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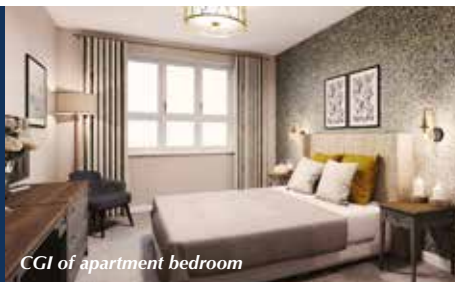


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Contents Spring 2020

WEA in Derby 6

Information about short courses and qualifications available through the WEA East Midlands

First Taste 7

The latest update about intergenerational work taking place in the Derbyshire Dales

Shops 7

We are always looking for volunteers in our shops, so if you have a few hours spare each week, find out how to get involved

End of an era 8

With over 20 years' experience working for Age UK DD, it was sad to say goodbye to Ray Gumbley who has left to pursue other interests. Find out more about his experiences with us

Time for a chat 10

If you need are struggling with your emotions and need to talk to a professional there is help available

Fundraising update 12

Find out about how different people have helped us with fundraising in the last few months, and about some of the activities taking place this year

Falls Awareness Training workshops 14

A new service we are offering to help train professionals with falls awareness

Coffin Club 14

A recent initiative from New Zealand that helps to prepare people positively for their death is now happening in Derby

Thank you 15

Thank you to Avis Budget Group and Barron McCann for their donations over Christmas



Fairfield Older People's Group 16

Information about our social group in Fairfield, Buxton that is helping to alleviate loneliness and isolation for its members

Chaddesden Park Centre 17

With so much going on in Chaddesden recently, here is snapshot of some of the events that have taking place.



Meet the team...

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from the Editor ...

Welcome to the Spring edition of our magazine.

2020 is well under way and signs of spring are all around us. It is a time for change and new beginnings and this is true for us as an organisation too.



We have said goodbye to a long-serving member of staff, Ray Gumbley in January. He was a key member of staff who has moved on to do new things and he has kindly shared his thoughts and experience with us.

Our Chaddesden centre has had a busy few months with lots of new ideas which have proved to be very successful. In Buxton, we run an older people's group and you can read about this group too.

We are developing a new programme of falls awareness training and activities. There is a summary of what this will involve in this edition with further updates to follow in future editions.

If you are looking for new opportunities for learning, then we have some information about the WEA courses.

There is the regular fundraising update and mention of organisations who have been very generous in their support.

You will also find articles about psychological therapies or the power of talking as well as information about a coffin club, helping people to prepare for the own funeral.

