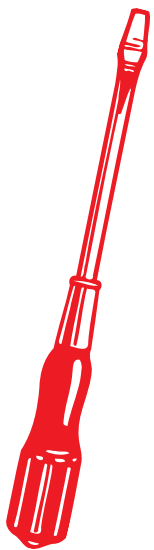
After



Before



After

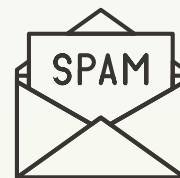


**To find out more information about our Handyperson Scheme, or to get a quote, call 01442 259049 or email [ho@ageukdacorum.org.uk](mailto:ho@ageukdacorum.org.uk)**



# STAYING SAFE ONLINE TIPS

## SPOTTING SUSPICIOUS MESSAGES



Spotting scam messages and phone calls is becoming increasingly difficult. Many scams will even fool the experts. However, there are some tricks that criminals will use to try and get you to respond without thinking. Things to look out for are:

- **Authority** - Is the message claiming to be from someone official? For example, your bank, doctor, a solicitor, or a government department. Criminals often pretend to be important people or organisations to trick you into doing what they want.
- **Urgency** - Are you told you have a limited time to respond (such as 'within 24 hours' or 'immediately')? Criminals often threaten you with fines or other negative consequences.
- **Emotion** - Does the message make you panic, fearful, hopeful or curious? Criminals often use threatening language, make false claims of support, or tease you into wanting to find out more.
- **Scarcity** - Is the message offering something in short supply, like concert tickets, money or a cure for medical conditions? Fear of missing out on a good deal or opportunity can make you respond quickly.
- **Current events** - Are you expecting to see a message like this? Criminals often exploit current news stories (COVID-19), big events or specific times of year (like tax reporting) to make their scam seem more relevant to you.

To read more on *Dealing with suspicious emails and text messages* visit National Cyber Security Centre [ncsc.gov.uk/guidance/suspicious-email-actions](https://ncsc.gov.uk/guidance/suspicious-email-actions)





## Creating a **STRONG PASSWORD**

Passwords are always a problem. We know they must be complicated to stop the hackers but then we can't remember them. So, we go for easy ones which hackers just love.

Criminals know that we choose passwords like Password, QWERTY, football1966, and even a relative's name. Criminals will try common passwords or use publicly available information to try and access our accounts. If successful they can try the same password to access our other accounts.

We have a multitude of passwords, usernames, pin numbers to remember. No brain no matter how big can remember them all. The fact of the matter is if the word is in the dictionary, then a hacker can crack our password in seconds. This means they can get their hands on our cash, personal data, pictures of ourselves, our family ... identity theft. But a good password locks them out. So, it is worth taking the time to invent one that makes it hard to crack. Here is how:

Choose 3 random words that you can remember

EG **hand fish tulip** then choose a date you can remember EG **1995**

then put the words together. Next break the date up – for example, put the 19 in front and the 95 at the back.

EG **19handfishtulip95** Next capitalise a letter in each word.

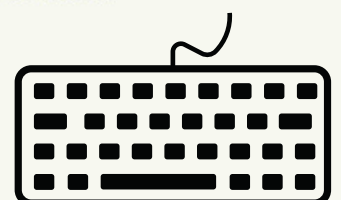
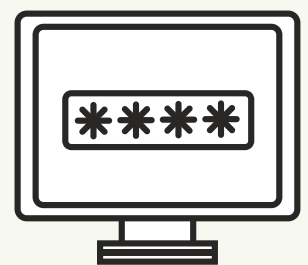
**19 Hand Fish Tulip 95** or **19 hanD fisH tuliP 95**

Then add a couple of special characters like exclamation marks or an @ symbol

**19HandFishTulip95@@** or **19HandFishTulip95!!**

That's it. You have a password that is memorable and hard to crack!

For more tips on staying safe online visit [www.getsafeonline.org](http://www.getsafeonline.org)





# MANDI'S FUNDRAISER

Back in July, Mandi Tattershall decided to raise money for Age UK Dacorum as the motivation to complete 100 miles of the Offa's Dyke Path walk that crosses the border between England and Wales. The trail explores the tranquil Marches and passes through the Brecon Beacons National Park on the spectacular Hatterrall Ridge. Mandi had never taken part in a challenge like this before and had to train for 6 weeks to prepare. **The walk took seven days to complete, and Mandi successfully finished this walk and raised an amazing £420.00 for Age UK Dacorum.**

Mandi decided to raise money for Age UK Dacorum as we provided her mum with friendship and support through our befriending services. If you are planning on taking part in a challenge or are wanting to give back to your community, why not choose Age UK Dacorum as your charity and help raise money so that we can continue to provide vital services.

