



SPRING 2018

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Anniversary**

**Falls  
Prevention  
Service**

**The Value of  
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# From the Editor...

Welcome to the first edition of our new EngAGE magazine produced by Age UK Derby and Derbyshire.



In this edition find out important tips about eating well and avoiding scams. A local author has provided information about a book that gives loads of historical records of Derbyshire. There is an article featuring our befriending service and the impact that it has on older people who feel isolated.

Our Falls Prevention Service highlights some of the work that happens in the many classes around the county. You can read about what we are doing to support employees who find they have a terminal illness and there is notification of an event where people can talk about death – a subject that is often taboo but needs to be talked about more.

Various people have been involved in fundraising and their achievements are celebrated, along with a special 75th wedding anniversary at one of our day centres.

There is loads to tell you about what we have been doing. We hope that you enjoy finding out more about our work and topics of interest for people across Derby and Derbyshire. If you have any comments or suggestions, please do get in touch.

Phil

Front cover image by Shutterstock user: Monkey Business

Phil Brown  
Editor



## 75th Wedding Anniversary



In December 2017, two members of our Bakewell Day Centre celebrated their 75th Wedding Anniversary. After a special time with family on the day, the couple continued their celebrations the next day in Bakewell. Jim and Doris Larkin were married on 7th December 1942 at St Pauls Church, Stockingford, Nuneaton, Warwickshire when Doris was 19 and Jim 20. They met 3 years earlier when they both worked for JC Smiths Department Store in Nuneaton (where all the pretty girls worked according to Jim!). Jim was in the RAF when they married. Doris worked at the post office during the war. After other engineering jobs, Jim went to Rolls

Royce aero division in the late fifties/early sixties and became a manager involved in the production of the Olympus engines which were used on concord. After an enjoyable career he retired at the age of 60. In 2016 they moved to St Elphin's Retirement Village in Darley Dale. They have two daughters, five grandchildren and two great grandchildren.

Jim is quoted as saying the secret to a long marriage is being in love. Doris says it's down to being patient.



## Ice Grips



Over the winter, Age UK Derby & Derbyshire had a very generous donation of 1,000 pairs of ice grips from Alfreton-based Grangers. Grangers have been supplying outdoor products for more than 80 years and are dedicated to keeping people dry and safe – no matter what the weather. The ice grips are designed to keep people safe and steady on the ice and can fit on most pairs of shoes instantly. They have been distributed to our customers and clients through our footcare service; day services,

information roadshow; shops and falls prevention activities. We would like to say a huge thank you to Grangers, knowing that many people will have avoided falls due to this protection.



# Fundraising Updates



## Snowdon

Day to day living can be like climbing a mountain for some older people, so 16 members of staff and their families will be climbing Snowdon on 20th May 2018. The challenge will raise vital funds for Age UK Derby & Derbyshire to enable local older people to love later life.

To donate £5 to this challenge text UPGO18 £5 to 70070. For more information about how to donate, visit our website: [www.ageuk.org.uk/derbyandderbyshire/snowdon](http://www.ageuk.org.uk/derbyandderbyshire/snowdon)

## Duck Race

On New Year's Day, the 27th



Annual Duck Race took place in Toton near Long Eaton Individuals and businesses sponsor a rubber duck that is raced along the river Erewash with prizes for the winners. It has become a local tradition with families coming back each year for the great fun event.

Over £2,700 was raised for Age UK Derby and Derbyshire at the event this year.

## Carolathon

Staff and volunteers at our Bakewell Day Centre raised £775 at Christmas doing a sponsored and timed carol-sing at various locations around Bakewell.

