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from the Editor ...

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



With winter now here, we know there will be some beautiful scenery around but this will mean that many people will struggle to get out of the house due to the cold or fear of falling.

In this edition, our Footcare service has some information about how you can look after your feet in the winter. There are also some general tips to ensure that you and your relatives stay as warm as possible when it is cold outside.

If you live in fear of a power cut because of mobility or medical equipment that you rely on each day, you can register for priority support in the event of a power cut.

The Home Library Service from Derbyshire Libraries is an excellent way to get different format books to people who cannot get out of the house. You can also find out about the benefits of doing Tai Chi and the improved balance and coordination this can bring.

We have some advice on how to avoid direct mail scams. You can also find out about gadgets that may make life a bit easier for you. The Age Co Funeral Plan is also featured as part of preparations that can make things easier for your loved ones in the event of your death.

As always our fundraising teams have been very busy recently and there is lots more planned over the next few months. Find out what has been going on recently as well as how you can get involved in the future.

If you read this before Christmas everyone at Age UK Derby & Derbyshire wishes you a happy and peaceful Christmas and if you read this in 2020, we hope you have good start to 2020.

Phil

Phil Brown Editor

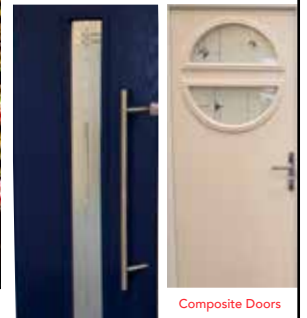


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KEEPING WARM

Even if it isn't a severe winter, cold weather makes us more vulnerable to certain illnesses. The following tips are all taken directly from the Age UK guide "Winter Wrapped Up", which is available from any of our information offices or shops:

Keeping yourself warm indoors and out

- Make sure you keep your hands and face warm. As well as wearing gloves and a hat, always wrap a scarf around your face when you go out in cold weather, even for short intervals. This helps to warm the air you breathe. If your hands and face get cold they can trigger a rise in blood pressure which puts you at risk of a heart attack.
- Several thin layers of clothing will keep you warmer than one thick layer, as the layers trap warm air. Clothes made from wool or fleecy synthetic fibres such as polyester are a better choice than cotton. Start with thermal underwear, warm tights or socks.
- If you're sitting down, a shawl or blanket will provide a lot of warmth. Try to keep your feet up, as the air is cooler at ground level.
- Wear warm clothes in bed. When it's very cold, wear thermal underwear, bed socks and even a hat – a lot of heat is lost through your head
- Use a hot-water bottle, wheat bag or an electric blanket to warm the bed, but never use a hot-water bottle and an electric blanket together.
- Check whether your electric blanket can be kept on all night or whether it's only designed to warm the bed before you get in. Get it checked every three years by an expert.
- Keep your feet warm. As with your hands and face, cold feet can trigger a potentially dangerous rise in blood pressure. Choose boots with non-slip soles and a warm lining, or wear thermal socks.
- Check local news and weather forecasts for advice when bad weather is forecast.



Keeping your home warm

- Most of us spend a lot of time indoors in winter, so it's important that you are comfortable and safe there. And it's essential that you keep your home warm. Low temperatures increase the risk of flu and other respiratory problems and can raise blood pressure. Blood pressure takes longer to return to normal in older people who have been out in the cold, increasing the risk of heart attacks and strokes.
- Keep your main living room around 70°F/21°C, and the rest of the house should be heated to at least 64°F/18°C. You may want your main living room to be warmer than this, and if you feel cold, turn the heat up regardless of what the thermometer reads.
- Get to know how the timer and thermostat on your heating system work. If it's very cold, set the timer to switch the heating on earlier, rather than turning the thermostat up to warm your house quickly.
- Close the curtains at dusk.
- Don't block up air vents, as fires and heaters need ventilation. Good ventilation also helps to prevent condensation.
- Keep your bedroom window closed at night when the weather is cold. The coldest time of the day is just before dawn. Breathing in cold air raises the risk of chest infections.
- Test your carbon monoxide alarms. You should have one fitted in each room that has a gas appliance, as there is a risk of carbon monoxide poisoning if air vents become blocked.



Contact Age UK Derby and Derbyshire for further information on 01773 768240



'A Good Innings'

Cricketing feats of endurance this summer bring to mind the phrase **'a good innings'** to describe a long life well lived.

