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Spring 2021 **EngAGE**

Careline Service

Self Care Tips



New Hope New Beginnings

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Over 30 Years providing care - April 2021

Meet the team...

Editor

Lizzie Reynolds
☎ 01773 766 922
✉ lizzie.reynolds@ageukdd.org.uk

Age UK Derby & Derbyshire

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

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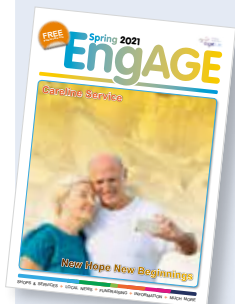
Laurence Rowe
☎ 01536 334218
✉ laurence@lancepublishing.co.uk

Publisher

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

Printer

Lance Print Ltd.
☎ 01733 390 564



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from the Editor ...

Welcome to the Spring edition of our EngAGE magazine.



This week has been freezing cold and it sometimes can feel like Lockdown will never end but of course we know it will. Today the news has broken that 15 million people in the UK have now received a Coronavirus vaccine. Perhaps you are one of them and you may even be going for your second dose in the near future.

Spring is now upon us, the temperatures are rising and the days are getting longer. Hopefully during April we will all get to enjoy some sunshine and more time outside.

One of our current campaigns led by our Strictly No Falling team is the New Hope, New Beginnings campaign which they are running alongside BBC Radio Derby. The idea is to put a daffodil in your window as a sign of hope and of better times to come. We hope many of you will get involved and do this, read more about it on page 8.

This issue of EngAGE features many of our services; Information and Advice, the Chaddesden Centre and Careline. Alongside updates on our Fundraising and Retail activities. Hopefully you will enjoy hearing about some of our recent activities and what we've got planned for 2021.

Katy Pugh, our CEO, has written a piece all about self care and making sure we take time for ourselves. The sentiment of making sure we are okay to enable us to be able to care for others is really important especially in these testing times. Finding the time and head space to focus on ourselves for even just half an hour can be very beneficial.

I hope you enjoy this edition of EngAGE and that offers you some positivity and hope for better times to come.

Lizzie

Lizzie Reynolds Editor



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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.



Careline Service

Unsurprisingly, the Covid pandemic has really highlighted social isolation, especially among older people. We have seen an increase in demand for our Careline service, which is a telephone befriending service that operates in the Erewash area of Derbyshire.

People who used to go out to a lunch club once a week ... people who used to enjoy the social interaction of popping to the shops ... people who would have an outing to the garden centre or pub lunch with family ... When people have been encouraged to stay at home, especially older people who are most at risk of severe ill health from Covid, the days can seem very long.

We have around 45 older people who receive a weekly phone call from a volunteer for a chat, and have 10 volunteers who make the calls from their homes. People who receive calls really appreciate that someone has taken the time to give them a call and listen to them. Some of them receive a call from more than one volunteer, but our capacity to be able to offer this is very much reliant on having enough volunteers!

Since autumn of 2020, we have been working with Trent College, whose older students, aged 16/17 carry out some community activity. With Covid meaning that face-to-face volunteering opportunities were not possible, they were interested in ways that we could work together to support older people remotely. As Careline is a telephone service, it fitted the bill perfectly, and in November, after a training session, students made their first calls to 16 older people who had said they'd like a call from a young person in addition to their regular caller. A few more students then wanted to join in, encouraged by their friends who were enjoying it. A couple of students that wanted to be involved were unable to attend the regular session when the calls were made from school, so they are writing letters – people love these, as they can read (and re-read) them when they need a little pick-me-up.

At the time of writing, school closures mean that the phone calls need to go on hold again, but students will hopefully use the time to write letters to the people they've been calling.

We now have 10 students participating, and both students and older people alike seem to gain hugely from the contact with another generation.

One lady said she “enjoys talking to a young one and listening to what they are doing, it makes a nice change and also enjoys reading the letters”.