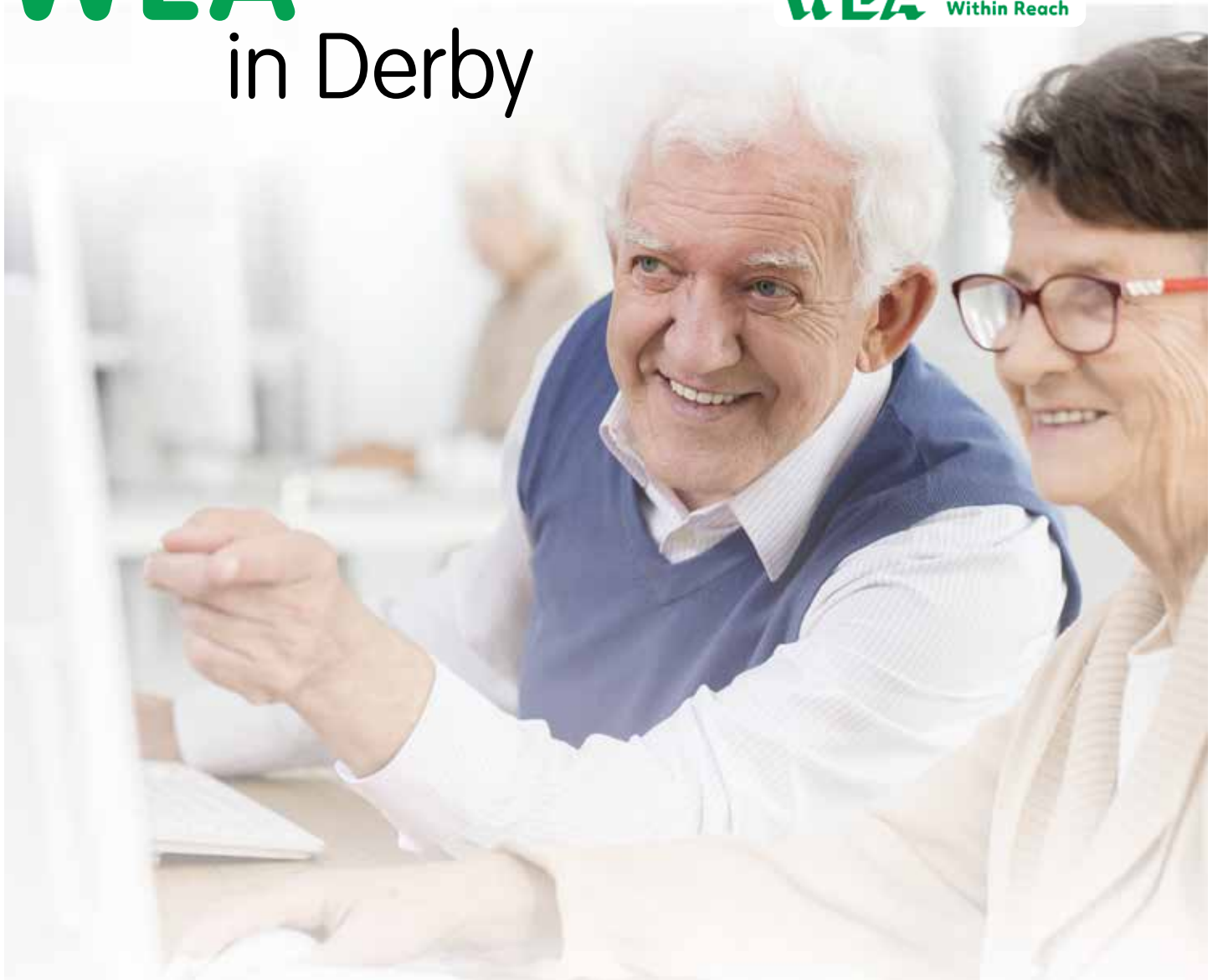
We hope that you enjoy reading this edition. Stay safe.

Phil
Phil Brown Editor

WEA

in Derby

WEA Adult Learning
Within Reach



The WEA (Workers' Educational Association) is the only UK adult education charity and has been in existence since 1903. With its roots in supporting the working classes to access education that would have normally have been impossible for the many, it enabled many ordinary families to work and gain new skills and qualifications.

Since then we have continued to support all adults in education – be it learning for leisure, gaining a new skill or qualification or increasing confidence so that the student feels ready to volunteer or move closer to gaining a job.

We also work closely with partners in Derbyshire – often within the voluntary sector to support their client group. We currently work with local Mental Health services, refugee services and women's groups to empower their clients and move them forward within their lives.

Our courses are short (up to 11 weeks) and usually 2 hours a week. We charge £4.00 per hour and many of our courses are free to those in receipt of certain benefits.

Education at any age can play an important part in developing confidence, keeping the mind active and helping to upskill individuals to be the best they can!

You're never too old to learn – we offer courses throughout the county on a huge range of subjects so come and see if there's something of interest to you.

You can find out more by going to our website www.wea.org.uk/eastmidlands or give us a call at our Derby based office on 01332 291805.

We'd love to hear from you!



First Taste

Our intergenerational work continues with the First Taste programme. Here we have generations working together to make salt dough and seed mandalas with older people from Presentation Sisters Care Home, Matlock and children from Castleview Primary School, Matlock. It is so important and beneficial for all to get generations working together. We are constantly looking for further funding and grants to enable this type of work to continue.



Shops

All of our shops are looking for volunteers, so if you can offer some time to help out please speak to any of our shop managers, or contact Angie Lane, Retail Manager for more information: angie.lane@ageukdd.org.uk or call 01773 766922.

We have shops in Clay Cross, Derby City, Duffield, Heanor, Littleover, Matlock Bath, Mickleover, Wirksworth. Here is the lovely Valentine's window display from our Derby City shop.





End of an era

Ray Gumbley

At the end of January, Ray Gumbley, Derby Services and Retail Manager, left the organisation to pursue other interests. For over twenty years, Ray had various roles in the organisation and he will be greatly missed. Everyone who worked with him would be able to testify to his devotion, hard work and enthusiasm. Ray was known by so many people in Derby, and he put on Age UK DD on the map in Derby. His wealth of experience and knowledge was incredible.

