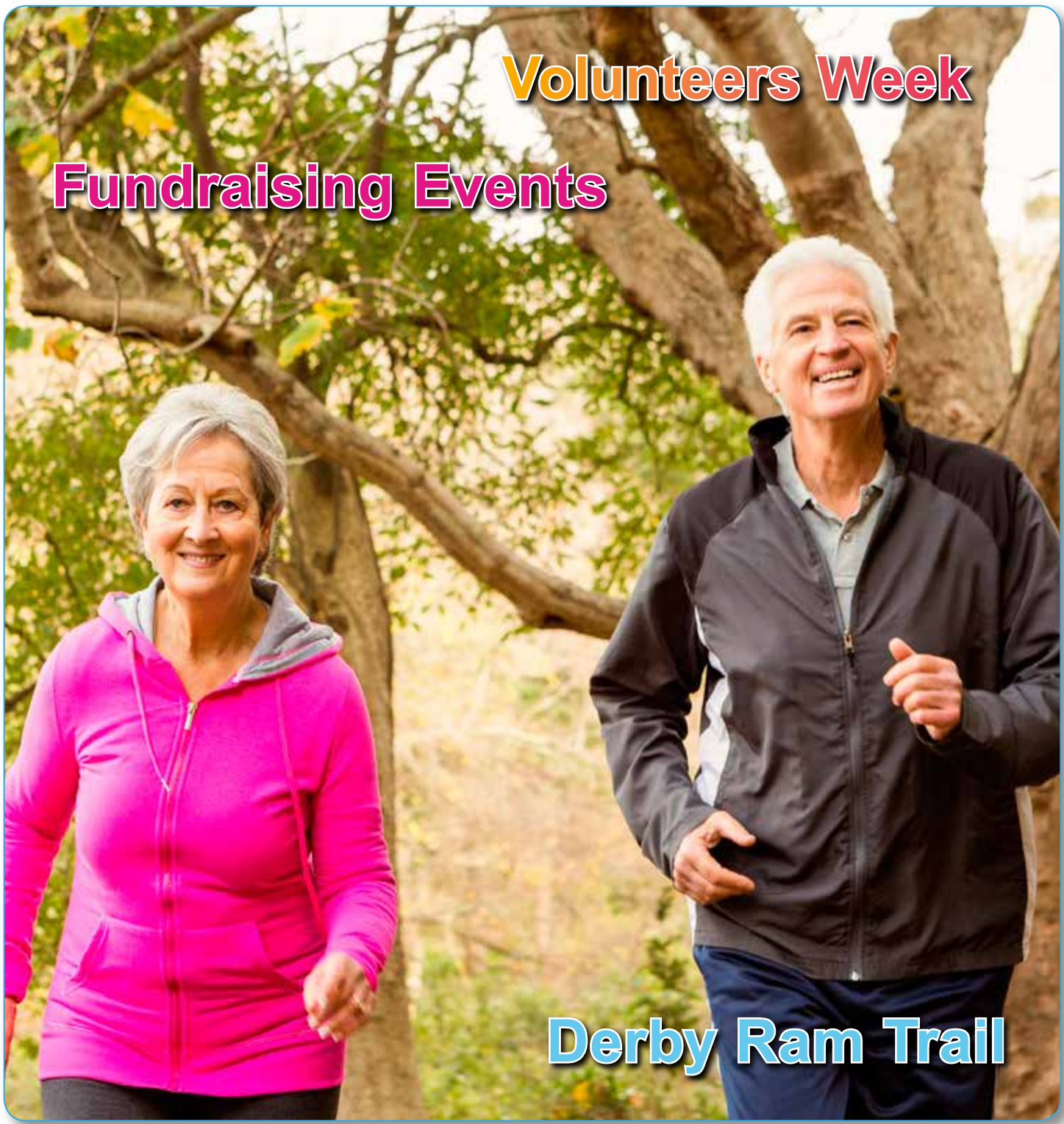


FREE
Please take one

Summer 2021 **EngAGE**

Volunteers Week

Fundraising Events



Derby Ram Trail

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NHS HEROES

Thank you

Age UK Derby & Derbyshire and the publishers, Lance Print limited, would like to thank The NHS and all Key Workers and volunteers.