Some of our Careline service users would ordinarily be unable to get out and about due to restricted mobility. Covid restrictions have not necessarily had the same impact on their daily life as they have to people who are more mobile, however they may have seen less people locally. For these service users, the weekly call has always made a huge impact and helped to reduce their social isolation. One good thing that has definitely come out of this pandemic is that people have more empathy with those for whom life has not really changed much in the last year. The whole population is now much more aware of how hard it can feel being lonely and many people are now engaging in different ways to try to reduce the feeling of isolation for older people in Derby and Derbyshire.

For more information about our Careline Service, please call
01773 766922

or email
administration@ageukdd.org.uk



Chaddesden

Our Chaddesden Park Centre might be closed for now but it's still a hive of activity with Di Cliff co-ordinating all the activities that go on there. The lead up to Christmas was a particularly busy time for Di and her volunteers as they were busy making lunches throughout November and December for the regular lunch clubbers and delivering them out to them at home.

The week before Christmas, we received some brilliant reverse advent calendar boxes from the Derby Cathedral School which the Year 8 children had put together. These were



shared out amongst local residents who use our Lunch Club and helped to spread some Christmas cheer.

The Gatepost Theatre Company were on hand to help us out yet again and took some time out just before Christmas to go carol singing, in a socially distanced manner, at the homes of some of the Lunch Club members and Volunteers. We are extremely grateful to the Gatepost Theatre members for all their support

and work throughout 2020 and look forward to more events with them in 2021.

Christmas Eve lunch was provided for some of the Lunch Club members by Josie from the Just One More Café in Spondon. The members loved their lunch and we are thankful to Josie for offering her support to our members. On Christmas Day itself Di and the team of volunteers at the Chaddesden Centre prepared all the lunches and



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Park Centre

these were delivered out along with Christmas gifts donated by Katherine's Coffee Shop and Gifts located in Chaddesden. One of the local Chaddesden ward Councillors, Jonathan Smale, also came along to help out. Asda Spondon made a generous donation to the Christmas lunches by providing us with a Feeding Communities Grant. Another noteworthy mention must go to The Crest of the Wave takeaway on the Market Place in Heanor who donated all the potatoes for the Christmas meals and helped us save time by peeling them through their rumbler.

Following on from a very busy festive period, Di is once again organising lunches for our members to enjoy at home. Matt Taylor from the YMCA has been helping Di along with her dedicated team of volunteers; Anne, Barbara, Sharon, Pete, Pat, Ann and Maureen.

Looking forward to the rest of 2021 Di is hopeful of running some outdoor events as we move in to the warmer months. Our friends at the Gatepost Theatre would like to run the postponed VE Day Concert and if possible another 'Chadstenbury' event!

We've received a grant from the WGB Foundation which will be put towards a Marquee to enable the Chaddesden Centre to run more outdoor events this year. Most of all Di can't wait to throw open the doors of the Chaddesden Centre once again and put the kettle on for everyone - let's hope it isn't long before that can happen.

Our Chaddesden Centre is very well supported by the local community and for that we are very grateful, here are a few thank yous we would like to make:

- Jude Cliffman and the support from Gatepost Theatre
- Matt Taylor at the YMCA for helping to cook lunches and deliver them out
- ASDA Spondon for the Feeding Communities Grant
- Josie at the Just One More Café in Spondon and Adam Wisdich for helping with deliveries
- The Crest of the Wave Takeaway in Heanor
- Katherine and her team at Katherine's Coffee Shop and Gifts in Chaddesden
- Derby Cathedral School for their reverse advent calendars
- The Chaddesden Ward Councillors, Jonathan, Rob and Jerry for their ongoing support
- The local Public Protection Officers, Carrie and Rashpal
- The PCSOs in Chaddesden
- Our own dedicated volunteers; Maureen, Pat, Pete, Anne, Ann H, Sharon and Barbara
- Angie Lane and Darren Martin for their support throughout 2020.
- The Whitworth Centre
- Both the Co-Op stores in Chaddesden



New hope, new beginnings



Alongside BBC Radio Derby, our Strictly no Falling team have been promoting the New Hope, New Beginnings campaign. The idea is for people to create daffodil themed creations to put in their windows as a symbol of hope and in anticipation of brighter days ahead in 2021.

The Strictly no Falling team have created a postcard which has been

sent out to service users to encourage them to get involved. The campaign has been promoted on BBC Radio Derby, by Jo Briggs and Emma Richards from our team and we will share images of daffodils we receive on our social media pages.

