

FREE
Please take one

Derby &
Derbyshire
ageUK

SPRING 2019

EngAGE



**Falls prevention
event**

**Trustee
Honoured**

**Nutrition and
Hydration Week**

SHOPS & SERVICES + LOCAL NEWS + FUNDRAISING + INFORMATION + MUCH MORE



B & S ROOFING
NOTTINGHAM

Looking for roofing in Nottingham and Derby?
Call us now on 0115 971 7715

From the local roofing company you can trust

Complete Roofing Specialists

- ✓ Roof repairs
- ✓ Roofing maintenance
- ✓ New roofs
- ✓ Re-roofing
- ✓ Fascias and soffits
- ✓ Guttering repairs & replacement
- ✓ Chimney work
- ✓ Lead work and lead flashing
- ✓ Flat roof replacements
- ✓ Roof Velux windows
- ✓ Tiling and slating
- ✓ Ridge tiles repaired & re-bedded



Call 0115 971 7715 or visit www.bsroofingnottingham.co.uk today!



RICHMOND
ASTON-ON-TRENT
Part of Bupa

Worry Free Retirement Living

Learn more about how to live retirement well with our **Village Suites** and **Lifestyle Packages**...

Our Village Suites are the perfect worry-free solution to retirement living and are complemented by lifestyle packages which take the stress out of everyday life – leaving you more time to enjoy your family, friends or fabulous on-site facilities.

Richmond Aston-on-Trent retirement village in South Derbyshire

- Property available from £185,000*
- Spacious restaurant
- Spa, pool and fitness gym
- Landscaped gardens
- External terraces
- Village care home
- Events and activities

*Other costs and charges apply. Prices correct as of February 2019

Lifestyle Packages

- Includes bills, cleaning, laundry and meals
- Easy monthly payment
- Access to a range of social events and interest groups



Try before you buy with a Richmond Retreat break

Call the Village Advisers to find out more on 01332 899404

Email: astonontrent@richmond-villages.com | www.richmond-villages.com/aston

Richmond Aston-on-Trent, Richmond Drive, Aston-on-Trent, Derbyshire DE72 2EA

Find us on





Helping you live after life-changing news



TREETOPS
HOSPICE CARE
where every day counts



Support and Information

One-to-one support for any life-limiting illness, from diagnosis onwards.

Wellbeing Space

Physical, emotional, spiritual and social care in beautiful surroundings.

Hospice at Home

Specialist nursing care from qualified nurses, in your home, day or night.

Therapeutic Services

Counselling, emotional support, art and complementary therapies for adults, families and children dealing with bereavement or life-limiting illness.



All services are provided free of charge

**For more information, contact Treetops Hospice Care on
0115 949 1264 or info@treetopshospice.org.uk**



06



07



11



19

Dementia friendly cinema06

Information about the classic film and musical screenings around Derbyshire that are dementia friendly

Royal visit06

Derbyshire Carers Association recently welcomed HRH Princess Anne to their Ripley offices

Advice for carers07

Feedback from the New Mills Death café to encourage healthy conversation about death

First Taste in Derbyshire.....08

Derbyshire Dales based charity, First Taste, became part of Age UK Derby and Derbyshire during 2018, and will continue to provide stimulating community activities

Community Fund09

Thanks to National Lottery Awards For All funding, an intergenerational project has started in the Derbyshire Dales

Fundraising update09

Details about how people have been raising money and how you can get involved this year

Derby coffee morning09

Having celebrated their 9th anniversary, the coffee morning continues to grow

Falls prevention event10

Held at a retirement village in Aston on Trent, residents were given lots of information and activities about how to avoid falls

Burton Closes Hall Care Home

A stunningly beautiful Grade II listed building, Burton Closes Hall Care Home is truly a unique venue offering exceptional levels of service. Based on the outskirts of the Peak District town of Bakewell, Burton Closes Hall, Derbyshire has fantastic country views and grounds, while still being conveniently placed to local amenities.

...Creating communities and improving quality of life

Warm and welcoming with dedicated staff, Burton Closes Hall Care Home offers a range of care choices, including;

- Residential • Nursing • Residential Dementia • Nursing Dementia
- Respite • End of life • Young and Disabled, Ages from 18 – 65



Strength and balance report11

Community-based strength and balance programmes, including our Strictly no Falling Service

Tips for staying steady.....12

8 top tips from Age UK about how to stay steady

Antiques valuation day12

a large crowd turned up in Horsley Woodhouse to have their antiques valued by experts

Nutrition and hydration week13

Important ways to try and identify if older people are getting malnourished

Staying safe online14

Information about where to turn to for advice about internet safety

Lost for words15

Advice for supporting those who are bereaved or terminally ill

Trustee recruitment....16

Do you know someone who would consider becoming a trustee of Age UK Derby and Derbyshire?