Meet the team...

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Printer

Lance Print Ltd.
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from the Editor ...

Welcome to the Summer edition of our EngAGE magazine.



It's been a busy springtime at Age UK Derby and Derbyshire with lots going on including the long awaited reopening of our shops and we've all enjoyed seeing our customers once again. There is a full retail update in this edition where you can find out more about our retail activities.

One of the most exciting development is our new furniture and household shop which is being developed on Wiltshire Road, Chaddesden. The long awaited opening of our shops ready to sell donated furniture items and will also be relocating our warehouse team there too. It's a new venture for us so we are all excited about getting the shop ready to open and becoming part of that local community.

The fundraising team have been busy selling tickets for their summer raffle and arranging events for the next few months which will hopefully be able to go ahead in line with the current Covid guidelines. Have a read about our upcoming events and see if there are any you would like to attend.

At the start of June we took some time out to recognise our fantastic volunteers as part of Volunteering Week. We've featured a few of our volunteers in this article but we would like to thank everyone who volunteers with us, your efforts are much appreciated and we couldn't do all we do without you so thank you.

Following on from our spring edition of **EngAGE** there is an update on our Symbol of Hope, New Beginnings campaign which our Falls team created alongside Radio Derby. There are some great pictures of daffodils which have been sent in to us as part of this project.

As we move in to summer and hopefully see lots of warm sunny weather we've got some tips on how to cope in a heatwave. These are simple steps to help you stay cool and feel comfortable when the temperatures raise outside.

I hope you enjoy this edition of **EngAGE** and the updates on our services.

If we can help you with anything just get in touch on **01773 766922**.

Lizzie

Lizzie Reynolds Editor

Chaddesden Par

It's been a busy few months at the Chaddesden Park Centre with the return of some normal activities.

At the start of April, Darren our maintenance man ably assisted by Steve, one of our volunteers, took some time out to decorate the inside of the centre in preparation for a return to indoor activities. Our first open air coffee morning and takeaway lunch of 2021 was held on 15th April and it was great to see the diners back enjoying catching up, smiling and have a good time. Lunches were delivered out to homes to those who couldn't be there.



k Centre Update

The open air coffee mornings and takeaway lunches have ran for a few weeks with great success and with lots of local people getting to enjoying some normality once again.

On 20th May we were able to run our first indoors lunch club in a very long time with 15 pre booked diners all seated inside the Centre.

The indoor dining went really well and we hope that this is the beginning of us being able to return to indoor events.

At the lunch club on 3rd June it was a chance to recognise the wonderful volunteers at the Chaddesden centre at to present them with their certificates.

There was also an 80th birthday celebration for our long serving volunteer, Maureen Ford. Thanks to Jonathan, Rob and Jerry the local councillors for all their support with these events.

As we move in to summer with the better weather and longer days Di, who runs the Chaddesden Centre, will be making the most of the outdoor space and offering as many events as possible to her lunch club members.



fundraising

EngAGE

A few event dates may have changed due to the Government's roadmap out of lockdown but the Fundraising Team are looking forward to resuming their full calendar of events.

Our Coffee Club Members came out in force after shielding for so long and were excited to meet up again, at our "Welcome Back" Fish and Chip Luncheon at the Derby Conference Centre on 25th June. Kindly sponsored by Michael Key's Garage and Simpsons.

It certainly was a great celebration and a chance for them to catch up with old friends and socialise together again. We hope to then return to our usual monthly Coffee Morning Club at St Peters Church from July.

Our much anticipated "**Brunch with Bubbles**" was a big success it was held on Sunday 4th July at the Makeney Hall Hotel. It was a wonderful opportunity to enjoy a delicious breakfast and glass of prosecco. We are delighted to report the event raised £525 for the charity.