Katy Pugh, Chief Executive of Age UK DD, states that Ray's time with us can be summed up using buckets. "He was so good at fundraising for the organisation that he would always be seen at events collecting buckets of money. He also spend time moving buckets around the Derby offices trying to catch drips from leaks in the bad weather! He brought buckets of kindness, diversity and inspiration to staff, volunteers and the whole organisation. He would always stand up and fight for older people and their rights bringing bucket loads of determination and justice."

We wish Ray well with all that he will do next, especially with his photography which is another of his passions. We asked Ray some questions about his time with Age UK Derby and Derbyshire and his answers are below to help you find out more about Ray:

? What roles have you had?

Volunteer and paid Advocate, Derby Services Manager and Retail Manager. I first started volunteering with advocacy in 1999 and I've been here more or less ever since.

? How many buckets have you rattled at fundraising events?

In the hundreds now.

? How many buckets have you had to move around your office to collect drips!?

About the same!

? What has been your main motivation for the work you have done?

Older people and the issues they face in later life. Trying to ensure they are not discriminated against and that their human rights/dignity are upheld at all times. Too many people are quick to judge a book by its cover rather than opening it, looking at the story it has to tell, and listening to people when they need it most.

? What has been the best/happiest/greatest moment?

AUKDD getting national recognition for the work we did with the LGBTQ community around human rights and the friends I made from the project.

? What has been the funniest memory?

As part of a telephone enquiry I was expected to find a smell in someone's kitchen over the phone. Best thing was I did! It was from the small tray that's positioned at the back of a fridge. It had got blocked and the water became stagnant.

? What is the strangest thing that has happened?

One winter I followed a mouse upstairs watching it jumping up each step. It outran me and I couldn't catch it for laughing. However, I was that impressed with it I told the staff I'd caught it. No one ever saw it again except me and no one was ever the wiser that I'd let it live.

? What has been the biggest achievement?

Despite cutbacks, continuing to see older people, their families and carers coming through the doors and leaving with a smile and that continues year after year.

? Can you give an example of someone you have supported and the difference that AUKDD has made in their life?

I once helped a man who'd been put into care by his family and wanted to return home but no one would let him. After some really difficult phone calls with the family about their dad's rights to live where he wanted, he returned home and lived at home until he died. Not a day goes past without one person telling me how grateful they are that AUKDD is here for them. Sad thing is they shouldn't have to be grateful in a perfect world there wouldn't be a need for the likes of Age UK.





? How many drinks have been served in the coffee morning?

I'd say getting on for 10,000. There have been 119 coffee mornings, which is equivalent to 357 hours or 14 and a half days!

? What would you like to see changing for older people in our country?

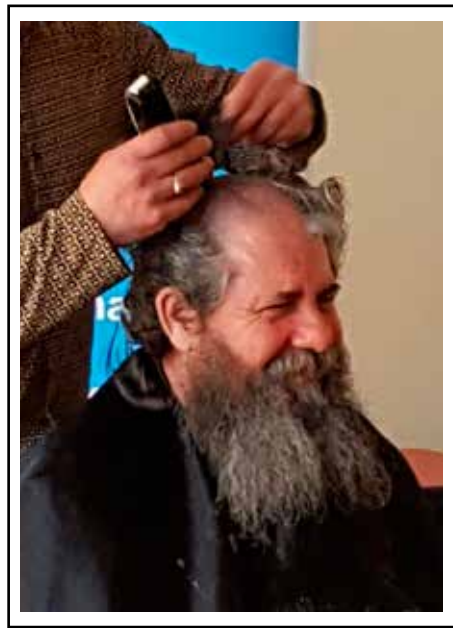
That the energy companies be forced to supply electricity, water and gas free of charge to any older person with low income. They're basic needs that would also go a long way to helping reduce poverty.

? What is the biggest issue facing older people today?

Poverty, social isolation, loneliness and the investment and provision of good quality health and social care in later life. Over the 20 years I've been in health and social care I don't believe we've moved forward at all in fact I feel we've gone backwards so much we don't know what to do next. I feel today it is all words but no action to back those words up.

? What was your favourite fundraising event/activity?

I don't know about the favourite one but the least favourite has to be the head and beard shave. The funniest was dressing up as Gangster Granny in Buxton.