Honour joy for AUKDD trustee16

David Brown, trustee, has been awarded the British Empire Medal in the Queen's New Years Honours

Mickleover shop appreciation17

The staff and volunteers were recently invited to their local supermarket for an afternoon tea to celebrate our volunteers

Cheque presentation ..18

AUKDD Bakewell day Centre was presented £5,000 which was raised at the town's Christmas market

Royal Birthday tea party19

A shop volunteer had a birthday tea with HRH Prince Charles and other people who turned 70 last year

Meet the team...

Editor

Phil Brown
 ☎ 01773 766 922
 ✉ philip.brown@ageukdd.org.uk

Age UK Derby & Derbyshire

29a Market Place, Heanor,
 Derbyshire DE75 7EG
 ☎ 01773 766 922
 ✉ administration@ageukdd.org.uk
 🌐 www.ageuk.org.uk/
 derbyandderbyshire
 Twitter: @AgeUK_DD
 Facebook: facebook.com/AUKDD

Advertising

Laurence Rowe
 ☎ 01536 526 678
 ✉ laurence@lancepublishing.co.uk

Publisher

Lance Print Ltd.,
 1st Floor, Tailby House,
 Bath Road, Kettering NN16 8NL
 ☎ 01536 334 226
 ✉ mike@lanceprint.co.uk
 🌐 www.lanceprint.co.uk

Printer

Lance Print Ltd.
 ☎ 01733 390 564



Copyright © Shutterstock



This magazine is produced, free of charge, on behalf of Age UK Derby & Derbyshire by Lance Print Ltd. All rights are reserved by the charities and no part of this publication may be reproduced in whole or in part without the written permission of the charities. Age UK Derby & Derbyshire will accept no responsibility for, or necessarily agree with, any claims made or views expressed in this publication, nor does the mention of any product, service or advertisement imply a recommendation by Age UK Derby & Derbyshire. The information contained in this magazine is not advice, and should not be treated as such. To the maximum extent permitted by applicable law, we exclude all representations, warranties, undertakings and guarantees relating to this magazine. Age UK Derby & Derbyshire: Registered Charity No. 1068550, Limited Company No. 3510613.

From the Editor...

Welcome to the spring edition of our EngAGE magazine.



Welcome to the latest edition of our EngAGE magazine. Spring is finally here and the joy of new life that we see all around us.

First Taste, a small charity in Derbyshire Dales, is now experiencing new life as they have now become part of Age UK Derby and Derbyshire. They have also recently been award funding from the National Lottery Awards For All to enable a big intergenerational project in Derbyshire Dales.

The are two stories about meeting royalty; a shop volunteer from Heanor went to HRH Prince Charles' 70th birthday tea party and Derbyshire Carer's Association had a visit from HRH Princess Anne.

In March there was the annual Nutrition and Hydration week so we have a few tips to spot malnourishment in older people as well as tips for staying steady. A successful falls prevention event is mentioned at a local retirement village.

The popular dementia friendly film screenings are a great social activity and stimulating experience and you can also find out about how to stay safe online.

Finally as we celebrate one of our trustees being awarded the BEM in the Queen's New Year's honours I want to thank all of our trustees for all of their time, effort and hard work. If you know someone who would consider becoming a trustee, we have information about that in this edition too.

Thank you for reading this edition and for your support

Phil Phil Brown
 Editor

Dementia

Dementia Friendly Cinema



Matinée provides dementia friendly cinema screenings across Derbyshire for people living with memory challenges, their family and friends.

They aim to create a sociable and friendly atmosphere and hope that all patrons will enjoy the film and activities that are provided. Matinée film screenings include a great or classic film (often a musical), refreshments (including cake!), and interval events such as singing or fun film related activities.

The screenings are dementia friendly in a range of ways, including: creating a welcoming and relaxed environment; keeping lights on low during the film; providing clear signage; having a quiet space available for use at all times; and making sure all our staff and volunteers have suitable training. All venues are wheelchair accessible, with appropriate facilities.

Matinée is an Arts Derbyshire Arts and Health project funded and supported by the Paul Hamlyn Foundation and Derbyshire County Council.

Please note: Matinée does not provide any personal care or supervision, and the events are not held in secure spaces.

All films start at 1:30pm (doors open at 1pm). For more information and the latest film schedule, **please visit:** booking@matineederbyshire.org.uk or call us on 07449 732322.



Royal Visit for Derbyshire Carers

Derbyshire Carers Association were thrilled to welcome HRH The Princess Royal, Princess Anne when she visited the Ripley-based charity on Tuesday 15th January. Well-wishers lined the streets outside and shops had put up bunting and balloons. Highly regarded as a hard-working royal with a particular interest in carers and supporting their needs, she met with staff, volunteers and carers to hear more about the organisation.

Derbyshire carer, Victor Shaw-Wilson is 98 years old and cares for his wife Alycia, 88, who has complex health needs affecting her heart and kidneys. She is now battling bowel cancer too. He said, "My wife and I have had sixty years together. She is the most wonderful, beautiful woman. We laugh often and we find comfort in each other. I was so impressed upon meeting Princess Anne because she showed great compassion and empathy, she knew as much as a carer would know. It was a brilliant day!"