# Award to Local Strictly No Falling Support Volunteer



Strictly No Falling support care homes and day services with safe, effective and quality assured exercise sessions. Susan White, a capable and enthusiastic member of Carter Lane Learning Disability Day Service in Shirebrook has been assisting Lyndsey, their exercise tutor in planning and leading classes. Susan has a quiet, calm style of delivery that both encourages and keeps the class exercising with energy and verve. Susan was presented with a certificate from Katy Pugh, Chief Executive of Age UK Derby and Derbyshire, in appreciation of her outstanding performance supporting the chair-

based exercise class. Susan is delighted and says 'I like exercising. I like to help other people and this means I can help them. It has helped my confidence. I like stretching and I do the stretches at home every morning. I have come out of my shell more and I feel good helping Lyndsey'.

Carter Lane Day Service support adults with learning disabilities offering a range of services from skill building activities to money skills and advocacy. They have been working with the Strictly No Falling Team to quality assure their chair based exercise classes and have achieved a well-deserved Falls Prevention standard.

For more information please visit:  
[www.ageuk.org.uk/derbyandderbyshire/falls](http://www.ageuk.org.uk/derbyandderbyshire/falls)  
[www.derbyshire.gov.uk](http://www.derbyshire.gov.uk) or call 01773 766922





## SNF Film

“Strictly No Falling” (SNF) brings together Derby and Derbyshire health and social care organisations that aim to reduce falls in older people.

**A**dult care; NHS; leisure services; the voluntary sector and housing associations provide a range of activities, services and information to help people improve their mobility, strength and balance and reduce their risk of falling. In November 2016 a short film called “Walter’s Story”

was produced by Bell-Manning Media showing an actual SNF class in action. The producers highlighted the social aspect and their important role in reducing social isolation amongst older people. The group who took part in the filming, is led by instructor Lisa Dengate on Tuesdays 11.00 -12.00 at Oaklands Village

Swadlincote. There are approximately 135 different SNF classes around the county, which provides benefit for nearly 1,500 people.

Jo Briggs – Falls Prevention Service Coordinator for Age UK Derby and Derbyshire provided support to the group before, during and after the filming. Jo comments;

“It is a privilege to work on such a fantastic project. We continue to meet such amazing people. Thank you for all those who took part in the filming; to Bell-Manning Media for producing such a brilliant film. Finally thank you to all our instructors who deliver the classes across Derbyshire”

Watch ‘Walters Story’ on our website- [www.ageuk.org.uk/derbyandderbyshire/snfclasses](http://www.ageuk.org.uk/derbyandderbyshire/snfclasses)

We would like to get the film out to GP Practices and other agencies across Derbyshire to help promote SNF and raise awareness around Falls Prevention.

Please contact our head office if you can help us by sharing the film or if you would like more information about SNF.

Or if you would like to train to become an instructor, please contact the team on 01773 766922 or [administration@ageukdd.org.uk](mailto:administration@ageukdd.org.uk)





# Clyde Harris Memorium

Clyde Harris, former Chair of Trustees of Age UK Derby and Derbyshire passed away on 28th December 2017.

Clyde brought the skills and experience from a career as Company Secretary and General Counsel for Rolls Royce to the role of trustee in the formative years of our charity. Clyde was highly regarded by all who had the privilege to know him and his calm, methodical approach helped steer the charity and its first and second Chief Executives through some stormy waters!

Clyde was a gentleman, in every sense. He was a devoted husband and father and his wife Joy

and daughters Julie, Kerry and Suzy and all his grandchildren will miss him terribly. A keen sailor he continued to sail into his late 70's and enjoy time in the Lake District despite living with Myosotis, a degenerative condition affecting his muscles and posture.

Clyde, as Chair of Trustees, also played an important role in regional work for the Age Concern Federation. He regularly attended regional meetings and brought his considerable legal and company skills and experience to bear on regional and national issues. In our Board Clyde helped develop



a Board of Trustees and the change from a county committee to a countywide organisation. In what was then a small organisation he was very much a hands-on trustee formulating all our early policies and procedures and developing appropriate structures to manage services, staff and volunteers.

