

AUTUMN 2022



VOLUNTEER E-NEWSLETTER



WELCOME TO THE THIRD EDITION OF OUR VOLUNTEERS' E-NEWSLETTER!

A very warm welcome to the third edition of our Volunteers' E-Newsletter. We would like to introduce and welcome our new Chief Operating Officer (COO), Lynn Cunningham, to you all and keep you updated on the charity's work!

Firstly, a huge thank you to all who came along to our Club Volunteers Thank You Meet in June. It was a fantastic opportunity for us to extend our heartfelt thanks to all our club volunteers who have stayed with us through very challenging times recently.

We have been very busy this Autumn with the annual fundraising campaign Slip into Slippers, which took place on Friday 7th October and with the reopening of our Carers' Groups!

In this edition we'd like to say a special thank you to Brenda, one of our long-serving volunteers, update you on opportunities available within the charity and give some tips to look after others this winter!

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.

In this E- Newsletter

Meet our new COO

**Long Serving Volunteer
Appreciation**

**Slip into Slippers
Success**

**Save the Date Xmas
Concert**

Meet our new Chief Operating Officer

When I saw this role advertised, I knew immediately that it was what I wanted to do. I am coming back into the workplace after a particularly challenging few years as a carer, which has both broken my heart but built my compassion and resilience beyond recognition. I knew I did not want to return to my previous corporate career, and Age UK Dacorum gives me the chance to combine my business skills with my very real, hands-on experience of intensely loving and supporting someone whose world has fallen apart without their permission.

The thing that strikes me most about this wonderful organisation is the incredible commitment and contribution of everyone involved. Our volunteers, our staff and our trustees all care on a deeply personal level. It has been an absolute pleasure getting to know everyone and understanding the services that add so much value to our local community.

My goal in the months and years to come is to keep the organisation well managed, well-funded and well organised, to grow and guide the team to be the best we can be, and to use the current solid base as a springboard for growth in our services, in consultation with our clients and funding supporters.

I hope you will feel inspired to work with us, whether it is through joining our team, volunteering with us or supporting us financially. Thank you for all you do.

Warm regards,
Lynn Cunningham
Chief Operating Officer

Slip into Slippers Success

Slip into Slippers is our Autumn campaign that coincides with the United Nations' International Day of Older Persons. It helps us raise awareness for our charity within the community and is interactive for all ages, meaning we can educate everyone on challenges older people face daily.

Thank you to all businesses and schools who got involved and to all those who donated to us. Your donations will help older people and their carers this winter. We are especially thankful to The Crystal Palace in Berkhamsted who helped put on a charity evening full of entertainment!

The main stars of the show were musicians Shane Lamont (regular performer at BerkoFest) and Ukrainian world class student violinist Nikita Vikhorova who performed well-known hits together!

They even encouraged the audience to put money in a pot for our very own Development Officer Charlie to get up and sing Mamma Mia! There was also an auction with prizes, a BBQ plus 2-4-1 deals on cocktails! The evening was entertaining and a success!

We would also like to say a special thank you to Open Door in Berkhamsted who got involved by holding an event in the afternoon for us, where people could stop by and enjoy tea and cake!

Overall, this year's Slip into Slippers was more successful than last year. We managed to raise an amazing £2000 which is double the amount we raised in 2021 so thank you everybody!



The Parish Church of
St Peter Great Berkhamsted

**Age UK Dacorum and
The Castle Choir present:**

A COMMUNITY

Christmas Concert

Wednesday 7th December 2022

7pm-9pm

**Congregational carols, celebrity readings and festive songs.
Scan QR Code to book tickets.**



6 Top tips to look after others this winter

1) Encourage people to get the healthcare they need. We know many people are worried about going to their GP or seeking help for health concerns. Healthcare services are open and ready to help, so check in with the people in your life and make sure they get the healthcare they need. And if you are worried about doing an online consultation, everyone should be able to get a face-to-face appointment with their GP if they need one.

2) Encourage everyone to look after their health. As we get older, we need to take more care of our health. One of the easiest ways to protect ourselves is to get the flu jab. If you're aged 50 and over, or a carer, you can get it for free too.

3) Make time for relatives, friends and neighbours. Darker nights and miserable weather can make it harder for people to get out and about. And if you're stuck at home, you can end up feeling lonely and a bit down. Calling for a chat, popping in for a cuppa or even sending a card in the post can really help let someone know you're thinking about them.

4) Ask if people have everything they need. When it's cold and the weather takes a turn for the worse, some people might struggle to get the essentials they need. Popping out to run a few errands or helping with an online shop could be a big help to someone.

5) Check their home is warm enough. We may all be spending more time at home this winter meaning higher heating and lighting bills. Around 1 million people aged over 60 live in fuel poverty as they can't afford to heat their homes properly. It is best to heat your home to a comfortable temperature all day. If someone is saying their home is very cold or they are worried about heating their home, call Age UK for advice.

6) Help make sure everyone can get out and about safely. When it's icy or wet outside, it's easier to slip and fall. Helping to keep paths and driveways clear and salting steps and slopes could make a big difference. Green mould is particularly slippery, but power-washing can get rid of it.

Volunteering Opportunities

Do you have any spare time?

We are always looking for volunteers to help at our Young at Heart and our Memory Support Clubs.

Contact:

clubmanager@ageukdacorum.org.uk

Our Handy Person Service is looking for volunteers to help visit clients' homes and help with

general repairs and DIY jobs.

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:

adminassist@ageukdacorum.org.uk



LONG-SERVING VOLUNTEER APPRECIATION

In the third edition of our Volunteers' Newsletter, we'd like to show our appreciation to Brenda, who has been a volunteer for Age UK Dacorum for approx. 20+ years. She originally went to the Volunteer Bureau when she had retired from work, and they kindly directed her to us. She has helped at several of our clubs and is now at Phyllis Courtnage House on Wednesdays between 10-12. Brenda would be happy to help at another club. However, she keeps busy with her Exercise Class, Bingo sessions, crosswords, reading and likes to go for walks. She also spends time with her family who live nearby. She enjoys working with the other volunteers at the club: Barbara, Jeoff and Maggie. Since Brenda and Maggie began volunteering together, they have become great friends, meeting for coffee and going on holiday together.

Brenda cared for her husband who had memory loss and took him along to the clubs until he passed away approx. 5 years ago. Brenda gets a great deal of pleasure from helping at the clubs, interacting with the club members and hearing their stories.

She feels that volunteering boosted her self-confidence, and she now organises quizzes at the club.

Brenda recommends volunteering to anyone, especially those who may be feeling lonely and isolated themselves.



**A BIG THANK YOU to you for all you do
for Age UK Dacorum, we really do
appreciate you!**

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

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