The Princess Royal stayed for over an hour at the charity, unveiling a plaque marking the milestone 30th birthday of Derbyshire Carers Association.



The charity's CEO, Narinder Sharma said, "This was a truly special day. All our staff are absolutely devoted to helping carers, giving them support and advice and ensuring that their wellbeing is protected. This can be a very demanding and unpredictable role. Carers are community heroes."



Derbyshire Carers Association supports almost twenty thousand carers, many of whom are considered ‘carers in crisis’, struggling to look after a disabled relative and suffering exhaustion and anxiety in the role. Some give round-the-clock support for a loved-one. This can be a rewarding and heartfelt role but it can also have a damaging impact on the carer’s health. Many carers give up work to look after a loved one and struggle to manage the constant needs of the person they care for.



Derbyshire Carers Association cares for the carer. Providing carers’ assessments, emergency planning, one-to-one support, events and respite opportunities, the charity is a lifeline for many of the county’s most vulnerable and overlooked heroes.

Charity founder, Gerry Fryer, founded the organisation based on his experience as a lone carer. He felt that carers needed a voice and a service that was tailor-made to their needs. Gerry was awarded an MBE in 2001, recognition for his work done with carers locally, regionally and nationally. The charity has maintained Gerry’s vision and continued to build more services to help carers.

For further information about the services offered by Derbyshire Carers Association,

Visit the website: www.derbyshirecarers.co.uk

Call: 01773 764992

Email: info@derbyshirecarers.co.uk

Pop in: 3 Park Road, Ripley, Derbyshire, DE5 3EF

Photos: © 2019 Derbyshire Carers Association



Advice for Carers

There are various Age UK information guides available for people who care, highlighting the support available for carers and the person they care for. One such guide is “Advice For Carers: A Practical Guide”. Caring for a friend or relative can be a rewarding and fulfilling experience. It’s also a big undertaking that, on occasion can leave you feeling tired and stressed. But there is support available.

This guide looks at both the practical side of caring – the benefits you can claim, how to arrange flexible working hours, how to organise respite care – and the emotional side, such as the impact on your health and social life. It aims to let you know where to go for help, so you don’t feel you have to manage on your own.

For a copy of the guide visit one of our shops or contact **01773 768240** or go to

www.ageuk.org.uk/services/information-advice/guides-and-factsheets



New era for First Taste in the Derbyshire Dales

Like the boards of many small charities the Trustees of Darley Dale based First Taste Charity have been facing the challenges of both attracting new hands-on Trustees and securing funding to continue and develop the Charity's work. Their work includes promoting the stimulating care of frail older people, so many now with dementia, in care/nursing homes and day care centres across Derbyshire as well as ensuring such work will continue in the future. They also offer intergenerational projects; care staff training; developing specific resources such as chair based exercise CD's & reminiscence DVD's.

Over the past 18 months First Taste Trustees have been working with the Board of Age UK Derby & Derbyshire to secure a future and legacy for the work and have agreed to integrate First Taste's work into Age UK Derby & Derbyshire. This will ensure that First Taste's vital work is protected and developed, both in care settings as well as being extended to frail older people still living at home.

First Taste held its last Annual General Meeting on Monday 15 October 2018 at the Whitworth Centre, Darley Dale following which the Charity Commission was asked to formally dissolve the Charity as from 31 October 2018. All First Taste's existing funds are being administered by Age UK Derby & Derbyshire but are ring-fenced and can only be used for First Taste's current & forthcoming projects and programmes and to progress this vital work.

To identify the particular work that First Taste has undertaken and to retain the First Taste name Age UK Derby & Derbyshire is establishing a specific stream of work to be known as "First Taste". This will include: all the projects and programmes currently running as well; seeking to develop the intergenerational work; care staff & carer training; development of more specifically tailored resources for use with work with older people with special needs, and seeking innovative ways to reduce loneliness and promote health and well being across the generations.

Some of First Taste's Trustees, tutors, volunteers and project workers will continue to support both the delivery of existing projects using their particular experiences, skills & knowledge as well as helping to develop the First Taste work-stream & to maximise on Age UK Derby & Derbyshire countywide outreach.



For more information about First Taste and the ongoing activities,

please contact 01773 766922,

email administration@ageukdd.org.uk
or visit

www.ageuk.org.uk/derbyandderbyshire/first-taste





The National Lottery Awards for All fund is helping young people and older people in the Derbyshire Dales VoYAGE together!

Late last year we got the news that we had been awarded £10,000 to support our First Taste programme. First Taste began 21 years ago as a local charity working to alleviate the lack of intellectual and social stimulation many older people experienced in care homes. Since then First Taste pioneered intergenerational activities bringing together school children and older people to learn together and training courses to help care home and day care staff deliver high quality care. All the programmes help older people have a 'first taste' of a new skill or experience and using reminiscence, music and creative crafts they have helped older people love later life and enabled children to gain new insights into older age.