His involvement with staff and services over many years meant he developed a close understanding of the operational realities for our staff and volunteers and he brought this to

bear on Governance decisions. He also brought his intelligence and fiendish eye for detail to every document or plan!

When Clyde eventually managed to recruit his replacement as Chair of Trustees he remained as Company Secretary and served on sub-committees for staff and finance. A current Trustee who knew him commented when she heard the news;

"Clyde struck me as an exceptional trustee...committed, kind, knowledgeable and astute"



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## Why choose Ashmere?

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We have achieved GBCA awards in Training, Domiciliary care and Activities, and in addition winning the regional GBCA and being nominated for National finals for Care Employer of the year in 2018.

Ashmere homes have a dedicated in-house activities coordinator who delivers an outstanding daily array of activities for each and every resident. Trips out are frequent and individual requests and interests are met.

We are passionate about creating a family feel in our homes, and encourage residents to bring memories and items that they cherish into their rooms. Our homes are tastefully furnished and we have a fantastic culinary team who produce delicious food for residents.

As a group we endeavor to ensure we keep up to date with the latest research with regards to dementia care which our dementia care manager shares with home managers and care staff via work place or by introducing new standards for practice.

In 2017 we facilitated training sessions for 7 staff members, using Stirling University's Best Practice in Dementia Care programme, which was very successful. We are currently rolling out Ashmere's own Dementia Training programme around all homes

Ashmere were the first care group to receive the Dementia Standard Award from Derbyshire County Council. All of our staff are dementia friends and we have a dementia champion on our team.

Ashmere staff are treated as family and we offer a week's paid induction for all new starters and pay for all DBS checks. We offer ongoing training throughout your employment and are proud to have our own in-house training team.

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# Befriending Research

New research shows the Value of Befriending. Derbyshire Trusted Befriending Network launched the findings of new research into the value and impact of voluntary befriending services.



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For information on all the befriending services in Derbyshire and how to volunteer. [www.derbyshirebefriending.org.uk](http://www.derbyshirebefriending.org.uk)

**T**he report, *Befriending in Derbyshire*, launched on 1 November 2017 to mark the start of Befriending Week, found that:

- Loneliness and isolation does not just make people unhappy - it also has a serious impact on physical and mental health and life expectancy.
- Those who receive support from Befriending Services say that it reduces isolation and improves their social and community connections, independence and wellbeing.

- Over 1,100 lonely and isolated people across Derbyshire benefit from over 70,000 hours befriending support given by 765 volunteers from 28 befriending services – if they were all paid for the time they give, this would cost £762,000.

- For every £1 spent on providing volunteering the social benefits and cost savings to other services are worth £8.59.

Kerrie Fletcher, Community Development Manager of South Derbyshire CVS who run the Derbyshire Trusted Befriending Network and commissioned the research said;

*"I know that befrienders all over Derbyshire make a huge difference to the lives of hundreds of people who would otherwise be alone. This report evidences that in black and white – and helps us make the financial case for investment in these amazing services."*

Age UK Derby and Derbyshire runs a Befriending Service in the High Peak and Northern Derbyshire Dales serving the rural communities and many older people who live there. Our service

is quality assured to the highest standard: the 'Mentoring and Befriending Foundation Approved Provider Standard' this means our volunteers are recruited and checked carefully and well-trained for their role. We match a volunteer befriender with the older person they will visit and try to ensure it's a good fit in terms of interests, personality and practical things like whether they are dog-lover! Then our befriending relationships are carefully monitored. This helps to keep everyone safe and feeling happy and allows us to step in and resolve any problems.



Befriending can enable people to regain social activities lost because of long-term health conditions, caring for someone or following a life change such as bereavement or illness. For some people some intensive support can help them regain confidence so well that they don't need us anymore or become befrienders for the service!

