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Falls prevention

**Romance
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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.

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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



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From the Editor...

Welcome to the summer edition of our EngAGE magazine, which is packed full of great articles.



A big thank you to everyone who has contributed in some way to the contents of this magazine.

In this edition, you can find out what it takes for a care home to attain the Strictly No Falling Standard and also you can meet the first person to complete the new class attendance register by attending 50 exercise sessions.

Our Chaddesden Centre ballroom dancing is really popular and their intergenerational event was a big success. Find out more about our First Taste Day Services Programme. The new Dementia Service for Derbyshire is also featured.

There has been lots of fundraising activity recently with a big beard shave and the Derby 10k race. Local car hire firm, Avis, have also been involved in fundraising for us.

Scams Awareness Month took place in June and so we highlight romance scams in this issue.

Thank you to all the volunteers who help keep our services going – we could not manage what we do without you. We hope that all our readers keep safe and well in the summer, whether we get hot weather or not!

Phil Phil Brown
Editor

FIRST STEPS with Strictly No Falling

Starting something new is always daunting, and it doesn't necessarily get easier with age! When **Strictly No Falling** first started encouraging care homes to run falls prevention classes for residents, advisors Sue Hannan and Emma Yates worked hard to help homes make the standards work for them. Four years on, there are new faces on the team and dozens of care homes delivering falls prevention focused activities on a regular basis across the county. However, no home undertakes the same journey, and the staff delivering the classes face unique personal and professional challenges depending on the setting they work in.

One of the newest homes to begin working towards Falls Prevention Standard, the highest award offered

by **Strictly No Falling**, is Bank Close House in Chesterfield. In March, Care Homes (North) Advisor Lindsey Coombs met with home manager Becky Hart and activities co-ordinator Josie Earl to set out their first steps towards helping reduce falls in the home. Becky explained the decision to seek out the support of Strictly No Falling: "We felt it would be useful to help prevent further falls and injuries to residents, and promote their independence."

Bank Close House already run a wide range of activities for residents, including hoopla, carpet bowls and balloon tennis. They wanted to create more structure for this; and offer staff an even deeper understanding of how falls can affect older people; and help their residents, who have a wide range of capabilities and challenges,

to stay steadier for longer. Josie is looking forwards to developing her skills and finding ways to overcome barriers to exercise the residents face. "I'm hoping it will give me more ideas and confidence delivering exercises to residents. Hopefully it will help me to know how far I can challenge residents to maintain their physical activity!"

Below is the checklist which Bank Close House will be working through with Lindsey to reach the **Strictly No Falling** standard. We look forward to catching up with Josie and Becky soon to see how they're getting along!

Required for sign off of Falls Prevention standard:

- Evidence of at least one chair-based exercise session to be delivered a week by a uniformed and level 2 qualified instructor
- At least one other activity a week indicating engagement with falls prevention principles outside of classes.
- Evidence of risk assessment, verbal health screening taking place, understanding of contraindications.
- The home has a Falls Prevention champion, ideally be a member of the management team.
- FAFE training delivered to a higher percentage of staff.
- Case study from each home – this is to ensure a 'conscious' approach to falls prevention,
- in which the falls champion makes the link between the exercises they deliver and the impact for individual residents.
- At least 2 residents showing progression when monitored over a 6 week interval (Timed up and go test)
- Accountability contract signed by management at home,
- Falls Prevention file available
- Poster made available of the activity / chair based session and visible within the home.
- List of recommended activities provided.



For more information about the falls prevention work in care homes, please contact

01773 766922 or

email administration@ageukdd.org.uk



Falls Class Attendance



Jean Perera started attending the chair-based exercise/Otago sessions in Stanton, Burton on Trent, in September 2018. The session is led by Helen Ainger, a Strictly No Falling (SNF) instructor and an Extend leader at Stanton Village Hall, Woodlands Road, DE15 9TJ on Tuesdays 10.30 – 11.30am.

Jean hasn't had any recent falls, in fact none in the past 15 years following her knee operation, Jean Says I'll always try to do strength and balance exercises, which has definitely helped me stay steady. Exercise also helps me to stay healthy and I love the social aspect of the classes'

Jo Briggs, Falls Prevention Coordinator, handed out the Falls Awareness booklet and the Homework Booklet when she visited the group. The Homework Booklet includes a class attendance register. When the participants reach 50 sessions and the register has been signed by the instructor they are presented with a certificate.