In the Autumn First Taste closed as an independent charity but looking to the future joined Age UK Derby and Derbyshire and we hope together to deliver exciting first tastes for many more older people across the County.

The National Lottery Community funding will support a new 'Valuing of Youth and Age' or VoYAGE project in the schools and care homes in Darley Dale. 30 carefully planned sessions delivered by First Taste tutors will provide opportunities for children from three local primary schools and residents from three local care homes will work together creating artwork, growing plants and learning together.

If you would like to learn more about our First Taste programmes, help us fund new programmes or support our activities as a volunteer please get in touch

email: administration@ageukdd.org.uk
or call 01773 766922



Thank you to everyone who was involved in any aspect of our fundraising efforts over the Christmas period. The Christmas raffle was a big success and all the shops got involved having tombolas and other activities. Day centres were also busy with fundraising and social events, especially including the Bakewell Carol-athon, which look like it's going to become a permanent fixture in the calendar. It's a great start to the New Year and we have a number of events already planned in the calendar, which include the Derby 10K, Spring Walk, Long Eaton Carnival, AUKDD Summer Raffle, Ann's Big Knit and Knat in October, the Winter Raffle and the Duck Race 2020. If you have any ideas for fundraising or would like to be involved in our fundraising opportunities please contact Angela on 01332 343232 or email angela.barnes@ageukdd.org.uk

Special thanks to:

- Buxton Garden Trail who donated £1,000 to our befriending service
- Dalesmen Male Voice Choir who raised money by singing in the Derby Intu shopping centre at Christmas
- Avis Budget Group who donated multiple sacks of items for sale in our shops
- The 28th annual New Year's Day Duck Race in Toton raised £3,300
- Asda in Derby for letting us do the bucket collection in December
- Bakewell Pudding Shop who made and donated a Christmas cake to our Bakewell Day Centre
- Heineken, through Neighbourly, funded a Christmas dinner for the Chaddesden centre member
- Simpsons Solicitors who sponsor our Derby coffee mornings

Derby Coffee Morning

The AUKDD coffee morning in St Peters Church recently celebrated their 9th Birthday. A lot of the members have been coming since it first started and it's a great place to meet new friends and do something different. Simpsons solicitors over the last few years have sponsored the Christmas party and we are very grateful for all their help, without them finding the money to put the party together would be very difficult. If you know of anyone wanting to get out and do something new the coffee morning is a great place to go. It's the last Friday month from 10.30 until 12 and everyone over 50 is welcome.



FALLS PREVENTION EVENT

HELPS PEOPLE TO STAY SAFE IN WINTER

Source – Age UK

Richmond Village Aston-on-Trent, a local retirement village, held a successful event in November 2018 to help reduce the number of trips and falls amongst older people.

Held in partnership with Age UK Derby and Derbyshire, the session took place so residents of the retirement village and others from local communities could find out more about preventing falls, while staying healthy and active during the winter.

After a fall, the impact on an individual can be immense resulting in: loss of confidence, independence and mobility, social isolation, and also impacting on family members who can have to provide the care.

The event was designed to give visitors the opportunity to speak with professionals from various services and organisations, and get advice and information about the healthy living and prevent them falling.

Joanne Wilson, village manager of Richmond Village Aston-on-Trent said: “If we have helped prevent just winter, it will be worth it. It often makes such a huge difference to people’s well-being.”

As well as Age UK Derby and the NHS Falls Team, NHS Podiatry Service, Sight Support Derbyshire, Marks and Spencer Opticians, Derbyshire Fire and Rescue Service, Live Life Better Derbyshire, and assistive equipment companies Medequip and Clark and Partners.

- 26% of people over the age of 65 report having had a fall in the last two years, and increases to 38% for those over 80
- This results in 6,000 hospital admissions
- 1,100 hip fractures resulted at a cost of £49million in Derbyshire alone



The day included talks and information stands from various organisations. There was also a free taster exercise session in the wellness spa at the retirement village lead by Jo Briggs from AUKDD, so guests could learn more about strength and balance exercises that can help prevent falls and support staying active this winter.

For more information on Strictly No Falling sessions contact Age UK Derby and Derbyshire

Tel: 01773 766922

email:

www.ageuk.org.uk/derbyandderbyshire/snfclasses



garden bar and restaurant, all set within beautifully landscaped grounds with a croquet lawn. Activities, events and a village transport service are also provided.

For further information about Richmond Villages, please visit richmond-villages.com or

telephone 0800 0987 094



photo © Marc Dewhurst Nov 2018

The new Richmond retirement village at Aston-on-Trent fully opened in 2017 and comprises large one and two bedroom Village Apartments for independent living, Village Suites for assisted living and a care home providing 24-hour nursing and dementia care. It also provides a wellness spa with swimming pool and gym, hair and beauty salon, a library, IT room, terrace café,

RAISING THE BAR ON STRENGTH AND BALANCE

Falls are not an inevitable part of ageing and muscle weakness and poor balance are the two most common modifiable risk factors for falls. Although NHS rehabilitation services provide strength and balance programmes, they are often of limited length and there is a need for effective community-based strength and balance programmes. However, community-based programmes are often underfunded and do not join up to work together.