? Which fundraising event was the best/most successful?

This year's Duck Race.

? Anything else you want to share?

Despite some of the things I've seen and heard over the last twenty years, I've loved my job and working with older people and don't regret a minute of it. Working with AUKDD has given me an interesting job with varying roles, which has meant no two days have ever really been the same. It's ended up like being a part of one big family and I'm going to miss everyone and especially the older people I have contact with on a daily basis. However, I don't think this is the end of my working with older people, just another start of a journey with them, which I'm hoping to bring out in my future photography.

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Time for

Setting the world to rights, chewing things over, a heart to heart, call it what you will talking can help your mind cope with difficult things in life. Most of the time a chat with a friend, or a stranger, can do the trick but sometimes your feelings are so difficult to handle that you need to talk to a professional.

A 'talking cure' can help you manage difficult emotions which have become a barrier in your life or are affecting your wellbeing or your relationships with other people. Feeling down isn't a natural part of ageing. Low mood, depression and anxiety are not just a feature of later life – they're signs that you're not feeling as well as you could be.

Claire, a lady in her early 80s, self-referred to Trent PTS with anxiety and lowered mood. She was seen for a face-to-face assessment within 15 working days of her referral in a clinic local to her home. In the assessment it was identified that following several significant recent life events Claire's daily routine had become disturbed, affecting her mood as she had been unable to attend to daily tasks or engage in activities that gave her pleasure. She noticed that she had started to worry increasingly and

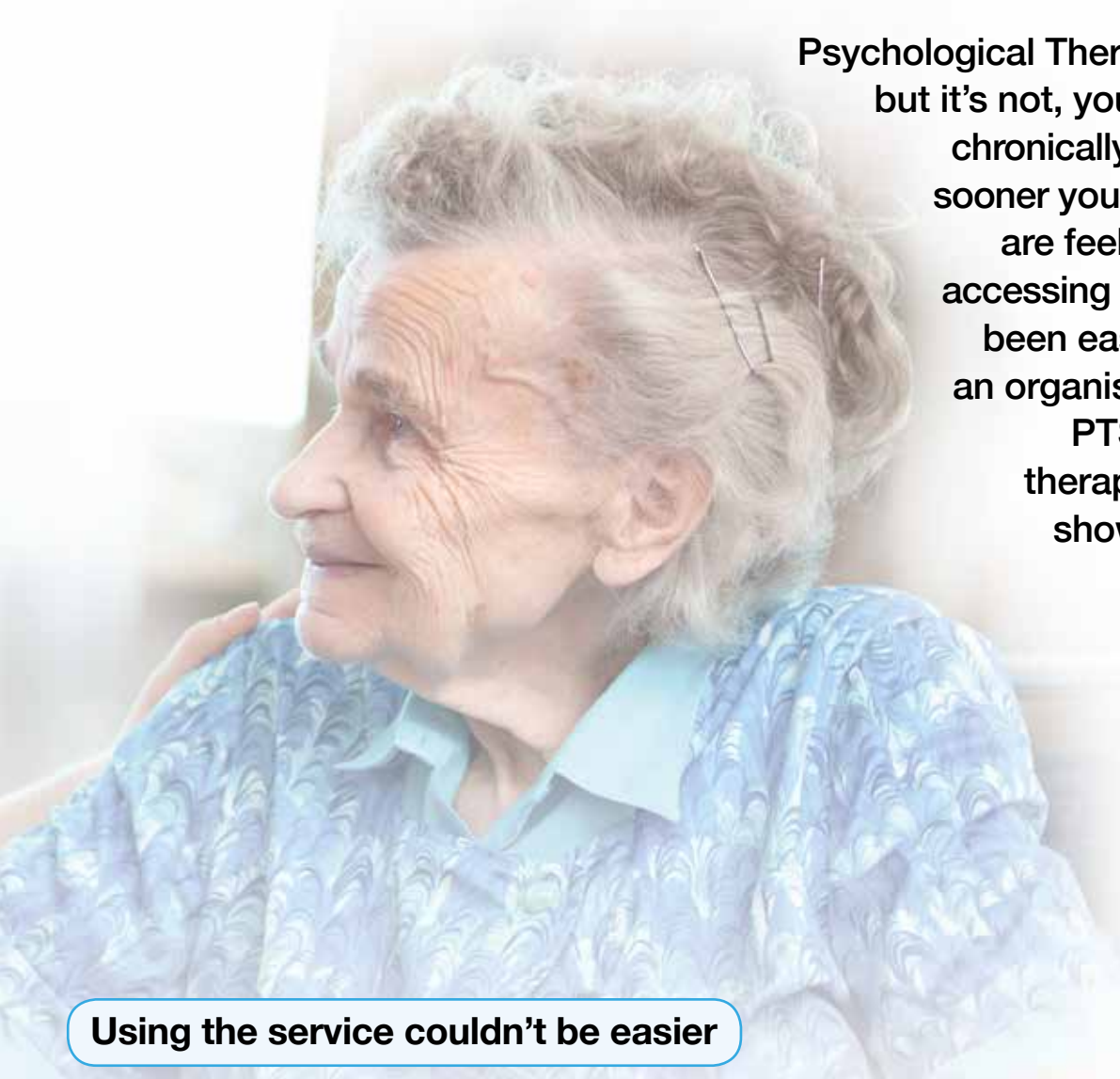
became more anxious when going out, and so her condition was starting to seriously limit her daily routine and wellbeing. Her treatment with the therapist commenced immediately, with her next appointment occurring the following week.