**Harry** is 86 years old and lives in a small village with his daughter due to increasing mobility problems and low mood concerns. When Harry was referred to our Befriending Service he was not interested in engaging with people and didn't want to go to day care. His supportive family accepted that he would benefit from a visit from someone new so was assessed for befriending. His befriender discovered Harry used to like motorbikes so took some vintage motorcycle magazines on his first visit. After a few months his family remarked on how much of a difference the befriending visits had made: Harry has now accepted a day of daycare at his local hospice - he had been diagnosed with cancer some years earlier, but his illness was well managed. He has also struck up a friendship with

an elderly gentleman in the village. After consultation his befriending visits were no longer necessary as they had served the purpose of re-engaging Harry with people outside of his immediate family.

For other people our Befriending Service becomes a lifeline. Their Befriender is a true friend supporting them regularly and often their only social contact. **Ethel** is 80 and lives in quiet village. She is constantly anxious and finds new or unfamiliar situations difficult to handle. She will not, therefore, consider any day centres or luncheon clubs and very rarely leaves her home. She has 2 sons but they work and do not live locally. Her anxiety is often so bad that she will not get out of bed for days. Her befriender has been visiting for a number of months and discovered Ethel used to be on the stage and has met many famous people. She loves to reminisce and the befriender very much enjoys listening to her. This takes her mind off her worries and concerns. Ethel has a good sense of humour and has a good laugh with her befriender. Ethel's befriender is supporting her to cut down on smoking. Her befriender has also been encouraging Ethel to get

out of the house. They go for very short walks outside and Ethel's confidence is slowly improving.

Our visits have become very important to Ethel and she has said how much better she feels for having someone who is non-judgmental to talk to, take an interest in her, to be a link with the outside world and to be there for her on a regular basis.

Befriending can, quite literally, be a life-saver. A regular visit from someone with the time to listen, share experiences and put the world to rights can make the difference between existing and living. Being a befriender can be a great way to volunteer as you can offer as much or as little time as you want – all we need is a regular commitment to the visits and our training and supervision.

Being a Befriender can be good for your health and wellbeing too. It's a wonderful way of improving your social life, achieving a better work/life balance and gaining the perspective of an older person. It can also boost your CV and help you decide on a new career working with people. If you would like to volunteer there is a Befriending Service near you. Derbyshire Trusted Befriending Network, run by Swadlincote-based charity South Derbyshire CVS, is a network of befriending services for adults across Derbyshire. It exists to make sure that isolated and vulnerable adults who could benefit from befriending support are able to do so, and that people who use befriending services can be confident that they are safe and well run.

If you would like to support our Befriending Service, either as a befriender or by helping us raise funds to support the service please contact us  
E: [befriending@ageukdd.org.uk](mailto:befriending@ageukdd.org.uk) T: 01433 620263

If you know someone who would benefit from a befriending visit the network publishes a Directory of Befriending Services in Derbyshire which can be downloaded from [https://www.derbyshirebefriending.org.uk/files/Befriending\\_Services\\_Directory\\_Sept\\_2017\\_Final.pdf](https://www.derbyshirebefriending.org.uk/files/Befriending_Services_Directory_Sept_2017_Final.pdf).



# Scams

You may have seen news reports and articles about 'scams' but what is a scam? A scam is a crime which can ruin lives and even result in a death.

Scams come in many forms: uninvited contact is received by email, letter, telephone or in person making false impressions or promises to con victims out of money. There are many scams but the most common are fake lotteries, deceptive prize draws or sweepstakes, business shares, clairvoyants, computer scams, and romance scams. The criminals attempt to trick people with official looking documents or websites, or convincing telephone sales patter, with the aim of persuading them to send a processing or administration fee, pay postal or insurance costs or make a premium rate phone call.