Perhaps we hope we will manage not to get bowled out before we reach our hundred but one thing is for certain:

sooner or later our innings will end.

Our Compassionate Communities work shows us many older people would like to feel well prepared for the end of their lives. Many people value their independence and feel like the right thing to do would be to organise and pay for their funeral. If that's how you feel then it is worth thinking about the Age UK Funeral Plan.

With flexible payment options, you can pay for it now or in scheduled payments and know that family and friends won't have anything to worry about when your time comes. Here's how the flexible options could work for you:

- Option 1:** Pay the full fee upfront (no interest, no charges)
- Option 2:** Pay the full fee, spread over 12 months (no interest, no charges)
- Option 3:** Pay a deposit and then split the remaining costs into 12 months (no interest, no charges) with a smaller monthly payment more suited to a regular budget
- Option 4:** Spread the payments over 5 - 25 years (charges and interest payable) but pay it back sooner if you can via a windfall or from other savings (no penalties or extra charges for doing that and you'll only pay the admin charges up until the date the balance is paid off)

What's more, your chosen plan will fix your funeral costs and protect against inflation or future price rises. You could even get your money back in full if you change your mind later.

If you're thinking about your own funeral plan, why not contact the Age Co team on 0115 8553381 (open from 9.30 am until 3.30 pm every weekday). More details can also be found here: <https://funeralplan.ageuk.org.uk>

And if you would like to sort out your will, and plan your funeral and arrangements for pets or treasured possessions you can call our free, independent and confidential Information and Advice Service on 01773 768240 or 01332 343232. Our Advisors can help you access free 30 minute advice sessions with a solicitor, signpost you to legal advice to make a will, and provide you with our 'sort it out' pack to help you get everything your loved ones will need easy to find.



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this publication,**

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Dementia Mitts

Ann and Arthur's Big Knit 2019

Age UK Derby and Derbyshire's, 'Ann and Arthur's Big Knit 2019' event took place in Derby on October 1st - 'International Day for Older People' at the Holiday Inn Riverlights Derby. Participants were invited to make dementia mitts for local people with dementia whilst raising some money for Age UK Derby and Derbyshire.

All of the participants of Ann and Arthurs Big Knit 2019 were invited to attend and show case their dementia mitts that they had knitted prior to the event.

The Mayor of Derby attended the event along with Anne and Arthur's son and daughter in law. It was a great celebration of both older people and of what Age UK Derby & Derbyshire do every day to help the older people of the area.



What are dementia mitts?

'Dementia mitts' or 'Twiddle mitts' are knitted mittens or hand warmers with beads, buttons and objects sewn on to them. The mitts are becoming popular gifts for those living with dementia, as having something to 'twiddle' helps to calm agitation and restlessness – both common symptoms of the condition. 'Twiddling' can be incorporated into specially-made activity blankets, cushions, aprons, toys, muffs and mitts.

The mitts from the event are going to be distributed amongst anyone with dementia regardless of age, through organizations, clients and our shops.

A massive thank you to everyone who took part in this event, raising over £1,100 for Age UK Derby and Derbyshire. The money raised will go towards helping us provide our services for older people across Derby and Derbyshire.

Thank you

Ray Gumbley, Derby Services and Retail Manager for Age UK Derby and Derbyshire has this special message for all who were involved:

"Thank you to:

- Neil and Jayne Williams: Anne and Arthur's son and daughter in law
- All the Knitters and scouts who created the beautiful dementia mitts
- John Sallis, from Hook and Eye, and all the people who donated us oddments of wool to use and sell towards the fundraiser.
- Claire and The Holiday Inn on the River lights in Derby who hosted the Event.
- The Mayor of Derby for his attendance and kind words
- and last but not least, all the staff and volunteers at Age UK Derby and Derbyshire who worked incredibly hard to bring it all together.

You're all an incredible bunch of people. I can't thank you all enough"

How the name came about...

Ann loved to knit and was an exceptional knitter who over the years accumulated lots of wool. After her death her husband donated that collection to Age UK Derby & Derbyshire. With his permission, and as a fitting tribute to her, we decided to call our annual knitting event Ann's Big Knit. Sadly, this year Arthur also passed away and so in memory of both Ann and Arthur and with the permission of their family we are calling our annual event 'Ann and Arthur's Big Knit 2019'

Direct mail scams

Receiving unsolicited offers of products and services through the post can be irritating and often puzzling.