**Visit our website for fundraising ideas and get in touch with our fundraising team who will support you in promoting your challenge!**  
**<https://www.ageuk.org.uk/dacorum/get-involved/fundraising/>**





## WOULD YOU LIKE TO LEND A HAND?

**Every day, in so many ways, our volunteers give their time, enthusiasm and effort to make an incredible difference to older people. Without our amazing volunteers, we wouldn't be able to be there when we're needed the most.**

Are you available for a few hours a week? We are currently looking for volunteers for the following:

- **Befriending** – telephone or visit an older, isolated, lonely person for a friendly chat. We need volunteers who are free during weekdays to support this scheme.
- **Bereavement & Covid-19 Telephone Support Service** – we need volunteers to help listen, give support and offer advice to those who have called. Training will be given.
- **Fundraising Team** – we need volunteers to participate, plan, organise, run or help at fundraising events.
- **Clubs** - are you available to support at clubs? Help to run activities, chat with clients and make refreshments. These include: Memory Support Clubs, Young at Heart Clubs and Flowers Gardening Club.

Whatever you choose to do, and however much time you have to give, you'll be having a positive impact and supporting those at a time in their life when they need help the most.

**If you would like more information about volunteering get in touch today by calling 01442 259049 or email us on [adminofficer@ageukdacorum.org.uk](mailto:adminofficer@ageukdacorum.org.uk)**





# Christmas Appeal

**Help make this Christmas a little brighter for a lonely older person.  
Because no one should have no one.**

**Christmas is meant to be a time of joy and light. But imagine having nobody to pull a cracker with. No one to exchange a gift and share a hug with. Not a single soul to wish you a Merry Christmas.**

Christmas is a time of togetherness. But sadly, millions of older people are suffering in silence with no one to talk to, no one to turn to for help.

- Older people in the UK say they are not looking forward to Christmas - 1 million
- Older people in the UK will be eating dinner alone on Christmas Day - 1.47 million
- Older people in the UK say that they often feel lonelier at Christmas than any other time of year.

At Age UK Dacorum, we believe no one should have no one. Not at Christmas. Not ever. Yet for 55,000 older people in the Southeast loneliness is a daily reality and we don't just mean at Christmas.

Age UK Dacorum offer a Befriending Service all year round which is an invaluable lifeline for the most vulnerable. It helps provide friendship and support for older people who live alone and are isolated, lonely, or housebound. We offer both visits to homes, by a volunteer, or weekly telephone calls where we provide a listening ear, offer support, and give appropriate suggestions for assistance from other organisations if necessary.

***If you are interested in our Befriending Service please call 01442 259049 or email [adminofficer@ageukdacorum.org.uk](mailto:adminofficer@ageukdacorum.org.uk).***

***We are determined to answer every call for help we can. But with more and more older people struggling with the darkness of loneliness – we can't do it alone.***

No matter what your age, being loved and cared for is important to all of us. But during Christmas the companionship and support of friends and family seems to mean even more than usual – which is why loneliness feels even harsher.

Christmas is the loneliest time of the year for over 1.5 million older people, with those who have lost a loved one struggling the most.

The expectation to be happy at this time of year can make everything seems worse. "The unavoidable pressure at Christmas to be 'merry' means that there is often no 'escape' for grief,"



Age UK Dacorum offers a free Bereavement & Covid-19 Telephone Support Service. This provides a local support network for those who need emotional and practical help with:

- Grief through bereavement
- Grief through hardship
- Guidance and support for those living with dementia, low level memory loss and cognitive impairment
- Support for carers
- Coping with loss due to the pandemic
- Anxiety
- Isolation & loneliness

Our listening support service gives you the opportunity to talk to someone, express your feelings and be given guidance. Turning to a listening ear can provide a helpful and meaningful pathway towards getting the right support. This service is open to everyone, all are welcome. Whether it's your first Christmas since they died, or you lost someone many years ago, Christmas can be a particularly painful time.

***For our Bereavement and Covid-19 Telephone Support Service please call 01442 507880 between 10 am to 12 noon Monday- Thursday, this service is free and confidential.***



**Could you help us this Christmas?**



*Could pay to answer 3 calls to Age UK Dacorum to provide older people with expert information and support.*



*Could help to pay for 6 regular befriending calls to some of the most vulnerable people in Dacorum.*



*Could help train an adviser to provide information and support to an older person who needs help and reassurance when they have no one to turn to.*



A photograph of an older man with grey hair and a mustache, wearing a blue and white checkered shirt under a light grey sweater. He is looking towards the camera with a slight smile. A person in a blue shirt is partially visible in the foreground, with their hand resting on the man's shoulder, suggesting support.

**We need your support**

**If you'd like to help us support older people and their carers living in Dacorum, please make a contribution today.**

**DONATE NOW WITH**  
**JustGiving™**

 **Thank you for**   
**your generosity.**

A photograph of two elderly women standing outdoors. The woman on the left has short, white hair, wears glasses, and a black jacket with a white collar. The woman on the right has short, grey hair, wears glasses, and a blue jacket. They are both smiling. The background shows bare trees and a clear sky.

## *Leaving a legacy of kindness*

*A gift in your will could help give older people and their carers in Dacorum someone to turn to. You can make sure we are always there for those who need us, for years to come.*

*To find out more please call **01442 259049** or email **[adminofficer@ageukdacorum.org.uk](mailto:adminofficer@ageukdacorum.org.uk)**.*

*Alternatively, visit our website:*

***<https://www.ageuk.org.uk/dacorum/get-involved/donate/leave-a-legacy/>***