Most of us feel we are too worldly-wise to fall victim to a scam

but anyone of any age can be scammed. The most financially astute, clever and shrewd individuals have been caught out. Scams tend to work best when the victim is distracted or interested or anxious about the subject of the scam. The majority of victims and those most likely to be repeat victims are vulnerable adults, often they are older people living alone or with a dependent relative. People living with dementia are especially vulnerable to scams and can become repeat victims. But people can be 'vulnerable' because of a short-term issue. Bereavement, the end of a relationship, ill-health, depression or anxiety can make us all vulnerable for a while. Scammers often attack people when they are vulnerable in this way.

## Why are scams such a problem?

Victims of scams experience very poor health, mental health, confidence and independent living skills and in many cases die prematurely. For some victims the impact of the loss of money, the embarrassment from being conned and the loss of confidence in their ability manage their own affairs result in suicidal thoughts.

Scams are becoming more common because:

- Criminals and criminal gangs can access resources much more easily. Producing convincing looking share certificates, prize draw letters and sending scamming emails can all be done cheaply and easily and in far bigger numbers than ever before.
- People who have been scammed once are very likely
- to be victimised again and again because criminals share information and so called 'suckers lists'.
- Many people feel lonely and are isolated from friends and family who could help. Scams can feel like welcome attention and a purpose in life and some repeat victims are reluctant to stop responding to fake questionnaires, completing prize draws and sharing secrets with clairvoyants because it has become a time-consuming interest.
- Romance scams often follow a bereavement or major life-change and offer people a confidence boost that becomes devastating to question or withdraw from.
- Financial scams can key into anxieties about managing on a retirement income or a desire to help partners and children.



## What can we do?

To tackle scams and prevent people being victimised everyone needs to recognise the signs of vulnerability or scam activity and know what to do.

If you think you, or someone you know, may have been the victim of a scam there are 3 things you can do:

### 1. Get advice –

contact Age UK Derby and Derbyshire T: **01773 768240** or call Citizens Advice Consumer Service **03454**

**04 05 06** you can use this number to contact Trading Standards who can help protect consumers.or look online at: [www.citizensadvice.org.uk](http://www.citizensadvice.org.uk)

### 2. Report scams

and suspected scams to Action Fraud T: **0300 123 2040** Action Fraud is the UK's national reporting centre for fraud and internet crime.or get or get online at: [www.actionfraud.police.uk](http://www.actionfraud.police.uk)

### 3. Tell family, friends, neighbours so that they can avoid scams.

And of course prevention is better than cure so everyone can take some simple steps to reduce the risk of being scammed.

✓ Register their number with the Telephone Preference Service at [www.tpsonline.org.uk](http://www.tpsonline.org.uk) or

✓ **0345 070 0707**. They can also register their mobile by



texting 'TPS' and their email address to **85095**.

✓ Report unsolicited marketing calls to the Information Commissioner's Office <https://ico.org.uk/concerns/marketing> or **0303 123 1113**.

✓ Use a product to block telephone calls: Your phone company may have a blocking service or help available to protect people from nuisance calls. Call your company's customer service helpline to find out.

• TrueCall, [www.truecall.co.uk](http://www.truecall.co.uk)

• CallBlocker, [www.cprcallblocker.co.uk](http://www.cprcallblocker.co.uk)

✓ People who want to report potential scam mail can write to Royal Mail at: Freepost Scam Mail. Phone: **03456 113 413**, or email [scam@mail.royalmail.com](mailto:scam@mail.royalmail.com). They can also report it to the Citizens Advice consumer

service.

✓ The Mailing Preference Service (MPS) is free and may help reduce unsolicited mail – [www.mpsonline.org.uk](http://www.mpsonline.org.uk) or **0207 291 3310**.

✓ To opt out from receiving 'Door to Door' unaddressed mail delivered by Royal Mail: **optout@royalmail.com** or **0345 266 0858**.

✓ To opt out of deliveries from unaddressed mail distributors consumers can register with "Your Choice" preference scheme Direct Marketing Association (UK) Ltd. At [yourchoice@dma.org.uk](mailto:yourchoice@dma.org.uk) or **020 7291 3300**.