This 'junk mail' can also cause problems for anyone but especially vulnerable people who are unable to judge the products being offered. If you receive something that looks like a scam and the mail is addressed to you, you can report it to Action Fraud, either online or over the phone. Action Fraud is a National helpline that gives advice on preventing fraud and what to do if you fall victim to it. You can also fill in a form online to report fraud. **Tel: 0300 123 2040 Textphone: 0300 123 2050 www.actionfraud.police.uk**

direct marketing. By registering with the Mailing Preference Service you can have your name taken off most direct mailing lists, although the service does not cover mail that is unaddressed, addressed to 'The Occupier' or originates from overseas. Once you are registered, companies should not contact you, and you can complain to the Mailing Preference Service if they do.

Unfortunately, many scammers and criminals also use letters to contact people. Many direct mail scammers are based overseas, so they're unregulated and largely beyond the reach of UK

authorities. If you receive a direct mail invitation of this kind, ignore it and throw it away. Never reply to these letters. If you do, your details could be circulated to others running similar schemes and you could end up being bombarded with scam mail. When you register to vote, tick the box to opt out of the 'edited register' as this can be used to send unsolicited marketing mail. If you buy a product online, you will usually be asked if you want to receive direct mail or marketing emails from the company – make sure you tick or untick the right box if you don't want them to contact you.

Companies in the UK are required to follow certain rules when sending out



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There are lots of different types of scams, and every day criminals are thinking up new ways of trying to scam people but some of the most common are:

- Lotteries/prize draws. You may be told that you've won a large sum of money or a prize and asked to pay an administration fee before you can collect it. Often you won't remember entering a lottery – this is likely to be because you haven't entered one and it is a scam. The prize is either non-existent or worth very little. You might be asked for further payments or to call a premium rate number before this becomes clear. A genuine lottery will not ask you to pay a fee to collect your winnings.

- Psychics and clairvoyants may claim to have seen something in your future and ask for money to disclose what it is.

- Pyramid schemes can take the form of chain letters or selling schemes. The former can be illegal. In either case, you may be encouraged to send money to the person who has contacted you, either through the promise of great rewards, or by threats about what might happen if the chain is broken.

- All kinds of products may be sold on the basis of unrealistic claims about their usefulness or value. These products often turn out to be of a far lower quality than the original claims suggested. Miracle health cures and weight loss products are a good example of the kind of unrealistic claims made about products. Many of these medicines have not been properly tested and could even be harmful. Consult a medical practitioner before you buy any medicinal products online in this way. This scam can also apply to medicines sold online. To check whether an online pharmacy is legitimate, look for the 'Registered Pharmacy' logo on the home page – if you click on this it will lead to the General Pharmaceutical Council website.

- Hard luck stories. The fraudster may claim to have lost all of their money in unfortunate circumstances or that they need money for an operation, and will ask you to transfer or send some.

- Bogus job offers usually involve an offer of work to do at home in return for a registration fee.

- Pension scams. You might be told by someone that they've found a loophole that will allow you to get hold of some of your pension income before retirement in exchange for a fee. While there are genuine schemes that let you access your pension over the age of 55, if you see something claiming you can get your cash before this age or that you can have more than 25 per cent of the pension value 'released', this is likely to be a scam.

It can be difficult to tell a genuine offer from a scam. Nowadays it's very easy and cheap to create colourful printed materials and fake documents that look very professional and believable. But there are some good tests you can use.

- ✓ Don't fall for fraudsters who tell you not to tell anyone about their letter. No reputable organisation would ask you to do this.
- ✓ Nobody who had your best interests at heart would want to frighten you or make threats about bad things happening if you don't respond or pay.
- ✓ If it seems too good to be true it probably is!
- ✓ Ask family, friends and neighbours about anything suspicious. Two minds are better than one when it comes to scams because they are designed to keep you isolated and focussing on the scammer.

As well as making good use of that easy filing system called 'the bin' you can reduce the amount of direct mail you receive, and therefore the amount of scam mail you receive by contacting the Mail Preference Service (MPS). It's free, easy and can really help to make you or someone you care for much safer.

Mailing Preference Service (MPS)

Free register for individuals who do not want to receive unsolicited sales and marketing contacts by post.