Using evidence based-techniques, within 1 month Claire had improved her mood and was able to re-engage with pleasurable activities. She had reduced her worry and noticed an overall improvement in

her enjoyment of life, as well as her sleep pattern and appetite.

At this point the therapist stood back to monitor Claire's progress, ensuring that she was consolidating her gains and self-directing her progress. And after a period of 1 month Claire and the therapist met and reviewed her progress and both agreed that she had addressed her difficulties, sustained these gains, and that discharge was appropriate.

or a chat



Psychological Therapy sounds scary but it's not, you don't have to be chronically unwell in fact the sooner you address how you are feeling the better and accessing therapy has never been easier. In Derbyshire an organisation called Trent PTS provides talking therapies. Claire's story shows how they help:

Using the service couldn't be easier

You can self-refer and you don't need to see your GP first though the service is provided as part of the NHS. Its free, private and confidential and you can be seen quickly. You can book yourself in on their website or by phone:

www.trentpts.co.uk/self-referral

Tel: 01332 265659

Older people are still not accessing psychological therapies when they should and evidence shows that older people respond particularly well to this type of therapy. Trent PTS are trying to encourage older people to access their service and they offer talks and

visits to older people's groups and activities to promote their service. If you are a member of a local club and would like to promote good mental health contact the Trent PTS area leads below and book a visit.

Darren Warren
(South Derbyshire Clinical Service Manager and Older Adult Project Lead) or

Eve Wicks
(North Derbyshire Clinical Service Manager) on

01332 265659.

Once again it has been a busy few months for the fundraising team, who have been working hard organising events and activities, as well as receiving donations from local groups and businesses. We are so grateful to the time given by staff and volunteers in order to help with fundraising. We would also like to say a huge thank you to all the local groups and business who have been keen to support our work as listed below. Here is a summary of what has been happening, who to thank and what to expect for 2020.



October

Following our great Ann and Arthur's Big Knit event, where we raised an incredible £1300, we posted out a number of Dementia mitts. We do still have mitts available so if you know of anyone who would benefit from one just contact Angela Barnes and we will arrange for them to receive one free of charge.

We also started promoting the winter raffle and were delighted with the prizes that were donated including a trip around a gin distillery, vouchers for Gulliver's kingdom and a trip on the Ecclesbourne railway. We drew the raffle in December, and it raised a fantastic £727. Thank you to all who supported it.

November

London Road Hospital Occupational Therapy department had a cake stall for us and raised £255.

We received £374 from Derby College WRAGG week - students chose us as one of three charities they wanted to support

after we sent a video talking about the charity.

Asda in Spondon kindly let us have a tombola in store once again. Due to our lovely volunteers giving up their time, we raised £131 on the day.

December

The Dalesmen Male Voice Choir sang in the INTU centre in Derby while we did a collection, raising £263. We also attended the Dalesmen Christmas concert in Belper as they have chosen us as one of their three charities that they will raise funds for throughout the year. They were both a great atmosphere and the singing was brilliant.

The INTU centre donated 75 Christmas boxes, which the traders had decorated and filled with Christmas goodies. We delivered the boxes to the

Chaddesden Day centre lunch club Christmas dinner and there were some spare for the people who had their lunch there on Christmas Day.