The Centre for Ageing Better commissioned the University of Manchester's Healthy Ageing Research Group to bridge the gap between evidence and practice. It looks directly at communities to better understand their local challenges and identify practical examples of doing things differently. Their new report,

"Raising the bar on strength and balance" presents the models of delivery, issues, barriers and innovative solutions that support effective community-based programmes.

There are many great examples of well-delivered strength and balance programmes across the country, including our Strictly No Falling Service in Derbyshire which features in the report. Ageing Better has explored best practices in their new report to help more people live a healthy later life.

Read the Ageing Better report to find out the five key points to ensuring strength and balance programmes are delivered to the right people, by the right people, at the right time. <https://ageing-better.org.uk/strength-balance>



“I'm much more independent now, I can do the garden, I can go to town on the bus. Coming to this class has really made a difference to me, I now have much more balance, and I don't use my stick.”

For more information about our falls prevention service, **please see**

www.ageuk.org.uk/derbyandderbyshire/falls

or call 01773 766922



TOP TIPS FOR STAYING STEADY

There are some simple things you can do to stay steady on your feet. Here are some top tips from Age UK to help you to improve your strength and balance and to feel more confident if you are worried about falling. For more information or a free copy of the advice guide Staying steady call 0800 169 6565.

1 Exercise regularly

Focus on activities that challenge your balance and strengthen your legs, like gardening, dancing, tai chi or special balance and stability classes.

2 Check your eyes and hearing

Regular sight tests and reporting ear pain or difficulties with hearing can identify problems that could affect your balance and co-ordination. Eye tests are free for everyone over 60 and for any problems with your ears, speak to your GP

3 Ask about your medicines

Certain medicines can make you feel faint or affect your balance. Let your GP or pharmacist know if you ever feel like this, as they may want to change your dose or look at alternatives.

4 Visit your GP

If you've had a fall or are worried about falling, tell your GP, even if you feel okay. There could be many reasons and, equally, many ways to help you feel confident again.

5 Vitamin D for vitality

Vitamin D is essential for keeping bones strong – the best source is sunshine. Try going outside without sunscreen for a few minutes around lunchtime every day during summer. Take care not to let your skin redden or burn. Some foods such as oily fish or eggs also provide vitamin D.

6 Count your calcium

A balanced diet rich in calcium will also help to keep your bones strong. You can find calcium in milk and dairy foods such as cheese and yoghurt, fortified soya products and canned fish.

7 Check for home hazards

Make sure your home is hazard-free and well lit. Organise your things so that you're not at risk of tripping over any wires, clutter or loose or frayed carpets.

8 Look after your feet

Problems with your feet, especially anything that causes pain, can affect your balance. Be sure to wear well-fitted shoes and slippers, and report any foot problems to your GP or chiropodist.

These tips are for general information only. You must not rely on this information as specific advice or as an alternative to medical advice from your doctor or other professional healthcare provider. You should never delay seeking medical advice, disregard medical advice, or discontinue medical treatment because of this information.

Valuation Day



A great valuation day was held in November at Horsley Woodhouse Church Hall, attended by so many that people were queuing out the door. Hosted and arranged by Di Cliff (Age UK DD's Memory Lane Worker) with Hanson's

Auctioneers and Valuers it was lovely day. Charles Hanson was unable to attend but sent some of his specialists from Hanson's. A soup and roll was provided for those that wanted lunch, along with lots of cups of tea.

NUTRITION AND HYDRATION WEEK

Nutrition and Hydration Week has taken place every March since 2012 and this year took place 11-17 March 2019.

With around 3 million people at risk of malnutrition in the UK and over 25 million in the G8 countries we need to engage opportunities to raise the awareness

of the risks and promote the good practices that can help prevent malnutrition and dehydration. Preventing malnutrition and dehydration improves health and well-being and helps to reduce the burden on the health and social care services in treating and supporting those suffering from under nutrition and dehydration.

MALNUTRITION AND WEIGHT LOSS.

When it is you or someone you see every day, you may not always notice a change over time. There are some major warnings that indicate a significant weight loss and it is important to know what signs to look for:

- **Are rings looser?**
- **Are shirt collars looser?**
- **Do slippers that once fit seem too big now?**
- **Are skirts/trousers loose around the waist?**
- **Are dentures not fitting as well?**
- **Are limbs thinner than before?**
- **Do belts need to go on a tighter notch?**

To prevent malnutrition and weight loss, it is important to eat a balanced diet. Aim for 3 meals and 2 snacks per day. Eating with others can help make the eating experience more enjoyable, whether this is meeting up with friends or eating at a lunch club.



How to stay safe in the digital world

Visit these websites to learn how to stay safe in the digital world. A useful summary of websites that can provide online safety tips for all generations whether for yourself, your children or your grandchildren.