'Priority Support in power cuts'

As the dark winter evenings draw in it is noticeable how much we all rely on electricity to keep our homes light and warm. Even a short power cut can show us how much our daily lives rely on electricity.

But for some people losing electricity is not just the inconvenience of no cup of tea and playing cards by candlelight. If you rely on a stair-lift, monitoring equipment and sensors, medical equipment, a rise and recline chair or riser bed losing power might leave you stuck.

If you rely on equipment powered by electricity to support your health or care needs you can register with Power Distributors for priority support in the event of a power outage.

You can register for priority support by calling Western Power Distribution on **0845 724 0240**



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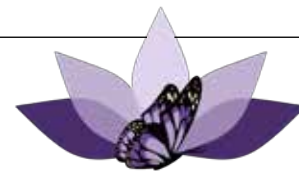
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Fibro Active

Small steps to Health



Fibro Active is a support group for people with Fibromyalgia and Chronic Fatigue Syndrome and they offer a Tai Chi for Arthritis course. Julie is the chairperson of the group who herself has a list of chronic conditions which have limited her capabilities prior to finding Tai Chi. Julie states "Although I still get moderate to severe symptoms, the tai chi has improved the strength of my core muscles and my balance, reducing the pain levels and my own risk of trips and falls"

Since the Fibro Active Tai Chi for Health classes launched in April 2018, they have helped around 120 Tai Chi students, and are currently running 4 open classes each week for mixed ages. They also meet on the last Saturday of every month at 10am in the Floral Gardens on West Park, Long Eaton.

Investing in your health

One of the most important things we can do for ourselves is to keep moving. Tai Chi is perfect for all abilities. The slow and gentle movements can be done standing, seated or visualised. It takes some mastering, learning and remembering the moves. The beauty of Tai Chi is that it is infinite, and learning never stops, there is always something new. We can see real improvement in balance and strength.

It is never too late to practice Tai Chi, it is suitable for young and old alike, but starting sooner means the benefits are more quickly experienced. It is not necessary to have to have a health condition as Tai Chi is for everyone. Some class members find it difficult to remember the moves, others soon find how good their coordination is, or not as the case may be. But don't worry, we have been trained to teach safely and will make it easy to learn in a fun and relaxed environment.

Case study

The group has seen a significant improvement in the students especially with one of gentlemen. He is in chronic pain from arthritis and Crohn's disease. When he first started 6 months ago, he was quite weak from a bout of Pneumonia and was dependant on crutches. He would need to sit regularly throughout the class. However, the strength in his legs has increased which has helped improve his balance significantly, and his movements are less restricted with stiffness. He now walks mainly with a stick instead of crutches.

BBQ Celebration



In August at a BBQ, the group celebrated the achievements of the group members and open tai chi students. We started with an hour of Tai Chi and invited guests to join in. We finished the Tai Chi with presentations of T-shirts for all students who had completed Tai Chi for Arthritis Part 1 and improvers. We also had certificates of attendance for those who had completed TCA Parts 1 & 2 and refining the principles after each course. After the celebrations we had a fabulous BBQ and entertainment. A big thank you to all who were involved and well done to everyone who has earned a T-shirt or certificate. If you too would like to experience the benefits, please go to: www.fibroactive.co.uk for more information about the Fibro Active classes or ring Julie on: 07944 111190.

Cold weather Footcare tips

Maintaining good footcare can improve mobility, confidence and independence and prevent problems developing. In the summer we tend to wear footcare that allows our feet to move more freely but as we move into the winter months we then switch into structured outdoor shoes that give more support and protection from the cold weather.

Footwear:

As you switch to wearing enclosed shoes and boots ensure that footwear is fitted correctly as this reduces the risks of problems developing with your toes and feet during the winter. Poorly fitting footwear can cause corns, calluses and ingrowing toe nails.

The upper of your shoes should be made of leather or other breathable materials; should have a wide toe box and be deep and roomy to prevent pressure on your toes. The sole of your shoes should be cushioned and flexible with a good grip. Fastenings like laces and velcro should hold your shoes/boots comfortably and securely on your feet. If your shoes become wet make sure they are dried properly before you next wear them.

It is recommended that you do not walk barefoot indoors during the winter as these temperature changes can affect the feet so it is advised you wear socks or good fitting slippers to help minimise the risk of cracked, dry skin and chilblains.

Hosiery:

In the winter it is important that a steady foot temperature is maintained therefore socks and shoes should always be worn when going outside into the cold.