Jean is the first participant to complete the register and she wanted to use her experience to encourage other participants to do the same.

Jean also attends another session twice a week in Swadlincote led by Margaret Ford, an Extend Leader.

Physical activity recommendations adults 65+

- Balance and coordination exercises on at least 2 days per week
- Strength exercises on at least 2 days per week
- 150 minutes of moderate aerobic activity every week such as walking, gardening, cycling

A SNF session will include all of the above. Using the homework booklet you can complete some of the exercises at home too and reach your 50 hours!!

For further information on classes in Derbyshire visit:

www.ageuk.org.uk/derbyandderbyshire/snfclasses



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First Taste Day Services programme



In late March we received the welcome news that Derbyshire County Council's grants for our First Taste day services programme has been awarded for another year.

First Taste was a small charity established to provide high quality learning opportunities for older people in care settings, Recently they moved into Age UK Derby and Derbyshire and brought their fantastic programmes with them!

The First Taste classes help to combat loneliness and isolation and to reduce some of the symptoms of long-term conditions, frailty and dementia, such as anxiety, depression and apathy.

Each class offers a 'first taste' of something older people haven't done for many years including music, poetry, art and nature study or something they have never had an opportunity to try such as digital photography, metalwork or pottery.



The day services programme gives day centres a regular First Taste session from one of a small team of amazing tutors who use their teaching skills to bring a subject to life. The sessions help give a real sense of fulfilment as the work of art emerges from a mess of paint and glue or the music session brings together all the instruments and voices into a harmony.

Every session is a buzz of conversation and many carers comment on how important the cognitive stimulation is for them and the person they care for because the sessions generate improved self-esteem, positive conversation, further activities at home and a good night's sleep prompted by busy activity during their day.



Working with the day services teams the First Taste tutors support staff to deliver ongoing cognitive stimulation therapy sessions building on skills learned during a class or introducing skills and experience from within the team or from friends of the day service. In our Bakewell Day Centre First Taste sessions have been a part of the Centre for all its 20 years and our staff have developed skills and confidence to deliver sessions which have brought out some hidden talents from our members and staff.

We look forward to another busy year and many more 'first tastes'.

First Taste Tutor Caroline Cook in Bakewell Day Centre working with members to explore and prepare for spring.

Romance Fraud

Scams Awareness Month took place in June to help raise awareness of different sorts of scams. The information below highlights the concerns regarding romance fraud and is taken from

www.actionfraud.police.uk

The majority of accounts on dating websites are genuine people looking for romance, but fraudsters may try to contact you by making fake profiles, getting in touch and building what feels like a loving relationship.

Once a fraudster using a fake dating profile is confident that they've won your trust, they will tell you about a problem they're experiencing and ask you to help out by sending money.

They may have arranged to visit you, but need money to pay for the flight or visa. They may tell you everything has been booked but their ticket has been stolen, and you need to send money quickly to get them on the next flight.

Alternatively, they may prey on your sympathies, telling you a family member or someone else they are responsible for is ill and they need money for medical treatment.

Once you send them money, the fraudsters will keep coming back and invent new reasons to send them more.

Fraudsters may also use the conversations you have to find out enough personal information about you to commit identity fraud. They'll ask innocent-looking questions about you that make it look like they just want to get to know you, such as your date of birth, home address or family background.

How to report it

It can be embarrassing to feel tricked into thinking you've formed a relationship online, but if you tell us we can take a report in confidence. Report it online or find out about other frauds/scams on

www.actionfraud.police.uk or call **0300 123 2040**.

Protect yourself

- Avoid giving away too many personal details when dating online. Revealing your full name, date of birth and home address may lead to your identity being stolen.
 - Never send or receive money or give away your bank details to someone you've only met online, no matter how much you trust them or believe their story.
 - Pick a reputable dating website and use the site's messaging service. Fraudsters want to quickly switch to social media or texting so there's no evidence of them asking you for money.
- Spot the signs
- You've struck up a relationship with someone online; they're asking a lot of personal questions about you, but they're not interested in telling you much about themselves.
 - They invent a reason to ask for your help, using the emotional attachment you've built with them. Your relationship with them may often depend on you sending money.