Hopefully over the coming weeks you will get to see the daffodil creations in windows in and around Derby and Derbyshire.



Heanor Park

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A Global Pandemic will not

Unfortunately the Coronavirus restrictions meant many of our events in 2020 could not go ahead. Whilst we may be in Lockdown now we are planning our 2021 events in the hope they may be able to go ahead. All our events are planned with the best intentions however plans may have to change in accordance with the latest Government guidance. Any changes will be posted on our website and on our Facebook and Twitter pages.

Our Sparkling Brunch was due to take place in December, however we are pleased to confirm the new date of **Sunday 4th July**. It will be a fantastic celebration to look forward to at Makeney Hall Hotel. The good news is that since we had so many people wanting to come we will now be using a larger room and can offer more places. Enjoy brunch for £17 per person or £22 to include Prosecco. What a great way to welcome Summer 2021!!

Although our signature Duck Race couldn't take place this year we have gratefully received donations from the local community in its place. We will be back bigger than ever on **1st January 2022!**

Whilst we couldn't meet to dance in person for our Zumba class, the instructor agreed to hold it online for us instead on Friday 29th January and raised a fantastic £95 for the charity. A new event for us but will hope to repeat this event later in the year. We are so grateful to Lisa who is the Instructor at 'Zumba Derby', She has been very supportive of Age UK Derby and Derbyshire and kindly donated her time. Watch out for news of our next Zumba event and please join us... a great way to get fit!

Another brand-new event for 2021 will be a Family Fun Day with Afternoon Tea at Yew Lodge on **Sunday 1st August**. With a Mums and Dads Raffle, Magic Show, Balloon Modelling and fun activities which will include 'Guess the name of the Bear/ Football Team' and a Tombola. It will be a lovely day for the whole family; afternoon tea for the adults and happy, entertained children.

We are hoping to hold a celebration for our regular Coffee Morning Club members and we will be inviting them all to a Fish and Chip Lunch at Derby Conference Centre. This is a free event for our members with all the costs being covered by Rights Legal Group and Michael Keys Garage at Long Eaton. It will be wonderful for them to finally meet in person again and celebrate the 11th anniversary of the club which was originally started by Ray Gumbley, who we are hoping will be our guest of honour!

A **Fashion Show** will take place on **Thursday 15th July** at 7pm at the Holiday Inn Riverlights Derby (adjacent to the bus station.) Why not take the bus and enjoy a glass of wine while watching the models strut their stuff on the catwalk? All high street brands plus French and Italian designer wear. There will be an opportunity to buy any of the clothes on display at below high street prices or perhaps you will just prefer to enjoy the evening with friends.

Long Eaton Carnival is due to take place on **Saturday 18th September** we will have our usual stalls and this year for the first time have been asked to organise the parking. This is usually a huge event and with our stalls and the car parking it promises to be a great fundraiser for the charity. We do need extra volunteers for the day though. Ideally we would like people to volunteer to help with the stalls or the parking for perhaps 2-hour slots... so still time to enjoy all of the wonderful attractions and stalls at the event.



Don't stop our Fundraising Team!

The Derby 10K arranged by Derby County Community Trust has just this week been postponed until October 2021. We are recruiting runners now and your place for the run will be complimentary providing you commit to fundraising for us, no matter what the amount! We already have a team of runners and we would love for anyone else who wants to take on the challenge to join us!

There are many more ideas we have in the pipeline for 2021. We hope to be at our usual events- Trent College in September and Derby and Belper's Pride in the Summer. Our Summer Raffle will hopefully be just as successful as our winter one too with some brilliant prizes already lined up.

If you would like to help at any of our events or for more information please contact the fundraising team on **01773 766922** or email **fundraisingteam@ageukdd.org.uk**.

Dates for the Diary:

- 4th July** Brunch at Makeney Hotel
- 6th July** Summer raffle drawn
- 15th July** Fashion Show Holiday Inn Riverlights Derby
- 1st August** Family Fun Day at Yew Lodge Hotel
- 4th September** Derby Pride
- 18th September** Long Eaton Carnival
- 25th September** Family Day at Trent College



Fundraising Events and Key Dates for Spring 2021

Whilst we appreciate all events are subject to Covid restrictions allowing them to go ahead, it's good to have something in the diary and to look forward to. We've put together some key dates over the next few months which include the fundraising events arranged by Age UK Derby and Derbyshire.