During the colder weather we tend to bundle our feet up in thick socks which can lead to feet becoming sweaty and sore, so socks should contain a high proportion of natural materials such as cotton or wool. During the winter months, wool socks will keep your feet warm but ensure that any type of hosiery is not too tight or cuts into the skin. This is particularly important if you suffer with swelling in your lower legs and feet!

General footcare tips

Here are some useful ways you can help to manage your own personal footcare to prevent problems developing at any time of the year and to keep your feet in good condition.

Keep your feet clean

Wash your feet daily, making sure that you thoroughly dry your feet, especially in between your toes. A cotton bud or folded cotton pad can be used to dry effectively in between toes.

File and Moisturise

To prevent the build-up of callus (hard skin) remove small patches of dry and hard skin use a foot file or pumice stone, gently filing in one direction. In order to prevent dry, cracked skin and to keep the skin on your feet soft and supple, apply a moisture cream every day, preferably at bedtime concentrating on dry areas, the top of your feet, heels and toes but avoiding applying cream in between the toes.

Regularly check your feet

Check the top of your feet, sole, heels, toes and in between your toes for any signs of cuts, sores, redness or swelling. If you are concerned then contact your GP, local NHS Podiatry services or a private Footcare Professional/Podiatrist.

For more information about looking after your feet, visit:

www.footcareexpert.co.uk



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Chaddesden Centre

There are lots of groups to thank for recent work at the Chaddesden Park Centre:

- The NCS team of young people helped tidy the gardens and provided a new bench and bird table, as well as raising funds for the centre
- The outside of the building has been repainted with thanks to the community payback team
- Cavendish Park Academy donated a large collection of groceries from their harvest appeal, to distribute amongst our members.

Thank you to all the groups mentioned who have shown practical support for the work of the centre. We really appreciate all the time and effort which will enable the work from this centre to be more fruitful.



Tootsies

Footcare Service

Trimming toenails and filing hard skin may seem like trivial matters for the young, but some older people struggle to care for their own feet and this can lead to more serious foot complications later on. Chief Executive of Age UK Derby and Derbyshire Katy Pugh said: "Footcare seems such a simple thing but when you can no longer manage it yourself it can become a big and expensive problem which affects your self-esteem, mobility and wellbeing and can become an added burden for carers.

Age UK Derby and Derbyshire offers easily accessible clinics across the county where people can have their toenails trimmed and filed. We are also looking for volunteers for various roles who could help at our Footcare sessions

To book a footcare treatment; find out about volunteering or for general enquiries about Tootsies Footcare in your area please ring Age UK Derby & Derbyshire on [01773 766922](tel:01773766922).



Fundraising News

Can You Help?

We are looking for small gifts, (unwanted gifts - bottles of wine - toiletries etc) to use on our tombolas and raffles and we are also looking for volunteers to help us fundraise and run our events. If you could help please contact Angela on: angela.barnes@ageukddd.org.uk or **07745 191777**

Why Do We Need You?

We have had an extremely busy few months in the fundraising department and it doesn't look like stopping there as we approach a very busy Christmas and New Year.

Over the last few months we've had the summer raffle, collections in supermarkets, concerts with the Dalesmen and being named as one of their charities of the year again. We've

been nominated by ASDA at Long Eaton as one of their three Charities for the green tokens for the period between October to December. So please look out for our name if you are shopping in there.

In August we heard that due to our video we had sent to the NCS students, two groups had nominated us as the charity they wanted to support. We were able to link the first group with the Chaddesden Park Day Centre and they helped there with the luncheon club and attended the Ball room dancing session.

They worked in the garden and presented the day centre with a bird house and a garden ornament. They also donated the remainder of their fundraising to the centre (they raised in total around £700).

The second group organised a tabletop sale and a sponsored bike ride

and raised a fantastic £710 which they donated to the charity.

We've also done stalls at Belper Pride and Derby Pride to promote our Vintage Crockery Hire for events. Great days in the sunshine with some lovely people.

On September 28th we had our first family event at Trent College in Long Eaton. We were blessed with good weather and attracted many families who enjoyed the 'Nature Trail' and the delicious cream teas. This was the first time we had organized this type of event and were pleased with the result. We will certainly be repeating next year.