Our special gratitude to Linar for their continued support. And once again they have kindly ordered over 600+ raffle tickets. In addition their maintenance team had a collection and bought a further 38 tickets! Our thanks also to Currys PC World at the Meteor Centre in Derby for not only adopting us as their charity but they have offered their support in many ways and are also selling raffle tickets, to colleagues, friends and family.

Our **Summer Raffle** was drawn on 6th July at Heanor Office.

Our Summer Raffle has been a great success with a brilliant range of prizes for the lucky winners which include, 'A Spa Day', 'A Champagne Breakfast for Two', "A Treat Hamper" and much, much more!

Our thanks must go to each and every business BELOW that kindly donated prizes for the Summer Raffle:

Experience Days, Morley Hayes Hotel & Golf Club, Makeney Hall Hotel, Gulliver's Kingdom, Comedy Funhouse, Jessica Meghan Cakes, The Black Cat Bakery, Art Biscuits UK, Sweet As Fudge Derby, A Spoonful Of Sugar, Passion Flowers and Tropic with Polly.

Our first **Fashion Show** was a fantastic evening enjoyed by all so we are looking forward to holding it again at Holiday Inn Derby Riverlights on Wednesday 4th August. Tickets are only £6.50 per person which also include a glass of wine and nibbles. You can enjoy the catwalk show or be a model on the catwalk for the evening and enjoy some retail therapy with fantastic high street and designer clothes at discount prices. We are so grateful to Medoc at Nottingham for sponsoring this event.

The first of our **Family Days** will be an Afternoon Tea Event at Yew Lodge Hotel on Sunday 1st August. This will be a wonderful day out for everyone to enjoy. We have Eddie Young Magic attending who will be entertaining the little ones with a Magic Show, Circus Skills, Games and a Disco. Followed by activities including face and nail painting, a Treasure Hunt and a special treat for the grown ups with a Mum & Dads' Raffle. So come and join us and have fun.

Our big event this autumn is our **Family Fun Day at Trent College** on Saturday

25th September. Bring the family and enjoy walking in the grounds of the college where there will be a bouncy castle, hot dogs, ice cream, dance performances for the children and plenty of other stalls to browse around for the adults. All in all it will be an excellent day for the whole family!

Our thanks to Trent College Staff for their help and support once again this year.

During the summer you will also find us at Kilburn, Denby and Horsley Carnival (7th August), Derby Pride (4th September) and Long Eaton Carnival (Saturday 18th September). The 10K will be back in October too and we will be able to confirm the date soon. Please get in touch if you are interested in running for us!

For any further information about our events please don't hesitate to contact the fundraising team on **fundraisingteam@ageukdd.org.uk** or call **01773 766 922**.

A fundraising


Thank you

to:
Linear
Michael Key's Garage Long Eaton
Curry's PC World Derby Meteor Centre
Simpsons Solicitor's Derby
Barron McCann
Ray Gumbley Photography, Draycott.



Martin Thurley, Group Managing Director and Sue Davenport, Group Marketing Director at Linar Limited with their certificate for ongoing support of Age UK Derby and Derbyshire.

Avoiding Heat-related Illness



Although this article is being written in a cool spring, by the time you read it, we may be experiencing a heat wave! One of the guides produced by Age UK is "Staying cool in a heatwave: Tips to keep you cool when its very hot". It gives loads of great tips on how to stay well in the hot weather, including looking after your skin; Sun exposure and vitamin D; dehydration and overheating; heat exhaustion and heatstroke.