✓ No cold calling – door stickers. Some Trading Standards services or community police teams provide these.

Everyone can help protect people from scams by sharing this information with neighbours, friends and family. If you belong to a social group you could also think about have a special 'Scams Awareness' session.

Age UK Derby and Derbyshire can provide useful guides or a visit from our Information Roadshow.



If debit cards, online banking or cheques are involved in the scam the first step should be to contact your bank or credit card company.



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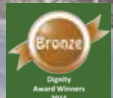


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## Healthy Eating

### Six tips for eating well in later life

As we age, it can become harder to eat well – maybe your appetite is smaller, you might find it harder to cook and shop for yourself, or maybe you just don't enjoy eating as much. But eating well is really important.

In the UK, 1 in 10 older people are undernourished or at risk of undernourishment.

This often goes unnoticed because of a perception that getting thinner is a part of later life, but actually this is incorrect. Maintaining a nutritious diet and

a healthy weight will not only make you feel well, but can reduce your risk of illness and promote recovery from illness or surgery.

***Try these six small acts of self-care to help you stay well.***

**1. Notice changes in your body that might be the result**

**of unintentional weight loss.** It's easy for weight to drop off without noticing - do your rings or watch feel looser? Do you feel dizzy or tired? Do you feel cold more often? If you're concerned, speak to your GP.

**2. Six small meals a day are as good as three main meals.**

It's okay if you don't fancy sitting down to a big breakfast, lunch and dinner. Eating small portions regularly throughout the day might be more manageable. Try to eat every 2-3 hours and include fruit or vegetables in each snack.

**3. Eat what you want.**

When you don't feel like eating much, it's important to eat what you want and don't feel guilty about it. It's more important to eat something than nothing at all.

Think about the foods you enjoy and try to incorporate more of these into your diet.

**4. Swap low fat products for full**

**fat.** If you notice that you're losing weight but don't feel like eating more, adding full fat foods – like milk, cream, custard and cheese – is a great and easy way to boost protein and calories without adding volume.

**5. Keep food in the store cupboard or freezer for days when you don't want to cook.**

We all have days when we don't feel like cooking. Preparing in advance for these days can help make life easier. Try keeping ready meals, left overs or soup which can easily be heated up. If doing a big food shop is hard, you could ask a friend or family member to help, order food online if you can, or use local services

**6. Eat with a friend.**

Eating with other people can help boost appetite and make meal times more enjoyable. Why not invite a friend over for dinner or join a lunch club in your community?

For more information or help contact our Information and Advice Service on 01773 768240. Remember that if you are worried about your weight, speak to your GP. If you are diabetic or follow a special diet, speak to your GP





## Stephen Glover Notebooks

Stephen Glover [1794 – 1870] is, perhaps, not the household-name in Derbyshire that he should be.

He travelled on horseback with saddle-bags and was nicknamed the 'Young Bagman'. After some time in London, he returned to Derby to set up his own business in Full Street. He began to deal wholesale in paper and travelled for orders; he also had a printing press and produced wrapping paper for grocers. He was still only 20 years old. In the first part of the nineteenth century,

he became a prolific writer of travel guides and directories for Derbyshire. His magnum opus was to be The History and Gazetteer of the County of Derby (1829 & 1831). This was an ambitious work, overly so in retrospect as only two of the three or four promised volumes appeared; near bankrupting him in the process. Miraculously, now nearly 200 years old, Glover's notes for the whole work

have survived and are lodged in the Derby Local History Library.

Because Derby was by far the biggest centre of population in the County and its name appeared near the beginning of the alphabet, Glover went that far in his two published volumes; then stopped. As a result, many towns and villages, Glossop, Ilkeston, Matlock, Repton, Wirksworth, to name but a few, appear only in the Notebooks. This trove is invaluable to anyone researching their ancestry giving, as it gives real detail (including occupiers of land, inhabitants and their trades or professions) at a time before the first census. It clearly shows how Derbyshire was rapidly changing from an essentially rural society to an industrial one.