Dates for your

Diary

Confirmed

SATURDAY
7th
DECEMBER
 2019

Dalesmen will sing around the Christmas Tree in the Derby Intu centre. We will

have a collection. **(volunteers needed)**

Duck Race.
 1:30 – 3pm
 Manor Farm
 Recreation Ground,
 Toton.

WEDNESDAY
1st
JANUARY
 2020

www.facebook.com/duckracetoton

Dates to be confirmed:

?
FEBRUARY
 2020

Fashion show.
 (do you fancy yourself as a model?)
 volunteers needed to model clothes.

?
MARCH
 2020

Spring Raffle

SATURDAY
29th
MARCH
 2020

Derby 10K, run
 to raise money for us or sponsor someone who is running!

For any further information about any of these events or activities, please contact Angela on angela.barnes@ageukddd.org.uk or 07745 191777

Thank You for all your support



On **October 1st** we had our knitting event. **'Ann and Arthurs Big Knit 2019'**. We asked people to get sponsored to make Dementia mitts and on the day, we were pleasantly surprised with all of the mitts that had been 'created' and we have raised to date over **£1100**. This is without all the wool we had donated and now selling in the Morledge shop.

The sponsorship is still coming in as are the mitts as we go to print.

We were very grateful to the **Holiday Inn** in Derby for hosting the event. We were also grateful to the **Mayor of Derby** who came along and welcomed everyone.

On October 5th we had a collection along with a **Tombola at Tesco**

in Heanor and were amazed at the generosity and the amount we raised.

None of these events could happen without our amazing band of volunteers and members of staff who turn out regardless of weather. We really could not do it without you.

Thank you.

Canal Vue

Residential Home with Dementia Care

Canal Vue, Awsworth Road, Ilkeston, Derbys DE7 8JF

For Home
vacancies please
contact Fran;
07399 289956
salescoordinator@
eastgatecare.co.uk

- Care Services; Residential, Dementia, Respite, Convalescence, (Nottinghamshire care homes, with Nursing Care)
- Our spacious en-suite rooms are tastefully decorated and furnished
- Fully qualified staff, with 24 hour care & specialist call systems
- The comfortable welcoming lounges overlook fabulous canal side views
- We host regular visits from local GP's, chiropodist, optician, dentist, physiotherapist, hairdresser and religious ministers
- Our meals are home cooked and we cater for special diets
- Regularly organised activities, pastimes and pursuits
- Our priorities are quality care and comfort for all residents



"The carers are excellent - caring, patient and kind, as too are the domestic staff. The lounges are always welcoming and nicely decorated with bright corridors and the home is nice and clean, warm and welcoming. It was a relief that Mum was content here and I can recommend it to others."

Relatives comments.

As recommended on
carehome.co.uk



Also nearby, our popular Nursing Care Home Alexandra House,
at Eastwood Hill Top, Notts NG16 3GP



For home vacancies please contact Fran on:
07399 289956 or email salescoordinator@eastgatecare.co.uk
manager@canalvue.co.uk

Our other Nottinghamshire Homes:
Belle Vue, Mapperley,
Melbourne House, Aspley |
Park House, Bulwell

Full details at www.eastgatecare.co.uk



30 years providing care - 2020



Reading & Home Library



*I met a dragon face to face
the year when I was ten,
I took a trip to outer space,
I braved a pirate's den,
I wrestled with a wicked troll,
and fought a great white shark,
I trailed a rabbit down a hole,
I hunted for a snark.*

*I stowed aboard a submarine,
I opened magic doors,
I traveled in a time machine,
and searched for dinosaurs,
I climbed atop a giant's head,
I found a pot of gold,
I did all this in books I read
when I was ten years old.*

By **Jack Prelutsky**

Jack Prelutsky is an American writer of children's poetry. He lives in Seattle, Washington

Can you remember the books which enthralled you when you were younger? Did you reach into the back of a wardrobe and for a moment hope you would catch a snowflake? Or perhaps you have experienced the joy of helping a grandchild learn to read and having the perfect excuse to read some classics again?

Reading is a pleasure which can transport us to far-away lands, inspire us and give us a pause from busy or stressful lives.

If you love to read, or if you have never been a big reader but would like to get into books in your later life, you can use your local library. Even if you find it difficult to get out to your library you can still access books and audio books using their Home Library Service. It's free (and they don't even charge you for overdue books) and easy to set up. You can use it for a short while perhaps when you are recuperating or for the longer term.