Here is the section about avoiding heat-related illness:

- Although some direct sun exposure is essential for the production of vitamin D avoid spending long periods outside during the hottest time of the day, which is from 11am to 3pm. If you do go out, wear a broad-brimmed hat and stay in the shade as much as possible.
- If you're travelling by car or public transport, always take a bottle of water.
- Avoid strenuous activity and limit activities such as housework and gardening to the morning or evening.
- When inside, try to stay in the coolest parts of your home. Keep curtains and blinds closed in rooms that catch the sun and remember that lights generate heat so turn them off. Keep windows shut while it's cooler inside than outside. Fans can help sweat evaporate but they don't cool the air itself, so don't rely on them to keep you well in the heat.
- Wear loose, lightweight, light-coloured, cotton clothing.
- Splash your face with cool (not very cold) water or place a damp cloth on the back of your neck to help you cool off.
- Drink lots of fluid. Aim for 6 to 8 glasses a day, more if it's very hot. If you usually rely on drinks with caffeine in them, limit these and have water or decaf drinks instead.
- Avoid alcohol, as it can make dehydration worse.
- Eat normally – even if you aren't hungry, you need a normal diet to replace salt loss from sweating. Try to have more salads and fruit, as these contain a lot of water.
- Speak to your GP or pharmacist about how your health or medications may be affected by extreme heat. Check the storage instructions of your medicines – most need to be stored in a cool area, and away from direct sunlight.



The guide is available on www.ageuk.org.uk or you can call us on **01773 766922** for a copy.

Derby Ram Trail

If you've been in to Derby city centre recently you may well have noticed an array of brightly coloured rams have appeared across the city centre.

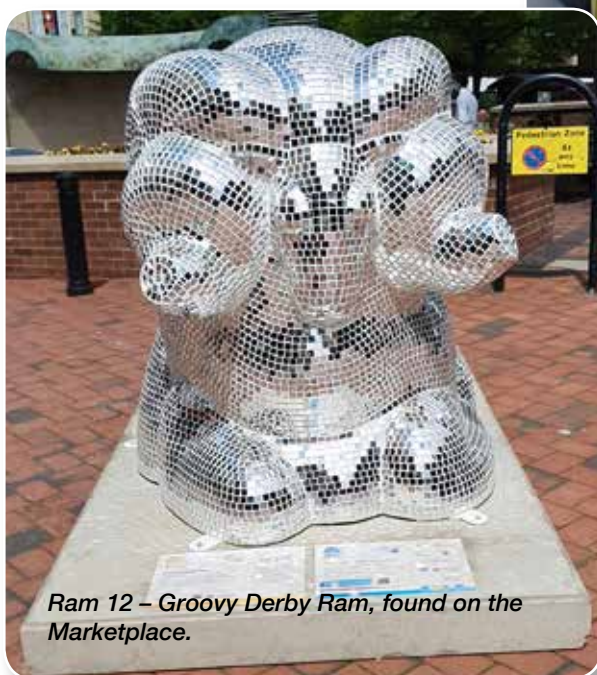
From 27th May to 22nd August 2021 the Derby Ram Trail is a free discovery trail bringing 30 uniquely painted 5ft ram sculptures to the streets of Derby. The rams have been designed by local artists often in partnership with local businesses and charities. The rams are all themed in some way whether it be taking in Derby's local industry or just depicting a rainbow.

You can get hold of a trail map from the Derby Museum and Art Gallery, Museum of Making or Derby Sales and Information Centre. There is also an app, Derby Ram Trail app, which has a map of all the locations and information on each ram's design.

The rams are spread across the city so it might be advisable to visit a few at a time unless you are feeling up to a long walk!



Ram 8 – Derby Industries, found on Cathedral Green



Ram 12 – Groovy Derby Ram, found on the Marketplace.

To find out more visit the ram trail website:
<https://derbyramtrail.org/the-trail/>

Retail Update

Since our charity shops reopened on 12th April it's been a busy time for the retail team. The shop teams are busy getting back in to the routine of being open and keeping the rails and shelves stacked with new stock.

Some of the shops have been working hard on their fundraising efforts too. Jennie at the Micklover shop did a sponsored silence and managed to raise an incredible £502.22! Well done Jennie! Alice, Manager at the Bakewell shop, did a 10K walk on Saturday 29th May from Birchover to Bakewell with her sister Amy, partner Ben and Toby the dog. Many thanks to everyone who supported Alice and sponsored her.