July 2021

Sunday 4th July - Brunch with Bubbles at the Makeney Hall Hotel

Tuesday 6th July - Summer raffle drawn

Thursday 15th July - Fashion Show at the Holiday Inn Derby Riverlights at 7pm

August 2021

Sunday 1st August - Family Fun Day with Afternoon Tea

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Looking after yourself is

Ever since the Covid-19 pandemic began everyone has been concerned about the impact of lockdown restrictions and 'shielding' on people's mental wellbeing.

There is no doubt that the pandemic has been hard mentally because it has changed or paused so many of our everyday activities which contribute to our mental health and wellbeing. For many older people they have also taken on a new job: worrying about everyone else! Many older people have spent a lot of their lives thinking about other people and old habits are hard to break.

The term 'self-care' is based on the idea that you can't take care of others without also taking care of yourself.

If you have taken a flight (before Covid of course) the air-hostess or steward will have gone through the pre-flight briefing and advised you in an emergency to put your own oxygen mask on before helping someone else fit theirs. This is because if you help them first you are likely to run out of oxygen and not complete the task and then the flight team have two collapsed passengers on their hands!

So self-care is about making sure you are ok in order to be more resilient to life's ups and downs and to be able to have enough 'spare' to share with others.

The best thing about 'self-care' is that it doesn't involve expensive activities or remedies. It's about focussing on a few activities that help top-up your reserves.

Here are 5 simple –self-care activities to try:

1 Gratitude

Cultivating an attitude of gratitude is a healthy way to combat the negative thoughts that can become a

habit. Getting older can feel like a lot of losses: 'I can't do that anymore', 'I'm not as strong as I was', 'I take enough tablets to rattle'..... A gratitude journal helps you convert those negative thoughts into something positive and that has a beneficial effect on how you feel, and even your physical health. Things to feel grateful for can be small things, perhaps a beautiful sunset, your pet or enjoying your favourite biscuit. It's the routine of recording 3 things you are grateful for that day that is the important thing. You can put them in a notebook, a diary or chalk them up on a chalkboard.

2 Nature

In the first lockdown many people recognised the value of nature for the first time in their lives. The quiet allowed them to hear birdsong even in a busy city, and many people started to nurture plants and wildlife. It can seem difficult as an older person to access nature but remember even in lockdown everyone is allowed time outside for exercise and nature is all around us in gardens, parks, woodlands or even wasteland. Growing seedlings on your window-ledge, watching spring bulbs emerge, making space for nature in your garden, yard or balcony can help to give you time with nature.

The benefits of immersing ourselves in nature are many. Breathing fresh air into our lungs or feeling warm sunlight (or even rain or snowflakes) on our skin gives us a mental boost we simply can't get anywhere else. Going for a walk in the woods or through the park should be a regular part of your self-care routine. Sit on a bench beside a river and listen to the sound of the water. If you're stuck in the house choose some of the many TV programmes on the natural world, landscapes and communities to help you stay connected to nature.

3 Breathe

It may sound silly but most of us don't breathe well, and the more stressed or anxious we become the worse our breathing gets. Taking time each day to practice your breathing technique means the trick of relaxing through breathing is easier to



more important than ever

access when you need it most. If you have access to the internet there are breathing apps such as 'Breathly' or examples on You Tube which are a good way of learning the technique but you can practice without them. Just take a moment to focus on something beautiful and calming like a picture of still water

and recognise how you are feeling, you don't need to control those feelings just accept that's how you are feeling. Then start to breathe gently in, pause, and then breathe out. If you think of the process as the face of a clock with the second hand ticking round you would be breathing in between 0-20 seconds pausing from 20-25 seconds and then breathing out from 25 through to 60 seconds before pausing and starting again. Keeping breathing in and out in this way for several minutes focussing on the picture and your breathing.