Dementia in Derbyshire

Dementia is the 21st century's biggest killer, with someone developing it every three minutes, yet a few years ago we didn't talk about the condition with the frankness and openness that we do today.

Dementia is a condition which describes a set of symptoms which might include memory loss, mood changes or problems with communication and reasoning. The most common form of dementia is Alzheimer's Disease, although there are dozens of other forms.

How can I avoid getting dementia?

Dementia is caused by diseases of the brain and it isn't an inevitable part of ageing. However, there are steps we can all take to reduce our risk of developing the condition such as not smoking, having some regular exercise and eating fruit and vegetables.

Symptoms of dementia *

A common symptom of dementia is short-term memory loss – the person you care for may forget things they've said or done recently, even though they might clearly recall things that happened years ago. But there's more to it than just memory loss. Other dementia symptoms include fuzzy thoughts and confusion, problems with your vision, changes in mood and trouble sleeping.

Dementia-like symptoms can be caused by lots of other things such as depression, stress, vitamin deficiencies, thyroid problems or urinary tract infections, so don't jump to conclusions. If you're worried someone might have dementia, encourage them to talk to their doctor.

Getting a diagnosis for dementia *

Talking about the possibility of someone having dementia can be very worrying. Knowing what's wrong can help everyone plan ahead, access help, support, services and – if appropriate – medication.

If you're worried that someone might have symptoms of dementia, the first step is for them to visit their doctor. You could go with them to offer support or to help them explain their symptoms. If they don't want to go, you can write to their doctor. The doctor can't talk to you without the person's

What

consent, but they could decide to look into your concerns at the person's next regular check-up or invite them for a general health check.

At the appointment, the doctor will:

- ask about any symptoms and when they started – it helps if you can give specific examples of how the symptoms affect everyday life
- look at the person's medical history and medicines, and may want to conduct tests to identify or rule out other conditions
- do a few quick tests for memory and thinking.

They may also:

- make a referral to a community mental health team for advice and support
- suggest a referral to a specialist or memory clinic for a fuller assessment. Memory clinics employ several different specialists, including psychologists, geriatricians and nurses with specialist dementia training.

If the person you care for isn't given a diagnosis or a referral, they have a right to ask for a second opinion. They can also go back to the doctor if the symptoms continue

What is Dementia?

Is it the

same as Alzheimers?



What help is available to people with dementia and carers?

We want everyone affected by dementia to know that whoever you are, whatever you are going through, you can turn to Alzheimer's Society for support, help and advice. Locally we provide the Derbyshire Dementia Support Service, funded by Derbyshire County Council and the NHS. Helen O'Connor, Alzheimer's Society Services Manager in Derbyshire states "The service offers a range of 1-1 support to anyone affected by dementia. We can cover a range of issues that include understanding dementia, maintaining independence, financial/legal matters, changes in behaviour and community care."

We also run monthly dementia cafes, carer support groups and Singing for the Brain sessions throughout Derbyshire. You can contact the Derbyshire office of Alzheimer's Society on 01332 208845 or our national helpline on 0300 222 11 22 or via www.alzheimers.org.uk

You can also contact Age UK Derby & Derbyshire's information and advice service for information guides and help with some of the issues faced by people with Alzheimers and their carers.

Please call 01773 768240
www.ageuk.org.uk/services/information-advice/guides-and-factsheets

* Information taken from the Age UK information Guide "Caring for someone with dementia"

Avis Budget UK

Simon Crone (the Local Market Manager for Avis Budget UK Group in the Midlands) and Michael Harness (East Midlands Airport Branch Manager), popped into the Morledge office in Derby with a mighty £700 they'd raised for Age UK Derby and Derbyshire.

Simon, and his AVIS teams had raised some of the money through a sweep-stake but the majority was raised through an auction. They wanted to see the money being spent locally with a charity and a cause that was very close to heart, which is older people.

This isn't the first time Simon and his team have turned up at Age UK Derby and Derbyshire's door with a donation. At Christmas they delivered to our warehouse two van loads full of clothing donations, which his teams had collected to help get us through the winter months. With each bag being worth roughly £20 to £25 to us this was a great help with

keeping our shops stocked through the winter period and helping us to keep our services going for older people.

