

SUMMER 2022

# VOLUNTEER NEWSLETTER



## A TIME TO SAY THANKS

**1-7  
JUNE**

**Find out more**

## VOLUNTEERS' WEEK

### WELCOME TO OUR SECOND EDITION OF OUR 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 by highlighting news, special achievements and ongoing opportunities.

This newsletter is extra special as it's Volunteers Week!

We'd like to say a BIG thank you to all our wonderful volunteers, we couldn't do what we do without you! Time that you have given to us makes a huge difference to those who are most vulnerable in our community and we'd like to take this opportunity to thank all volunteers for their invaluable contributions.

Please remember that this is YOUR newsletter and we want your input in every edition. Don't hesitate to email [editorial@ageukdacorum.org.uk](mailto:editorial@ageukdacorum.org.uk) if you would like to share something in our next edition.

### IN THIS E- NEWSLETTER

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**Fundraising so far  
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**Long Serving  
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Appreciation**

# fundraising so far this year...

We'd like to thank all that attended and volunteered at our Annual Auction and Easter Discovery Trail!

On Friday 11th March Stephen Hearn (who you may have seen on Flog It) entertained us with some stories from his career as an auctioneer and valued items that participants brought along whilst drinks and a supper buffet were enjoyed. Stephen Hearn and his team at Tring Auction Rooms helped us raise an amazing £750.00, this money will go towards helping older people love later life.



On Saturday 16th April we held a wonderful family event in partnership with Rectory Lane Cemetery and Lizzie Martell's Illustration. Families joined us and enjoyed a wonderful day participating in our Easter Discovery Trail in the sunshine!

A big thank you to all the volunteers and team at the Rectory Lane Cemetery who helped at the event. We appreciate your help and commitment, you really do make a difference and provide an example to us all.

Finally we thank all who attended the Easter Discovery Trail it was an amazing turn out! We raised an incredible £800 which was split between Age UK Dacorum and the Rectory Lane Project!

Check out our upcoming events that you can get involved in either by volunteering, attending or participating! We need all the help we can to raise money to help the most vulnerable people in our community. The monies raised will help older people and their carers enjoy later life.



## UPCOMING EVENTS TO GET INVOLVED IN:

### BerkoFest Platinum Jubilee Concert

Thursday 2nd June 2022

Berkhamsted Cricket  
Club

12 midday- 8pm



### Slip into Slippers

Friday 7th October 2022

Everyone can join in at  
home/work/school



## Slip into Slippers

Wear your slippers at school for the day on Friday 7th October and make a voluntary contribution.

Help us support older people and their carers in Dacorum.

**For further information, please contact:**  
Age UK Dacorum, Half Moon Yard, High St, Hemel Hempste  
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#slipintoslippersAUKD





# Service Update

**Do you enjoy the outdoors, gardening, socialising and doing low impact exercise?**

**Our Flowers Gardening Club times have slightly changed. The club is now open every Tuesday from 10:30am - 12:30pm at Sunnyside Rural Trust's Northchurch site.**

This club is running sessions as a form of Memory Support and is for those with mild to moderate memory loss/dementia and their carers. Taking part in a physical activity like gardening can stimulate the senses and memory, this all helps someone who has dementia to remain stimulated, feel valued and helpful.

The allotment is a haven for clients and their carers to relax and enjoy. You can come along and take part in gardening activities such as planting seeds in the raised beds and polytunnel, harvesting produce and general garden upkeep such as weeding etc. If you don't fancy gardening and would just like to enjoy the area and socialise you can take an accompanied stroll around the site visiting the goats, pigs etc, or you can sit and have a natter with a nice cup of tea or coffee and biscuits in our big airy summer house or on the benches outside and enjoy this very therapeutic space.

We have raised beds and planters at different levels for accessible gardening and the venue is easily accessible with flat paths. Work is currently being carried out on the pond so this area can be enjoyed.

The club costs £10 per person for the 2 hour club (carers attend for free). This includes tea, coffee and biscuits and any produce that is ready to harvest, we share. This club runs all year round, come rain or shine!

**If you know anybody who would be interested in attending this club or would like to volunteer please get in touch with Mark by emailing [mark@ageukdacorum.org.uk](mailto:mark@ageukdacorum.org.uk) or calling 01442 259049.**

# Volunteering Opportunities

Do you have any connections to local schools or businesses?

We are looking for volunteers to help promote our fundraiser Slip into Slippers.

Contact:

[editorial@ageukdacorum.org.uk](mailto:editorial@ageukdacorum.org.uk)

Our Handy Person Service is looking for volunteers to help visit clients homes and help with general repairs and DIY jobs. (Needed in Markyate area)

Contact: [ho@ageukdacorum.org.uk](mailto: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](mailto:adminofficer@ageukdacorum.org.uk)



# LONG-SERVING VOLUNTEERS APPRECIATION

**To celebrate Volunteers Week this year we'd like to show recognition to those who are long serving volunteers. In this edition we would like to show appreciation to Mildred and Doris, two wonderful ladies who have been helping us and the community for over a decade and deserve the biggest thank you!**

Mildred, 83 who lives in the Hemel Hempstead area first started volunteering with us back in 2006. This initially helped her with the loss of her husband who had passed away in 2004 and it gave her a different focus in life. She has always helped out at the clubs and is really missing them at the moment. She volunteers as she finds it very rewarding and loves meeting interesting people and listening to their stories.

She has helped previously on trips and been to different restaurants and the zoo with us. Mildred is eager to do more clubs once they all resume.

She feels she is giving something back by helping others.



Doris, 82 lives in the Bovingdon area. She first started volunteering approximately 23 years ago when a friend asked her to help her.

She loves to help at the clubs and is really missing the one in Bovingdon but is helping on another day at one in Hemel Hempstead.

She feels she is giving something back and enjoys the banter with the clients. She loves to joke with them and make them laugh and to see them smile. She loves all the stories the clients have to tell and is just glad that she is helping others.

As well as helping others, volunteering has been shown to improve volunteers' wellbeing too.

It's human nature to feel good after helping someone out. Volunteering can also help you gain valuable new skills and experiences and boost your confidence.

**If you're interested in volunteering with us please call us on 01442 259049 or email [adminofficer@ageukdacorum.org.uk](mailto:adminofficer@ageukdacorum.org.uk) to discuss volunteering opportunities and how you can help older people in the community and become a vital part of our team.**

**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](mailto:editorial@ageukdacorum.org.uk)

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