4 Hobbies

It's been difficult during lockdown to keep up or start new hobbies or social activities and many people have not found new activities hoping their old ones will start soon. Set aside a little time each day for an activity to stimulate the mind and occupy your head and your hands. A regular puzzle, handicrafts, colouring or creating something, DIY, baking, explore your family tree, learning to cook or speak a new language can all help. Learning to use a digital device such as a tablet or smartphone can help you access the internet where there are opportunities to learn, discover new things and to meet other people. This means you can join a virtual club or group and maybe meet up with old friends or make new ones and of course being able to use the internet can help you speak to loved ones through video-chats like Zoom.

5 Connect

Connecting with other people can seem very difficult right now but there are lots of ways we can connect while maintaining social distancing. Using technology like Zoom, Skype

and others you can join in with your choir, chat with others in your virtual book club or speak to loved ones thousands of miles away or just around the corner.

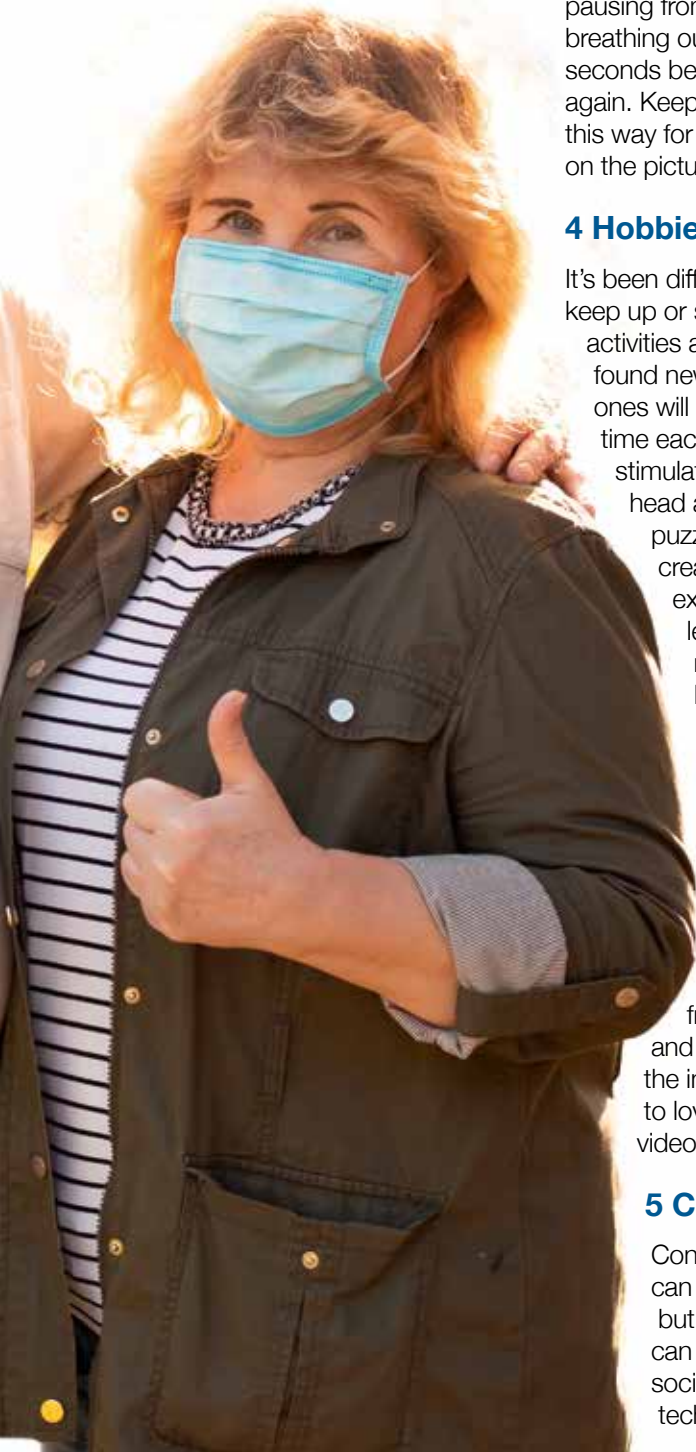
Writing letters and cards are a great way to connect with people. Write a letter each week to someone on your Christmas card list or a friend you haven't seen for a long time. If you haven't got anyone you feel you can write to why not send a letter into our Coronavirus Letter Friends scheme? Just write a letter but don't give your full name and address, send it to our Head Office and we'll send it onto someone who needs a little cheering up.