Simon explained how keen all his staff had been to help the local Age UK and the communities where their staff work. We can't thank Simon enough and are grateful to each and every one of his staff at the AVIS budget Group for the time and effort they've all put into raising these donations for us.



Derby 10k

21 people set themselves a challenge in April by running the Derby 10K race and raising money for Age UK Derby and Derbyshire at the same time. Around £3,000 was raised including Gift Aid. A Massive thank you to the Tooley Team, Medoc Team, family members

and all the individual runners who took part. We love you guys thank for all your support from all at AUKDD. A big thank you to Angela Barnes for setting it up, to Liz Gumbley for helping out on the stand, and everyone who made cakes, supported the event or donated.



Ray's beard shave

On the 29th March 2019 Ray Gumbley, Derby Services and Retail Manager, nobly agreed to shave off his fantastic beard and long hair. The sponsored event took place at the monthly coffee morning at St Peter's in Derby city Centre, to the delight of all the members and visitors. £1,600 including Gift Aid was raised for the challenge.

Thank you Ray for being willing to do this! Christine Brown and Angela Barnes set the whole thing up and need thanking too. A special thanks to Hari Barbers from the Morledge Derby, for giving up time to perform the shave. Also Fred Bray decided to have his beard shaved off at the same time to support Ray.

Ray said: "thank you to everyone for putting your hands in your pockets and making it so worthwhile to help older people across Derby and Derbyshire". You can see a video of the beard shave on our news pages:

<https://www.ageuk.org.uk/derbyandderbyshire/about-us/news/>



Summer Raffle

Tickets for our summer raffle are available for purchase until the 15th July. Prizes include:

- £100 shopping vouchers
- Overnight stay for 2 with breakfast at Jury's Inn Derby
- £40 National Theatre tokens
- Hamper donated by Asda Spondon
- Afternoon tea for two at the Rutland Arms, Bakewell
- Manchester United Training football shirt
- £30 Showcase cinema tickets
- A tour for two around Derby County Football Club

Tickets cost £1 each. To buy a ticket, please visit any of our shops or offices. The draw will be held on 25th July 2019.



Chaddesden Ballroom

Chaddesden ballroom dancing is a really popular event every Monday morning, both for those who are beginners and those who are more advanced. You can take to the floor learning to dance, brush up on dance skills or just come and dance. Instructor Tony Waldron has previously run sessions at Chaddesden Park and we are really pleased he has come back. The dances in progress at the moment are the Mayfair Quick Step, Square Tango, Social Foxtrot and the good old fashioned Waltz. If you would like to come along to our group, it costs £3.00 plus 50p for refreshments.

For more information, please contact Di Cliff on 01332 674562 or email chaddesden@ageukdd.org.uk



Intergenerational Day

Cavendish Close Primary School, Derby, recently joined members of Age UK Derby and Derbyshire at our Chaddesden Centre in Chaddesden Park. The school was working towards their Prince William Award and joined in games and activities. Experiences of the 'good old days' and home-life swapped and discussed. There were also activities such as cake decoration and,

memory boxes along with experiencing the 1950s living room 'Rempod'. The Prince William Award is a pioneering character and resilience programme that draws on the expertise and skills of predominantly ex-Services personnel to help children from the age of six to dare to be their best.



First Aid Training course



Staffordshire First Aid Training delivered an excellent first aid course for 16 Derbyshire Strictly No Falling instructors on 2nd February 2019 at Derby Arena. There was a very positive response from all who attended. Thank you for a great course.



Each of our shops produce some lovely shop window displays and need to be congratulated. Here is one such display which was created in Duffield for Easter 2019. A lot of time and effort go into making displays that look amazing, so we would like to thank all the staff and volunteers who produce them. If you think that you would

like to get involved in a friendly shop team and learn new skills, please contact the shop directly or call Ray Gumbley on 01332 343232 or email administration@ageukdd.org.uk The shops are also in need of good quality stock donations which are sold to raise money to help local older people.

Volunteers Needed

Tootsies

Footcare Service

We need volunteers

'Tootsies' Footcare Service offers high-quality, low-cost footcare for people aged 50+ in a community venue near you. Footcare can reduce the risk of falls, improve mobility and self-confidence and reduce pain. Our friendly sociable sessions also reduce social isolation.