The service is for anyone who can't visit a library and does not have anyone who can borrow and return items for them. This could be due to: disability, limited mobility, illness or caring responsibilities.

When you apply for the service, Derbyshire Libraries will visit you to talk about your needs, and find out what you like to read and listen to. They can then choose books, audio books and other items for you. You can let them know if your reading or listening tastes change at any time. You can choose novels (in standard, large or giant print, hardbacks or paperbacks), non-fiction and audiobooks. Your items will be delivered every 4 weeks at a regular time, either by one of our home library assistants, or by one of our specially trained volunteers. At each visit you can ask us to bring specific books that you want to read though there may be a waiting list for more

popular titles. We deliver to people in their own home, in care homes or in sheltered accommodation.

If you have a family member, carer or friend who is willing to visit the library to choose and deliver items for you then we can offer you a 'friends and family' library card instead.

Benefits include: Up to 24 items, free requests, no charges on overdue books and an 8 week loan period rather than the usual 3 weeks which might help if they can't visit you or the library too often.

eBooks, eAudio, eMagazines offer great reading options. Using a tablet or computer screen can enable you to enlarge the print and make it easier if you find it difficult to hold the weight of a book or turn the pages. If you have the internet at home you may prefer to use Derbyshire Libraries' 24 hour library where you can download free eBooks, eAudio and eMagazines from the comfort of your own home.

If you would like to receive the Home Library Service or know someone who does:
email: ask.library@derbyshire.gov.uk or
telephone: **01629 533444** or in Derby call: **01332 640617**

Remember reading is a great volunteering opportunity. Many primary and secondary schools would welcome a volunteer to provide one to one reading support to a child. You can expect to have security checks and may need to provide a reference before you can start and most schools or clubs will need you to commit to a regular session and follow guidelines about how to help a child learn to read or improve their reading.



Cedar Court provides specialist person-centred nursing and dementia care in a beautiful, central location near Swadlincote.

Cedar Court Dementia Care and Nursing Homes,
Bretby Park, Bretby, Derbyshire, DE15 0QX.

www.cedarcourtnursinghome.co.uk

www.cedarcourtdementiacarehome.co.uk

[01283 211412 / cedarcourt@yourhealthgroup.co.uk](mailto:cedarcourt@yourhealthgroup.co.uk)



The importance of mental and physical stimulation in care homes

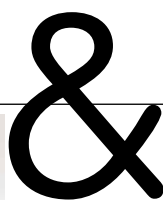
Mental and physical stimulation are absolutely vital as we age, keeping our minds and bodies as active as possible, for as long as possible. These kinds of engagements provide opportunities for continued cognitive and motor development and support, as well as being great fun!



Our residents at both homes enjoy a variety of stimulating pastimes to keep their minds and bodies active, including sensory and pet therapies, reminiscence sessions, arts and crafts, and music and movement. We involve residents in the planning of activities, making sure there's always something for everyone. The homes regularly host events and entertainers, and we encourage members of the local community to come in and get involved.



Residents at both homes have access to landscaped gardens, which have been designed with their needs in mind. Different textures, colours and fragrances, as well as visiting wildlife stimulate the senses and inspire residents to reap the benefits of time spent outside.



Technology can be a great help in living well with long term conditions or helping to care for someone living with issues like poor mobility or memory loss.

One of our Information and Advice Service clients called us to say how much his google home assistant had helped him care for his wife. Unlike him his google pod didn't mind how often she asked what time it was! But it had also helped their relationship as he could easily distract her with a new tune from deeply remembered hits from her youth.

There are lots of ways technology can help in our daily lives, and you don't need to be very 'techy' to use simple devices set up to address a specific task.

As an example memo reminders can really help reduce the chances of a crisis when medication is missed, a door is left unlocked or you go out without your keys.

For example there is a simple gadget which has a motion detector that senses movement and plays a personalised message in a relative's voice. For example, when placed at the front door, it reacts to the movement by the door and plays the message: 'Mum, don't forget your keys.' You can also use this kind of gadget to record a short message to remind you of the day's tasks.