We have been delighted by the amount of donations we've received and are grateful to everyone who has dropped their donations off to us. We did a stock collection at the Whitworth Centre on 5th May and came away with lots of lovely donations to keep our shops full for a while. Most shops are accepting donations as normal but if you wanted to check your nearest shop is able to accept your donation on the day you want to go please give them a call. All our shop phone numbers are available on our website.

Our shops wouldn't be able to open as much as they do without our fantastic volunteers. We really appreciate all the help we get from our volunteers and the work they do in supporting our Shop Managers. Volunteering in our shops is a good opportunity to meet

new people, gain retail experience, get out of the house for a bit and help us to raise funds for our work. If you are interested in volunteering in one of our charity shops please contact us at **administration@ageukdd.org.uk**

Our biggest retail news is our new venture, a furniture shop based on Wiltshire Road, Chaddesden. We have taken on a large retail unit in what used to be the Blue Boy pub and are in the middle of completing the renovations to create a fantastic new furniture and clothing store. This is an exciting time for us as we've not had a furniture store before and we are really looking forward to getting the doors open and selling some of the great furniture pieces that have been donated to us.



EngAGE

We are also relocating our warehouse to Wiltshire Road so that space is being prepared for use as well. Phil runs our warehouse team and is responsible for sorting stock and delivering it out to our shops. We are fortunate to have two warehouse volunteers, Paul and Andrew, who help Phil with this work. We are always looking for more people to join the team.

Once all the renovations are completed at Wiltshire Road we will

be opening the shop selling furniture and some clothing. We are looking to sell good quality used furniture items that we are lucky enough to have had donated. If you have any items of furniture you no longer require and would like to donate them to us please contact us on **01773 766922**.

Our intention is for the Wiltshire Road shop to really benefit the local community and we will be looking at how we can do that in the coming weeks. We will also be looking for

volunteers to come and help in the shop, arrange room settings, work the till, sort stock in the warehouse and even drive the van. If this is something you'd be interested in please contact us on 01773 766922.

We keep our website and Facebook page updated with our news so please check those out for information on when our new furniture store will be open for business.



Sensible Solutions

Launches Innovative 4E Learning Service

Sensible Solutions, is a care and training consultancy based in Derbyshire and Hertfordshire, owned and run by Cecilia Harris and Heather Shaw. The consultancy is launching 4E Learning (Educate, Enhance, Elevate, Enable) dedicated to improving the quality of life for people who rely on the support of others, whether in residential care, day services or being cared for at home.

It is a new and innovative service, at a realistic cost, delivering training designed to enhance the lives of people with learning or physical disabilities, mental health issues, dementia, and for staff working in end-of-life care services.

4E Learning promotes individualized, person-centred care. Workshops focus on maintaining the interests and hobbies of people in care by providing staff with specialist skills in many subjects such as therapeutic horticulture, IT, music and movement and arts subjects including poetry and literature. Cecilia and Heather would also welcome discussions specific to an individual's particular interests.

Training is delivered by experienced tutors, who possess an empathic vision of improving lives of people needing care.

Cecilia said 'We are particularly proud of the hand massage training and Introduction to Aromatherapy workshop which has become extremely popular. These skills are particularly useful as an aid to calm anxiety and agitation.'

Heather added "It's been difficult trying to launch a new service in the midst of COVID but we are able to offer training over Zoom in the meantime and we look forward to offering face to face sessions in the future."

Heather and Cecilia have a unique approach, friendly supportive and very 'hands on'. Using their years of experience and knowledge they are quickly able to understand the needs of the service and create a bespoke plan. They are skilled at building and empowering the staff team, leaving a legacy of expertise and confidence.

They have kept their costs competitive.