We provide full training and supervision, a friendly team and travel expenses. Volunteering can boost your CV and your wellbeing.

For more information visit our website: www.ageuk.org.uk/derbyandderbyshire/footcare or simply call: 01773 766922



Age Co Equity Release Advice Service



Equity Release

Equity release is available to UK homeowners aged 55 or over, with a property worth at least £70,000. It enables you to release cash that's tied up in your home – tax-free, and without having to move.

The cash can generally be spent as you wish, making life that little more comfortable. Typical uses include giving financial gifts to loved ones, easing money worries or making home improvements.

If you need to unlock some of the money (equity) from your home while you still live there, equity release could be the answer.

Age Co offer a no obligation Equity Release Advice Service, through their trusted partner – HUB Financial Solutions, helping you find out if equity release is right for you.

There are no upfront costs for this service. You'll meet with an adviser to talk about your needs and

circumstances (this can happen over the phone if you prefer), learn what equity release is, and the different products available, the costs involved and how it reduces the value of your estate. You'll get an estimate of how much cash you could release and find out what product might be suitable for you.

Sometimes your adviser will find an alternative solution for raising cash, so they may not always recommend equity release. If you are recommended an equity release product and want to go ahead with it, an advice and arrangement fee of £995 will be payable to HUB Financial Solutions on completion. You can use some of the money you release to pay this.

To book an appointment with an equity release adviser for yourself, a friend or a family member, talk to the Age Co Team at Derby for more information or visit www.ageco.co.uk/equityrelease

If you would like to talk to someone about any of our Age Co products, call us on 01332 343232 or find us at: Age UK Derby and Derbyshire, 15 The Morledge, Derby, DE1 2AW

Open from Mondays to Wednesdays, 10:00am - 3:00pm.
Closed on Thursdays and Fridays.

You can also call HUB Financial Solutions directly on **0808 278 6531**. Lines are open 9am to 5pm, Mon to Fri, excluding bank holidays.
Calls may be monitored for training and regulatory purposes.

The Age Co Equity Release Advice Service was previously known as the Age UK Equity Release Advice Service. The Age Co Equity Release Advice Service is provided by HUB Financial Solutions Limited. Vale House, Roebuck Close, Bancroft Road, Reigate, Surrey RH2 7RU. Registered in England and Wales no. 05125701 Part of Just Group plc. Age UK Enterprises Limited trades under the trading name Age Co. Age UK Enterprises Limited (registered in England and Wales no. 3156159) is a trading subsidiary company of Age UK (registered charity, no.1128267) and donates its net profits to Age UK. Age UK Enterprises Limited is authorised and regulated by the Financial Conduct Authority, FS Register number 311438. Age UK Enterprises Limited receive commission from HUB Financial Solutions Limited of up to 0.75% of the amount advanced under each equity release plan sold together with a contribution towards marketing support.

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Conversations

with family and friends

Whether you're simply thinking ahead to the future, or have been diagnosed with a life-limiting illness, it can help to talk to your family and friends so they know your wishes and preferences as you reach the end of your life.

Talking to those close to you can make it easier for them to make decisions in future and help you all prepare for what may lie ahead. It can also provide an opportunity to tell people what they mean to you and may bring resolutions to difficult relationships.

These conversations can be hard and the following suggestions may help:

- Choose a time and place where you won't be disturbed or rushed.
- Give your family advance notice so the conversation doesn't take them by surprise.
- Don't worry about covering everything in one conversation. It can take time to fully discuss all your wishes and you shouldn't try to rush this process.
- Consider writing notes beforehand about what you want to discuss. This will help you stay focused and make sure you cover everything you want to.
- Don't be embarrassed if you get emotional. Be honest and talk about all your feelings, not just the positive ones.

Sometimes family and friends are reluctant to have these conversations. Perhaps they don't want to think about your death, or they're worried about saying the wrong thing. It might reassure them if you say it would help you to talk. If they're still reluctant, try telling them that they don't have to talk about it now, but it is something you would like to discuss at some point.

There is no right or wrong way to start planning for the end of your life. Choose the people you want to talk to, and only share as much information as you feel

able to. If you don't feel ready to talk, that's OK too. Don't feel the need to do anything you don't want to.