When you take your daily exercise say hello to people you meet, even the simple act of petting a dog can lower your blood pressure and reduce stress hormones. Masks and social distancing can make it feel difficult to interact but a cheerful 'hello' will help you and the people you meet. When regulations allow make a date with a friend to have a socially distanced chat, or sit in the park and chat with people as they pass.

There are lots of other ways of improving your self-care.

Focussing on any activity that allows you to relax can help, so a warm bubble bath, giving yourself a manicure, stroking your cat, watching the wild-birds etc just try different things or choose activities that work for you.

Make 2021 the year you top up your batteries and then you will have lots of energy to give to others and enjoy life.



Retail Update

It's been a rollercoaster few months for our retail operations. We came out of the November lockdown and opened up in time to sell our Christmas cards and enjoy a few weeks of sales before having to close our doors again on New Year's Eve.

Our shops reopened on 12th April and we are really looking forward to seeing all our lovely customers again. It's been a while since we had customers in our shops and it will be great to have them back.

Before the most recent lockdown Caroline, our Manager at the Matlock shop had been busy getting the shop rearranged and looking great, as can be seen in the photographs.

This extended period of closure has given us the opportunity to redecorate a couple of the shops, works have been going on at Duffield and Littleover

One positive of the lockdown period is it has given us time to get our Ebay shop up and running, if you want to find us on Ebay just look up our shop our seller ID is aukdd or use this link <https://www.ebay.co.uk/usr/aukdd>. Shuk, the Manager at the Matlock Bath Love Me Again shop, has been busy setting this up and running it for us. Using Ebay gives us the opportunity to sell some great donations during the Lockdown period and helps to generate much needed funds for the charity. We are getting some great reviews from people who have purchased from us so if you use Ebay make sure to add us to your saved sellers list!

One of our highlights of 2020 was the fantastic response we had to our stock collection days which we ran a couple of times. The most recent ones were back in the Autumn at The Whitworth

Centre and at our Chaddesden Park Centre. We will definitely be doing this again and will post on the Facebook page and the website when these are taking place. If you have had a lockdown clear out please hold on to those bags for just a little while longer!

A final project that Angie our Retail Manager has been working on is getting a preloved wedding dress venture up and running. We are hoping to be able to sell preloved and new wedding dresses from our Matlock shop in the future. Please bear us in mind if you have any bridal donations to make.

Hopefully by the time you are reading the magazine our shops will have reopened and we will be welcoming customers once again. Angie has been working hard throughout Lockdown to make sure they are all stocked up with exciting new stock items!





For more information on our shops please visit the Shop pages on our website, <https://www.ageuk.org.uk/derbyandderbyshire/shops/>

or call us to find out more **01773 766922**. When our shops are open again we update their opening times on our website weekly.

Staying Alive Video



One of the highlights of the run up to Christmas was the video put together by Di Cliff from the Chaddesden Centre along with Jo Briggs from Strictly No Falling.

The video features service users, volunteers, staff and is set to Staying Alive by the Bee Gees. The 4 minute film showcases some of the work done during 2020 and the adaptations made in light of the Pandemic. Featuring a range of our services from retail to Strictly No Falling classes, the Lunch Club delivery service and of course the wearing of masks and hand sanitising!

We are grateful to Jude Cliffman for her support in putting the video together and to Radio Derby for talking about it on air. The video is still available on YouTube and has had 995 views to date, just look up Age UK Derby and Derbyshire to find it.

After a rollercoaster year it was great to have something positive and fun to celebrate Christmas with and to promote the work of Age UK Derby and Derbyshire.

Information & Advice Service

Our dedicated team of staff and volunteers operate an Information and Advice Service for everyone in Derbyshire and Derby who are aged 50+ or their carers, relatives and friends.