Hognaston Village Community presented us with a cheque for £700. They had raised money for us by producing a village Christmas card where the residents donated to have their name included in the card.

What a lovely idea!



January

On New Year's Day, we held our annual Duck Race and raised an amazing £4400. It was an amazing event, great fun and extremely popular. Again, we could not have done it without our army of volunteers who once again gave up their New Year's Day to come along and help.

Next year will be the 30th anniversary of the race so we are looking to do something really special and hope to see you there!!

We did another supermarket collection, this time at Tesco in Long Eaton and raised £67.

Although the amount was not

significant, we spoke to a large number of people offering information and advice, as well as heightening the profile of the charity.



February

We will be collecting £1000 each from Asda at Sinfin and Asda at Long Eaton. We were fortunate enough to be nominated for their green token scheme and won. Asda celebrated 30 years

of this project last year and so they doubled up on their usual donation. Therefore, instead of £500 for winning we will receive £1000 each from both stores.

Future fundraising opportunities

The Derby 10K run is on 29th March. We will be having our spring raffle; collections at Asda Spondon and

Tesco Heanor; repeating our event at Trent College in September and our Ann & Arthur's Big Knit in October. We

are also planning a brand new flagship event in October - news on that very soon.



Falls Awareness Training Workshops

Public Health, Derbyshire County Council have developed an e-learning community training package for **Healthcare Clinicians** (Level 3) whose ultimate role will be to carry out assessments on individuals at risk of falling or who have already fallen.

Age UK Derby and Derbyshire have been asked to link closely with the content of the Healthcare Clinicians training and develop the following:

- A **Level 2** training package aimed at health and non-healthcare professionals such as Social Workers, Care Workers, Fire and Rescue Staff, Police Officers, GP Practice Receptionists, Clinic Receptionists, HCA's, Pharmacy Assistants, Therapy Assistants, etc. The participative training will last up to 1 hour and cover the causes and consequences of falling and how these professionals can make every contact count. They will receive guidance in which actions they can take and how to refer on to other services as appropriate.
- A **Level 1** training package aimed at peer 'champions'/ peer-to-peer support. This target group will be known as 'Falls Friends' and they will receive a certificate and a badge which will identify them to others. The participative training will contain similar elements to those of the Level 2 package but will be delivered in a shorter time- frame – approx. 30 mins.
- A **Train the Trainer** package for trainers/line managers in a variety of settings (eg. Care Homes) so that staff are provided with ongoing professional development or refresher sessions.

The Falls Awareness Training Workshops will be delivered by Sue Sheldon and Lindsey Coombs from AgeUKDD.

sue.sheldon@ageukdd.org.uk
07879 427921

lindsey.coombs@ageukdd.org.uk
07745 273333



**LIVE STRONGER
FOR LONGER**

Coffin Club



Our Compassionate Communities work showed how many people wanted and needed to talk about the end of their life. We put so much love and time into preparing for a birth, or other life events like a wedding, why do we not take the same care and attention over a funeral when we have so much life to celebrate?

A funeral which really reflects the person who has died can be an uplifting experience. Family and friends can feel they have given the person they loved a great 'send-off' and it can help those left behind cope with their bereavement. For people facing the end of their life feeling they have prepared for their funeral can be a comfort and help them face the days ahead.

In New Zealand friends came together and talked about dying and their experiences of rather bland but expensive funerals. Together they formed a 'coffin club' meeting up each week to construct and decorate a coffin for themselves. The conversation and creativity flowed and despite some understandable reservations more people wanted to join and a movement was born.

In the UK, in Hastings, Kate Tym and Kate Dyer met when they worked together as Marriage Registrars before leaving, together, to become independent celebrants – conducting weddings, baby namings and funerals. They quickly became disillusioned with the type of conveyor-belt funeral being offered, and accepted, in most of the UK and the costs attached. They learned about the movement in New Zealand and decided to do something about it... And Coffin Club was born!

A Coffin Club is a safe space to talk about death and plan your perfect send-off. It's a place to learn about all the options available to you for your end-of-life celebration so that you are not simply channelled into having 20 minutes 'up the crem' because you don't know there are any other choices available to you. It is also somewhere to address funeral poverty by clearly examining the costs behind the funeral industry.