His subscribers also paid for engravings of their fine houses to be included in the books. One such engraving was Markeaton Hall; given to Derby Corporation in 1929 on condition that the grounds were used as a public park and the mansion maintained for cultural purposes. The house, neglected and

allowed to fall into decay, was demolished in 1964.

Glover's Great, Great, Great Grandson, Graeme Webster, has painstakingly copied and transcribed the six manuscript books with the help of library staff. Comparing entries in the Notebooks with how Glover expanded on them for the published version, it rapidly became clear that trying to reconstruct the missing parts of the History and Gazetteer was impossible but that a transcription of the Notebooks did seem feasible. It was also possible to include many footnotes, expanding on Glover's often terse remarks and references, bringing major items up-to-date and providing modern measurements.

Stephen Glover was an amazing man who achieved remarkable things in those days before photography, proper roads and transport, railways, telephones and computers.

The Glover Notebooks is available at £21 from the publishers, Moorleys Print and Publishing, 23 Park Road, Ilkeston, DE7 5DA.



(front left: Clive Newton, Chair of Trustees, right front: Lee Barron, TUC)

## Dying to Work Charter

Age UK Derby and Derbyshire have added its name to a charter aimed at helping employees who become terminally ill.

The voluntary Charter is part of the TUC's Dying to Work campaign seeking greater security for terminally ill workers following the case of a 59-year-old from Derbyshire, who lost her job after being diagnosed with terminal breast cancer. Katy Pugh, Chief Executive said;

"We know from experience as an employer and supporting people aged 50+ how important work can be to people's health and wellbeing. To deny someone the opportunity and benefits of work at the most difficult time in their life is terrible."

Age UK Derby and Derbyshire is the first charity in Derbyshire to sign up to the charter as part of a Compassionate Communities project in the High Peak in partnership with Public Health, Derbyshire County Council (in South Derbyshire and Erewash it is led by Treetops Hospice Care).

Together the projects aim to empower communities and individuals to better support people at the end of their lives. As part of this work local employers will be encouraged to commit to the Dying To Work Charter.

### *The TUC Dying to Work Voluntary Charter states:*

1. We recognise that terminal illness requires support and understanding and not additional and avoidable stress and worry.
2. Terminally ill workers will be secure in the knowledge that we will support them following their diagnosis and we recognise that safe and reasonable work can help maintain dignity, offer a valuable distraction and can be therapeutic in itself.
3. We will provide our employees with the security of work, peace of mind and the right to choose the best course of action for themselves and their families which helps them through this challenging period with dignity and without undue financial loss.
4. We support the TUC's Dying to Work campaign so that all employees battling terminal illness have adequate employment protection and have their death in service benefits protected for the loved ones they leave behind. For more information about the campaign visit [www.dyingtowork.co.uk](http://www.dyingtowork.co.uk)



# More money in your pocket campaign



## Changes to some benefits

### Support for Mortgage Interest Changes (SMI)

SMI is currently paid as part of means-tested benefits for eligible claimants, who receive a qualifying benefit: Pension Credit, Income Support (IS), income-based Jobseeker's Allowance (JSA), income-related Employment and Support Allowance (ESA) or Universal Credit (UC) will be replaced with a system

of interest-bearing, repayable loans from 6th April 2018. Existing recipients of SMI will be contacted and offered the new loan payments.

Before accepting, claimants will need to have a telephone conversation to discuss the nature of the loan and other alternatives they might have for covering their mortgage payments. If claimants opt for the loan payments

these, and the accrued interest, will be secured against the claimant's property and will be recovered when the property is ultimately sold.