Derbyshire Constabulary

For up to date information about current concerns, safety advice and reporting of crimes
www.derbyshire.police.uk/safety-advice/cybercrime

Safer Derbyshire

Safety information advice for residents in Derbyshire, including cyber crime
www.saferderbyshire.gov.uk

Cyber Aware

The Government's website for personal and business cyber safety – including advice on passwords
www.cyberaware.gov.uk

Get Safe Online

Vast resource of information about online safety – including chat function for live questions
www.getsafeonline.org

Age UK

Guide called "Avoiding Scams"

www.ageuk.org.uk/services/information-advice/guides-and-factsheets

Tips and information about staying safe online

www.ageuk.org.uk/information-advice/work-learning/technology-internet/internet-security

Action Fraud

The UK's national fraud and cybercrime reporting centre
www.actionfraud.police.uk

NSPCC

Digital safety advice for parents and guardians across social media, games and many other topics
www.nspcc.org.uk

Safer Derby

Advice for young people and parents about how to protect themselves online
www.saferderbycity.org

Internet Watch Foundation

Report illegal content quickly and anonymously and learn more about how to stay safe online
www.iwf.org.uk

Do you know how to
Stay Safe Online?



safe & secure
#DerbyshireOnline

Search social media for #DerbyshireOnline to find out more



101

in an emergency
always call 999



DC - Cyber Safe&Secure online poster 11-18



Lost For Words

What to say, and how to help people who are caring for someone who is at the end of their life, or someone who has experienced a bereavement, is something we are often asked about. People are often frightened of doing or saying the wrong thing. It needn't be so and little things can make a big difference, from stopping to chat in the street to help with small tasks.

Jane Butler, Compassionate Communities Derbyshire (High Peak) Coordinator, states "I think as a society we've lost confidence in talking about and dealing with death and dying. Death and dying shouldn't be a taboo subject, but it is part of who we, our families and communities are, and should be talked about and planned for as much as a new arrival into the family."

With these concerns and questions in mind we've put together information and ideas to help you support those around you, to open conversations and show those affected that their community cares about them.

You can find the link for information on our website, in the Compassionate Communities section (www.ageuk.org.uk/derbyandderbyshire/our-services/compassionate-communities).

Click on the link for 'Compassionate Communities Supporter' we'll be able to send you the information, or you can contact the office and we can send you a printed copy.

“ After my wife died, I wasn't eating very well to be honest, I didn't have much appetite, I couldn't seem to get it together to make a proper meal for myself. It was lovely when a neighbour brought round a couple of extra portions of casserole they'd made, and nice to have someone at my door, even if it was just for a few minutes. ”

This quote is a typical example of the difference that can be made by not being afraid of offering support to those who are bereaved or terminally ill.

Trustee vacancy



Age UK Derby and Derbyshire currently has a vacancy on our Board of Trustees.

The Board of Trustees plays an important role in the governance of our charity. Our Trustees bring a range of skills and knowledge and we need a trustee with some specific skills, knowledge and experience in finance, retail, income-generation, service development or quality assurance to complement our existing team.

The Board contributes to setting our strategic direction ensuring necessary financial and human resources are in place for the organisation to thrive and achieve its charitable objectives.

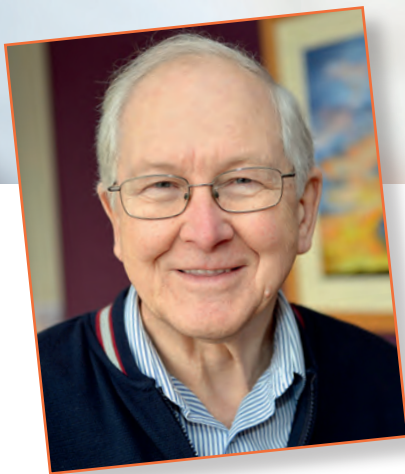
Joining the Board provides a great opportunity to help make a real difference to older people and their carers in Derby and Derbyshire and to influence decisions which could make later life better.

Age UK Derby and Derbyshire Trustee positions are voluntary and unpaid but we do pay travel and expenses.

Please contact Katy Pugh, the Chief Executive on T: 01773 766922 or email katy.pugh@ageukdd.org.uk for an informal discussion or you can download the information pack from our website:

www.ageuk.org.uk/derbyandderbyshire/trustees

AUKDD is committed to equal opportunities and welcomes diversity.



Honours joy for AUKDD trustee

David Brown, trustee of Age UK Derby and Derbyshire, has been awarded the British Empire Medal (BEM) in the Queen's annual New Year's Honours list. David has received the BEM for services to the community in Matlock and Bakewell.

73 year old David was quoted in the Matlock Mercury (3rd January 2019) as saying: "I am totally flabbergasted to receive the BEM, I feel extremely proud although I am having difficulty accepting the fact I have done anything to deserve something so prestigious. Volunteering has just been a part of my day to day life. I used to be a social worker and I have always loved being with people and trying to make a difference to their lives for the better, the volunteering naturally carried on from that."