This information was taken from the Age UK Information Guide called "Thinking About End of Life". There are other guides available which provide information about planning for your death or how to deal with the death of a loved one. Pop into any of our shops or offices to pick up a guide, call 01773 768240 or visit www.ageuk.org.uk/services/information-advice/guides-and-factsheets/



Family Run Funeral Directors

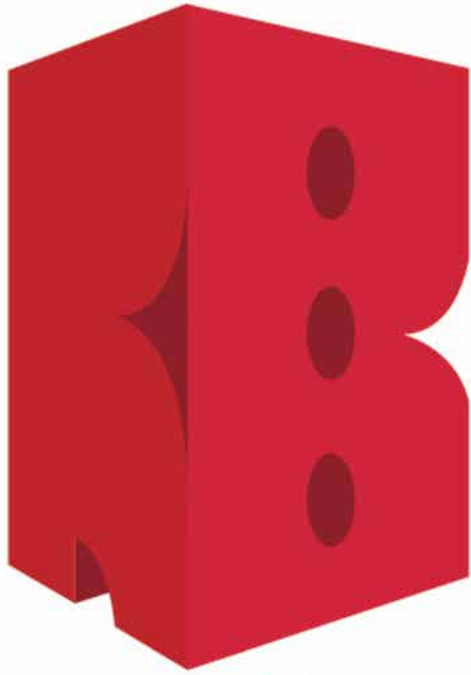
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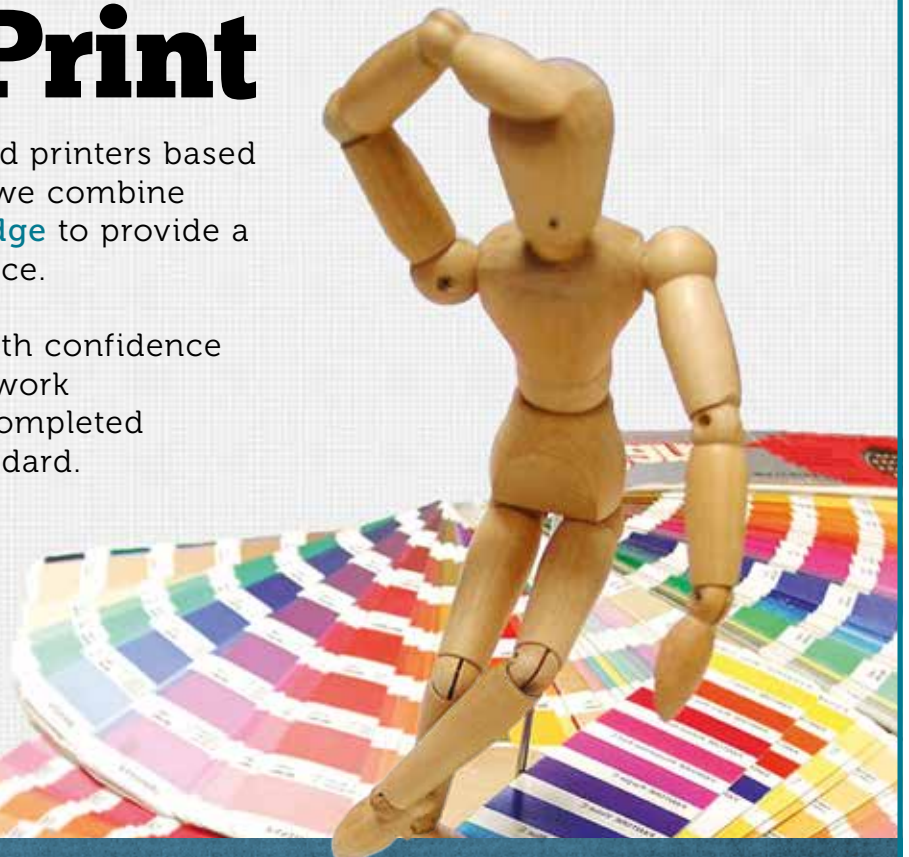
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We welcome visitors into our homes and encourage family members and friends to get involved in their loved-ones care and become part of the care home's life. Those looking for a care home are welcome to visit at any time, an appointment is not always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

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