Of course gadgets to help with everyday life don't have to be expensive or high tech. Medication boxes for example can be a real life saver. Simple daily or weekly dispenser boxes can help set out medication into individual sections for that day and up to four times each day. Using them can help provide reassurance because you can check whether the medication has been taken or not very easily. In the event of becoming unwell carers or emergency services can also see whether and when medication has been taken which can help them provide treatment quickly and with confidence. Dispenser boxes can also help reduce the clutter of medication boxes which so often make older people living with long-term conditions feel depressed or anxious. Once the week's tablets have been set out into the dispenser all the clutter of boxes can be put safely away stored at the right temperature and the neat dispenser put somewhere easy to find and safe out of the way of visiting grandchildren or pets. Simple dispenser boxes cost just a few pounds and can be bought from most chemists. Dispensers with timed reminders cost more but can be particularly helpful with memory loss and can be bought online. If medication is part of your life, or someone you care for, a medication dispenser can make a multiple times a day worry much easier to manage.

Age UK have some great guides about living well and advice about how to choose the right product. Remember don't be scammed into buying products you don't need and always shop-around for the best product and price.

The Which consumer guides offer independent information and examples of products. <https://www.which.co.uk/older-life-care/home-care/dementia/memory-aids->

New shops

Over the last few months, we have opened up two new shops: one in Matlock Bath and one in Derby City Centre.



The new shop in Matlock Bath, called 'Love Me Again', is part of the Riverside complex on the A6. There is lots of vintage style clothing, toys, books, DVDs, items for the home and much more. The staff and volunteers have been working hard and especially during the Matlock Bath Illuminations, where the shop has been open till 8 every weekend in September and October. To find out more about the shop and its opening times visit www.facebook.com/AUKDDLoveMeAgain



In Derby, the new shop is in our existing building on the Morledge. The shop opened at the start of October and is already popular with shoppers looking for a bargain book, item of clothing or DVD among lots of other items. We continue to operate the Information and Service for the Derby area from the same building, but appointments are required or you can talk to an advisor over the phone on 01332 343232. www.facebook.com/AUKDDDDerby

We still need volunteers to help with the running of both of these shops and also to help in our Information and Advice service. So if you are looking to work with a great team of people in a role that supports older people in Derby and Derbyshire, then please speak to the shop managers or contact us on 01773 766922 or email administration@ageukdd.org.uk



ASHMERE DERBYSHIRE

Local care home group recognised as an outstanding employer



Ashmere Derbyshire is a group of eight homes based in Derbyshire, specializing in residential, nursing and dementia care.

Our ethos is “caring for your family as if they were our family”

With an array of activities happening throughout the day there is always some thing to keep you entertained

Recognised by CQC as a good provider with the investors in people standard, skills for care endorsed training and the gold standards framework end of life award, Ashmere provides quality care for a range of needs.

Feel free to pop in and have a look around.

Heanor Park opening December	01159 346090
The Firs care home with nursing	01773 743810
Codnor Park care home	01773 741111
King William care home	01773 748841
Smalley Hall care home	01332 882848
West Hallam care home	0115 9440329
Kidsley Grange care home	01773 769807
Valley Lodge care home with nursing	01629 583447

01773 747044 | derbys@ashmere.co.uk

FREE
PATIENT EVENTS
THROUGHOUT THE YEAR



No waiting lists

We won't keep you waiting

At Nuffield Health Derby Hospital you don't need private medical insurance, you can just pay for the treatment as and when you need it.

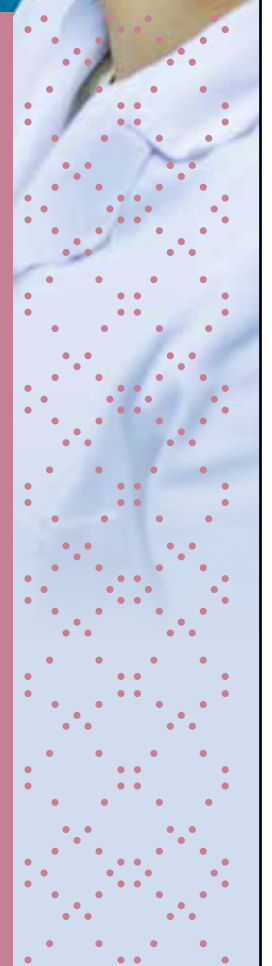
We're open to everyone and our treatment prices are all-inclusive*, covering everything from your procedure through to recovery.



Call **01332 898 202**

Visit nuffieldhealth.com/hospitals/derby

*Initial consultation(s), diagnostic scans/tests and investigations required to establish a diagnosis are not part of your procedure price.



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