### New Rules on Mixed Age Couples under Pension Credit/ Universal Credit.

Currently, mixed-age couples (where one person is over State Pension Credit age and the

other is under) still have the choice to claim Pension Credit instead of Universal Credit. In almost all cases, it is financially beneficial for anyone so entitled to claim Pension Credit instead of Universal Credit.

The government states that once the roll-out of the Full Digital Service is complete (current estimate September 2018), mixed-age couples will be prevented from claiming Pension Credit and will have to claim Universal Credit instead. A mixed-age couple already claiming Pension Credit will be unaffected.

If you would like a copy of the More Money in Your Pocket Guide or a Benefit Check please call: 01773 768240



# Thinking Outside the Box



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## Conversations about death, dying and bereavement, Saturday June 30th at Blythe House Hospice Chapel-en-le-Frith

Talking about death, dying and bereavement doesn't make it happen! And whilst talking about such things can seem out of our comfort zone, and just a little bit, well awkward, especially with those we love the most, it needn't be so.

our community. Less fear and taboo and more knowledge and conversation can make a huge difference. That's why we, in partnership with Blythe House Hospice, are hosting this open event, so come along, think outside the box.

We'd like to make things a little easier to improve end of life care for everyone in

The afternoon is about different ways to celebrate a life.

There will be arts, crafts, flowers, representatives of all faiths and non-religious funeral celebrants, information about benefits, will writing, estate planning

and funeral choices. All welcome (there will be children's activities) you can pop in for a minute or two, or join us for tea, coffee and delicious cakes.

Jane Butler, Compassionate Communities Coordinator  
M 07421 227078 [jane.butler@ageukdd.org.uk](mailto:jane.butler@ageukdd.org.uk)



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# Stitching the Wars

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In 2015, the members from our three day centres were involved in the creation of two beautiful quilts commemorating lives people in the wars.

Since the project finished, the quilts have been on tour ending up at The Records Office in Matlock. Now the tour is complete, the quilts have gone into the collection of The Quilters' Guild, to be archived and be available for their exhibitions.

Stitching the Wars was a creation of artwork informed by reminiscences of older people in Derbyshire, commemorating and celebrating the lives of people

affected by the First and Second World War. Our members shared memories which were captured by Lois Blackburn. These have then been re-created in small word associated patches and sewn onto the final quilt. When looked at and viewed from above it creates a landscape reminiscence of both wars.

The quilts were a community creation as Lois also included The Alzheimer's society, The Farming Life group and New Mills Volunteer Bureau.



For more information about Bakewell, Hulland Ward or Hope Day Centres please contact Mary Ward 01629 813221 [mary.ward@ageukdd.org.uk](mailto:mary.ward@ageukdd.org.uk)





Hospice care **isn't**  
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It's about  
*living life*

with support,  
compassion  
and care

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*All of our services are provided free of charge.*

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- *Support to help you care for yourself*
- *Physical, emotional, spiritual and social care*
- *Bereavement counselling and emotional support*
- *Art and complementary therapies*

#### **Support and Information**

We offer confidential support from diagnosis onwards for anyone who has been diagnosed with a life-limiting illness, as well as their carers, family and friends.

#### **Well-being Days**

Our new well-being days can help you deal with concerns that arise as a result of your condition and aim to enhance your capacity to care for yourself.

#### **Therapeutic Services**

We offer a range of services for adults, children, young people and families who are dealing with a bereavement of any type, including unexpected deaths such as suicide or accidents, or who are dealing with a life-limiting illness.

#### **Day Care Services**

Our purpose-built Day Care Unit is set within 12.5 acres of countryside within easy reach of Derby and Nottingham. Open Monday to Friday, Day Care is a relaxed and friendly place to visit.

#### **Hospice at Home**

Our team of qualified nurses and health care assistants offer one-to-one nursing care and emotional support, day or night, to patients in their own homes.

For advice and support, call **0115 949 1264**  
or visit **[www.treetopshospice.org.uk](http://www.treetopshospice.org.uk)**



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