David has volunteered to help older, retired people and people with disabilities in Derbyshire for the last 16 years and since his retirement has organised various lunch clubs – including

the Matlock and Bakewell Artability, which was awarded the Derbyshire Dales Council Celebrating People's Award in 2015. Artability is a self-funding voluntary group which gives disabled people the opportunity to learn or refresh their painting skills. Through his work with social services, he was involved in setting up Artability groups in Tideswell, Matlock and Bakewell.

Collaborating with Cath Soppitt in health services, David obtained funding for equipment and set up art groups at the Convent Nursing Home in Matlock and the Old Vicarage Nursing Home in Bakewell. He became Chair and Treasurer of the Matlock Artability groups.

Derbyshire Time © 2019 as featured in Matlock Mercury on 3rd January 2019

Mickleover shop appreciation



In January 2019, the manager and volunteers of our Mickleover shop were invited to Tesco Mickleover for a special tea in honour and appreciation of the work that they do for the community. 8 volunteers and the shop manager, Jennie Butler, went to Tesco for the special occasion and were thoroughly spoilt. Jennie states that the shop has a very good relationship with nearby Tesco and especially with their community liaison worker, Mindi, who organised this celebration. One of the volunteers who attended, Liz, said "It was really lovely morning and Tesco put on a really special time for us all". They were overwhelmed by Tesco's generosity and support.

VOLUNTEERS NEEDED

If you would like to volunteer in any of our shops, please contact your local AUKDD shop.

We are also looking for people who can help our shops with valuing coins, stamps, toys, china, books, jewellery and antiques.

If you would be interested in helping, please contact Ray Gumbley on 01332 343232 or email ray.gumbley@ageukdd.org.uk.



NOTTINGHAM'S COACH TRAVEL EXPERTS SINCE 1919

- ✓ LOCAL PICKUPS IN DERBY, NOTTINGHAM, ARNOLD, BEESTON, BULWELL, LONG EATON, MANSFIELD & MORE
- ✓ EXCITING COLLECTION OF EVENTS & BREAKS FOR ALL!
- ✓ LOW DEPOSITS & GREAT VALUE FOR MONEY!

PROVIDING THE BEST BRITISH & EUROPEAN COACH HOLIDAYS

INCLUDING:

- SPECIAL EVENTS
- PARTY NIGHTS
- CHRISTMAS MARKETS
- MINI CRUISES & CITY BREAKS
- MYSTERY EXPLORERS
- THEATRE BREAKS
- WINTER WARMERS
- CHRISTMAS ADVENTURES
- TWIXMAS
- NEW YEAR GETAWAYS



BOOK NOW FROM JUST £30 PER PERSON*

2 days or less	£30 per person
3-8 days	£50 per person
9 days or more	£70 per person

*Depending on your travel duration. Deposits may increase when booking breaks with attractions and entrances.

PREFER TO BE PICKED UP FROM HOME WITH OUR DOOR-TO-DOOR SERVICE?

WE CAN ADD DOOR-TO-DOOR ONTO ALL OF OUR SHORT BREAKS OR LONGER DURATION HOLIDAYS - JUST ASK AT THE TIME OF BOOKING

CALL 08456 66 55 44* | VISIT WWW.SKILLS.CO.UK

*Calls cost 3p per minute plus your phone company's access charge. Subject to availability and terms & Conditions apply. Prices are per person based on 2 people sharing a twin room and are subject to availability. NIL single room supplements are limited.

Bakewell cheque presentation



Age UK DD Bakewell Day Centre was presented £5,000 from the Bakewell Christmas Market Weekend. The festive weekend was a resounding success, attracting thousands of visitors from near and far helping everyone to get in the Christmas mood. The event was also a big boost for the local economy.

Stalls included traders who have businesses in the town and from further afield in the Peak District. Our Day Centre also had a fundraising stall and tombola during the market – thanks to all who donated prizes or money.

Gall Events were so proud to present cheques to three local charities, describing Age UK DD Bakewell Day Centre as “a lifeline for so many and it is truly inspiring to see the dedication love and care the centre provides”. Derbyshire Air Ambulance and Bluebell Wood Childrens Hospice also received money from the event.

Gall Events stated: “We hope the money we have donated, totalling £10,000 will provide facilities and not only save lives but enrich the lives of those less

fortunate and it has been our absolute pleasure to be part of this and to give something back to these very worthy causes.” Special thanks to Gall Events for organising the weekend and arranging the charity donations.

Receiving the cheque from Gall Events is Mary Ward (Day Centre Manager) third from left.

Think Print

Lance Print is an established printers based in Peterborough. At Lance we combine **skill, experience & knowledge** to provide a complete professional service.

We aim to fill our clients with confidence in the knowledge that any work undertaken by us, will be completed to the highest possible standard.

Call Today:
(01733)
390564

www.lanceprint.co.uk



Royal birthday tea party

On Wednesday 14th November 2018, HRH Prince Charles celebrated his 70th birthday and part of the celebrations included a tea party at St James Palace in London with a group of 70 other septuagenarians. Arthur Edwards from The Sun newspaper, who has spent more than 40 years photographing the Prince, launched a competition to find 70 readers of the newspaper who make a real difference in their communities and who all were the same age as the Prince.