When the first Covid lockdown began in March 2020, our Information and Advice Service was the busiest it has ever been as local older people all of a sudden were told that they could not leave their homes. With high levels of anxiety and increasing concern about the impact of restrictions, our advisors offered support, reassurance and advice to all who called.

At the same time, we started operating from home following Government guidelines. For anyone who needs to access the Information and Advice Service it is all being operated over the telephone. If you need help, please call our head office in Heanor and leave a message. This will be passed onto one of our helpful advisors who will call you back.

The staff team has had a few changes, with a couple of new members of staff who have joined in the last year and both have proven to be a fantastic asset to the service. A long-serving member of staff has recently retired after many years in the service. Her wealth of experience and support will be missed, but we still have members of staff who have been dedicated to their role for many years. Mariano Kaminski, runs the Information and Advice Service, said

“It would be remiss not to mention the excellent work and dedication being undertaken by staff in their efforts helping clients with their needs, in these strange and difficult times.”

In addition to the challenges of working from home, the team have also been going through an Age UK quality standard accreditation for the Information and Advice Service. The process is still under way and we look forward to having successfully completed all the stages later this year.

Unfortunately, due to Covid restrictions and personal circumstances, a large number of our volunteers were unable to continue with their roles. Some of these had been with us for many years, starting as advocates when we were funded to operate that service in the city. Mariano said of the volunteers:

“I am so proud to have worked with such dedicated volunteers who used their distinct skills, experience and professionalism. They gave up their own time to help and support older people in distress and need.”

Some of the staff and volunteers were based in the offices at the Morledge in Derby. We closed this building last year but there are many happy memories and proud moments when the Information and Advice Service provided much needed help. Many of them were also involved in the advocacy service which ended a few years ago. The advocacy service was a hive of activity and a true success story.

In thinking about the team at the Morledge a couple of volunteers shared their experiences. Anne MacKellar said

“I spent four challenging, but happy years as an Advocate with Age UKDD, at the Morledge in Derby. The Advocates, all from different professional backgrounds, formed a cohesive and dynamic team; each able to bring their expertise to bear on cases. It was so satisfying to help all these clients with their problems.”

Chris Wright stated

“It was a team with a wealth of varied expertise. We always worked as a team and supported each other in helping our clients with their problems. I know how much the service was valued locally both in terms of our success and ease of access in the centre of town. These were times I and my former colleagues will always remember.”

If you would like to use our Information and Advice Service, or would like to find out about becoming a volunteer,

please call
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CHINESE NEW YEAR

20 21



Photo by Siam Vector © Shutterstock

The Chinese New Year marks the first day of the lunar calendar which begins the day after the first new moon after the 21st January; and the Chinese New Year is fifteen days of celebrations starting with a week of holidays in China and normally ending with lantern festivals. This year traditional ceremonies and festivals will not be possible but with a little ingenuity Chinese people will still celebrate the arrival of the new year and its new animal.

According to a Chinese myth each animal was chosen in the order they arrived at the Emperor Jade's birthday party and the poor Ox carried the rat across the water only for the rat to trick him and jump ahead and arrive at the party first!

According to tradition the Ox is strong and determined – characteristics we will all need in 2021, and people born in the year of the Ox will be dependable and patient. This lunar year will be the Year of the Ox, for the first time since 2009. Decorations for the New Year will feature the Ox and lots of red and gold.

There are 12 animals that make up the Chinese zodiac and each has characteristics associated with it and people born in that year are supposed to share those personality traits. Each of the 12 animals appear in the order they arrived at the Emperor's party – so last year was a Rat and next year will be Tiger and so on.

On the 12th February Chinese people celebrated the new year and welcomed the **Year of the Ox**.