Ring them today for a friendly chat about how they could help you on:

Cecilia - 01629 760127
Heather - 01923 855972

Or take a moment to link onto their website: <https://www.sensiblesolutionsconsultancy.co.uk/>



BBC Radio Derby and Age UK Derby and Derbyshire Symbols of Hope

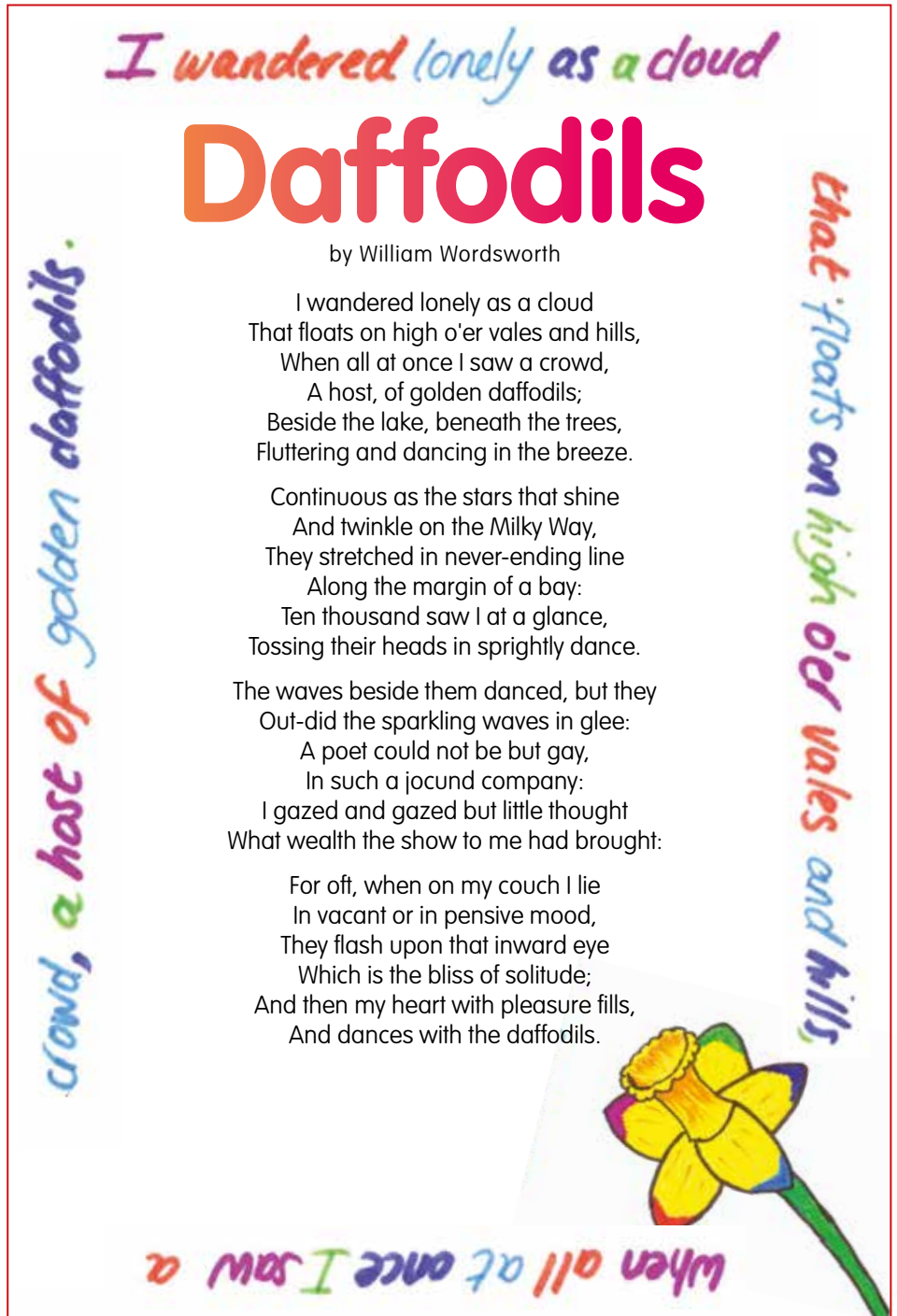
You may have noticed daffodils springing into life across Derbyshire throughout March and April – and not just in the verges. In response to the BBC Radio Derby 'Daffodil in your Window' campaign, Emma Richards of our Strictly No Falling team designed a bright and striking postcard as a symbol of hope accessible to all!