Sheila Allsopp, a regular volunteer from the Heanor shop, was invited to this special day in recognition for all the work she does in the community. Sheila's daughter submitted the nomination and was able to attend the event with Sheila.

For 38 years, Sheila provided a school crossing patrol in Heanor/Loscoe, and therefore became a very well-known and well-loved member of the community. She provided invaluable support for local people of all generations. Whilst Sheila has now finished this role, she continues with her volunteering role at Age UK Derby and Derbyshire.

When Sheila attended the Prince's birthday tea, she was so impressed at how friendly and welcoming all the staff were. There was food in abundance and a lovely atmosphere. Sheila was full of praise for the Prince too, stating "Prince Charles chatted to everyone present, whether they were the invited guest or their family member. He had time for everyone, asked questions and listened to what they had to say. He was so down-to-earth and was a real privilege to meet him"

Prince Charles said at the event "It is an enormous pleasure to see all of you here because I know from Arthur some of the remarkable things all of you have managed to do in your wonderful way, unsung very often, and unseen. I admire so much the things that you do in so many special ways."



You could be in the Algarve, relaxing in the sun...

A spacious 1 bedroom apartment with shared swimming pool. The apartment is situated on the top floor of a 3 storey block. Quiet location, but only 5 mins walk to the marina and another 5 mins to the town centre.

Self Catering Holiday Apartment

- Twin bedroom.
- Open plan kitchen & lounge.
- The kitchen has a 4-ring hob, oven, microwave, toaster and washing machine.
- Family sized bathroom.
- The lounge has a sofa (which converts into two single beds) and a table to seat four.
- A TV, DVD and CD player are also available.
- Patio doors open onto the balcony, offering views over the pool and across Lagos.
- Ample parking space in front of the building.



PRICES:

Jan - March	£225
April	£300
May	£325
June	£375
July/August	£475
Sept	£375
Oct	£325
Nov/Dec	£250

Phone Judith on
01536 711884

[www.algarve-retreats.com/
property-to-rent/apartment-meia.htm](http://www.algarve-retreats.com/property-to-rent/apartment-meia.htm)



**To advertise
in the next issue of
this publication,**

please contact

Laurence

Tel: 01536 334218
Email: laurence@lanceprint.co.uk

Welcome to our homes...

Our care homes have built up excellent reputations within their local communities with the vast majority of our new residents coming through recommendations from others. This has been established through our commitment to the on-going provision of dedicated quality care delivered within a high quality, yet homely environment.

We welcome visitors into our homes and encourage family members and friends to get involved in their loved-ones care and become part of the care home's life. Those looking for a care home are welcome to visit at any time, an appointment is not always necessary.

- You are reading this because you are thinking about finding a care home for a loved one or even yourself
- You're trying to ensure you are making the right decision to find the best possible care for your family member
- Are you unsure what funding you are entitled to, how to work through all the paperwork?

It can be a very challenging process - We will help and advise you. Let our management team offer professional support and guidance from people who genuinely care.

Contact us now...

Residential Homes

Ashton Court

56 Three Tuns Rd, Eastwood,
Nottingham NG16 3EJ
T: 01773 712017
E: ashtoncourt@my-care.co.uk

Manorfields

47 Farley Rd, Derby
DE23 6BW
T 01332 346248
E manorfields@my-care.co.uk

Normanton Lodge

75 Mansfield Rd, South
Normanton, Alfreton DE55 2EF
T 01773 811453
E info@my-care.co.uk

Peacemills

132 Perry Road, Sherwood,
Nottingham NG5 3AH
T: 0115 9602 539
E: peacemills@btconnect.com

Edward House

175 Nottingham Road,
Eastwood NG16 3GS
T: 01773 531591
E: edwardhouse@my-care.co.uk

Moriah House

Deep Furrow Avenue, Carlton,
Nottingham NG4 1RS
T: 0115 9110 078
E: moriahhouse@my-care.co.uk

Orchard House

46 Easthorpe Street, Ruddington,
Nottingham NG11 6LA
T: 0115 9217 610
E: orchardhouse@my-care.co.uk

St. Peters

15 Vicarage Lane, Ruddington,
Nottingham NG11 6HB
T: 0115 9844 608
E: stpeters@my-care.co.uk



Assisted Living Apartments & Residential Home

Willow Tree House

3 Sutton Road, Mansfield,
Nottinghamshire NG18 5ET
T: 01623 471300
E: willowtree@my-care.co.uk

Nursing & Residential Homes

Baltimore Country House

245-247 Loughborough Road,
Ruddington, Nottingham NG11 6NY
T: 0115 9213 006
E: baltimorehouse@my-care.co.uk

Bramcote Hills

36 Sandringham Drive, Bramcote,
Nottingham NG9 3EJ
T: 0115 922 1414
E: bramcotehills@gmail.com