- **Rat** 1924, **1936**, 1948, **1960**, 1972, **1984**, 1996, **2008**, 2020, **2032**
- **Ox** 1925, **1937**, 1949, **1961**, 1973, **1985**, 1997, **2009**, 2021, **2033**
- **Tiger** 1926, **1938**, 1950, **1962**, 1974, **1986**, 1998, **2010**, 2022, **2034**
- **Rabbit** 1927, **1939**, 1951, **1963**, 1975, **1987**, 1999, **2011**, 2023, **2035**
- **Dragon** 1928, **1940**, 1952, **1964**, 1976, **1988**, 2000, **2012**, 2024, **2036**
- **Snake** 1929, **1941**, 1953, **1965**, 1977, **1989**, 2001, **2013**, 2025, **2037**
- **Horse** 1930, **1942**, 1954, **1966**, 1978, **1990**, 2002, **2014**, 2026, **2038**
- **Goat** 1931, **1943**, 1955, **1967**, 1979, **1991**, 2003, **2015**, 2027, **2039**
- **Monkey** 1932, **1944**, 1956, **1968**, 1980, **1992**, 2004, **2016**, 2028, **2040**
- **Rooster** 1933, **1945**, 1957, **1969**, 1981, **1993**, 2005, **2017**, 2029, **2041**
- **Dog** 1934, **1946**, 1958, **1970**, 1982, **1994**, 2006, **2018**, 2030, **2042**
- **Pig** 1935, **1947**, 1959, **1971**, 1983, **1995**, 2007, **2019**, 2031, **2043**



新年快樂
CHINESE NEW YEAR
2021
YEAR OF THE OX



Derby and Osnabrück

Derby and Osnabrück have been twinned since 1976 and have sent young people from the respective cities to work for 12 months as an ambassador, who is responsible for maintaining relationships between the cities.

Since 2015, Derby is no longer able to host an ambassador from Osnabrück, however Osnabrück continues to host an ambassador from Derby.

Osnabrück has 11 twin and partner cities. The five twin cities each have an ambassador from the city who works for a year in the Twinning Office.



I am Zoë Chaffey, the Derby Ambassador in Osnabrück for 2020-21. My main duty here is to promote Derby and the twinning by working closely with the citizens of both cities: hosting events, giving talks and organising exchanges and partnerships between the two cities.



The 2020-21 Twinning Ambassadors in front of the main door to the City Hall: Sergey Loginov (Tver, Russia), Zoë Chaffey (Derby, UK), Neşe Yıldız Kendibaşına (Çanakkale, Turkey), Melissa Biesmans (Haarlem, Holland) and Lauriane Wolf (Angers, France).

Photo: City of Osnabrück, Silke Brickwedde

I studied German and English Literature at Leeds University and have always been interested in German culture, so this is the perfect job for me! I am incredibly grateful for the opportunity to live in Osnabrück and improve my German and explore the region, especially in a time of reduced travel.

Usually, the job involves many social events, which the pandemic has sadly prevented. The main events in the ambassador's calendar, the Osnabrück citizen's trip to the partner city and Maiwoche, May Week Festival, for which the ambassador plans a day of entertainment from Derbyshire-based artists, were cancelled in 2020. At the time of writing it is uncertain if they will be able to take place this year.

Merle, the Twinning Office Intern and I with the Christmas Cards from Osnabrück Students

Despite the pandemic, we are still busy in the Twinning Office. Since October, I have; translated documents for Osnabrück Council; organised a Christmas Card Exchange between schools in Derby and Osnabrück, hosted a Zoom Christmas Quiz for the Osnabrück Anglo German Society; and I am currently preparing an exhibition for the Osnabrück Industrial Museum. One of my highlights was giving a presentation to students at the Regional Education Centre for the Hearing Impaired, who exchange Christmas Cards with the Royal School for the Deaf in Derby. I was very impressed to discover that not only do the students learn English, but also British Sign Language! The teachers very kindly gave me a mask with a see-through panel so the students could see my mouth while speaking.



Celebrate 45 Years as Twin Cities



Osnabrück Market Place: the middle left building is Osnabrück City Hall where the ambassadors work.
Photo: City of Osnabrück

My main project this year is compiling a magazine to celebrate the 45th Twinning Anniversary. The idea is to fill the magazine with entries from the citizens of Osnabrück and Derby. These entries can be anything from photos, cartoons, art, poetry, short stories to personal experiences of the twin cities! The magazine will be published in English and German, in print and online.

If you would like to contribute to the magazine, or simply want to know more about the twinning, please get in touch:

botschafterin-gb@osnabrueck.de

I also have a blog where I regularly post updates about the twinning:

<https://osnaderbytwinningexperiences.wordpress.com/blog/>



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