Hundreds of the postcards, featuring lines from the famous Wordsworth poem, have been distributed across the county to our service users and communities. We invited recipients to get creative, producing their own daffodil inspired artworks, and the response has been superb.

Nandina Mason, a local artist who contributed her artwork to the campaign said...

The act of creating something whether it's pottery, photography or a painting has become a way of life. When I heard about the 'New Beginning' campaign I thought what a lovely way to share my talent and give a little hope to what had been a sad year..... I painted some daffodils and hung that painting in my front window hoping to bring a little hope into 2021..... Many thanks to all the organisers.

Postcard designed by Emma Richards from the Strictly no Falls team.



Thank you to everybody who got involved. We had a great response to the campaign, many lovely crafty creations and pictures of you holding the daffodil postcard were sent in, see our collection of pictures below.

If you'd like to request a postcard as a memento of the spring following a challenging year for people across Derby and Derbyshire, please call our office **on 01773 766922** Or email **adminstration@ageukdd.org.uk**



Daffodil Campaign



Daffodil Campaign continued

Please send your daffodil pictures to: administration@ageukdd.org.uk



Volunteers' week

Volunteers' Week takes place between 1st-7th June every year and is a time to recognise and thank volunteers.

Volunteers are massively important to us at Age UK Derby and Derbyshire as they support many of our services; working in our charity shops, cooking lunch at the Chaddesden Park Centre, helping out in our warehouse sorting stock, getting our new Wiltshire Road shop ready to open, Befriending, careline calls, supporting our fundraising activities, undertaking our PAT testing and taking Information & Advice calls.

During an exceptionally difficult year we really do appreciate those who have taken the time to volunteer for us and help our charity. There were lots of thanks you given to our Volunteers during the week and the photos show some of those who volunteer for us.

Donna, volunteer at Wirksworth



Carl, one of our volunteers at Belper.



Gloria, a volunteer at Mickleover shop

Volunteers' week continued

Jack, a volunteer at the Alfreton shop.



Jacque, our volunteer at Clay Cross shop.



Bakewell shop Volunteers' Week display

Our retail team did a great job of recognising their volunteers by putting together some fantastic shop window displays:



Duffield shop window



There were presentations to the volunteers to say thank you. At the Chaddesden Park Centre the local Councillors came down to make the presentations.



Due to the pandemic some of our volunteers haven't been able to help for a while and are only just returning back to us now, to those people we would like to say a big 'welcome back' and thank you for coming back.

Our retail team spent some time looking at the reasons people give up their time to volunteer.

The most common reason over all for volunteering is wanting to improve things or to help people. But there are lots of other reasons to volunteer, too, including wanting to meet new people, improve social skills or work experience, have a reason to get out of the house or just wanting to try something new.

We are always looking for new volunteers to come and work with us. We can find lots of different roles for volunteers, it could be making phone calls as part of our Careline service, befriending, helping to make the lunch in Chaddesden or working in one of the charity shops. We will definitely be looking for new volunteers to come and assist in our new Furniture shop on Wiltshire Road, Chaddesden when it opens.

If you are interested in getting involved then give us a call on **01773 766922** or email us at **administration@ageukddd.org.uk** or drop in to one of our shops and have a chat with us about it, we'd love to hear from you!



At our Heanor shop Angie Lane, Retail Manager, came to present Linda with her volunteer's certificate.



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or contact the home manager



"The staff at Canal Vue are always wonderful with Mum, so friendly and willing to help, especially during the Covid situation, where they have always made sure that she is safe and happy. Zoom chats with me, have been brilliant & it's lovely being able to see her smiling and looking so well: little things like having her hair brushed especially for the chat, help her maintain her dignity. Her room is always clean and tidy and there lots of activities for her to take part in. All in all, I'm so pleased with Canal Vue"
Current relatives comments



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For home vacancies call enquiries on: **07399 289956**
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Our other Nottinghamshire Homes:

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Park House, Bulwell

Full details at www.eastgatecare.co.uk



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