Coffin Club is open to everyone and anyone. Those who attend may include elderly people or those living with a terminal diagnosis, families or carers and others who simply don't want to leave their last hurrah to chance. The objective of Coffin Club is to empower people to take control of their final send off. To educate and inform

everyone about all the options and choices that are available to them. By providing safe spaces for free discussion about something that can be a taboo subject they aim to demystify funerals, enable people to think creatively and ask questions and change the face of end-of-life celebrations in the UK.

Each Coffin Club may be run slightly differently, reflecting the needs of the local community but for example a Coffin Club might run as a six-week course, weekly for three hours. It consists of an hour of invited speakers and, if you want to, you can also decorate your own flat-packed coffin!

If you're interested in setting up and running your own local Coffin Club they will provide you with the blueprint and all you need to know to bring the funeral revolution to your community.

For information about local clubs, starting up a Coffin Club, purchasing a flat-pack coffin and to learn more about their funeral revolution visit: <https://coffinclub.co.uk/>



There is a Coffin Club in Derby

Coffin Club Derby is a safe space to come and learn about all the choices available to you for your end-of-life celebration. Each week for 6 weeks there is a different invited speaker – from independent funeral directors, to end-of-life doulas and everything in between – and our clubbers work their way through their funeral wish-list until they've planned, and costed, the send-off that is just perfect for them! In addition to being an educational platform there is also the opportunity, for those who wish to, to decorate their own coffin. For more information contact Leni directly on CoffinClubDerby@gmail.com

“Attending Coffin Club Derby, I really didn't know what to expect. Now I have had the conversations that I needed to with my family, I have organised my funeral and I can get on with enjoying my life”

Clubber, May 2019

Thank you to Avis Budget Group

A huge thank you to Daniel Kerslake, Store Manager from the AVIS Budget GROUP at Rolls Royce Derby.

He kindly dropped into our warehouse with loads of donations they'd collected for Age UK Derby and Derbyshire through their company in the run up to Christmas.

The donations were handed over to Phil Russell, Warehouse Co-ordinator for Age UK Derby and Derbyshire.

The donations are much appreciated and all money raised will be used to support local older people.



Thank you to Barron McCann

We would like to say a huge thank you to Barron McCann IT Services (Meteor Centre Derby) who kindly dropped in at Christmas with loads of donations they'd collected through their company for Age UK Derby and Derbyshire in the run up to Christmas.

The donations are much appreciated and all money raised will be used to support local older people.

Pictured in the photo is Chloe Farmer, Marketing Manager from Barron McCann presenting the boxes of donation to Ray Gumbley, AUKDD Derby Services and Retail Manager



Fairfield Older Peoples Group



Initially formed to enable access to Post Office services in Buxton following the closure of the Fairfield Post Office in 2005, Fairfield Older Peoples Group now concentrates on being a social group for elderly Fairfield residents.

Meeting most Thursday afternoons throughout the year at St Nicolas' Hall at Fairfield Centre, the current group of about a dozen ladies (gentlemen are welcome too) get together to enjoy a cup of tea or coffee with biscuits or a slice of cake, whilst sharing local news and/or details of upcoming, local events.

An Age UK Derby & Derbyshire (AUKDD) employed support worker attends the group each week and helps to book visiting speakers or entertainers, who are always warmly welcomed. The group also goes on an occasional trip out somewhere scenic, which also goes down well, especially if a food and refreshment pit-stop is included in the itinerary. And a Christmas meal out somewhere locally is also a must!

Door-to-door transport is provided for members each week by Bakewell and Eyam Community Transport (BECT). This enables members to get to and from the group so that they feel the benefit of a regular get-together with people of their own age. Finding the money to provide transport for the group is a continual challenge, but BECT have been superb in providing the transport for several years now and have been the only suitable provider available for some time.

Supporting us in recent years via grant funding for the group we sincerely thank Foundation Derbyshire, Derbyshire Voluntary Action, High Peak CVS, The Bingham Trust and Waitrose Community Matters scheme.

New group members are always welcome - must be a Fairfield resident over the age of 65. Volunteers to help run the group are also needed.

If you would like to help out or get involved in any way with the group, please do get in touch - contact details are:

Email - fairfield@ageukdd.org.uk

Telephone - **01433 620263**

(via AUKDD's Befriending Service)

Why members go to the Fairfield Older Peoples Group:

- Companionship and company, mentioned by most of the group, if not all
- A boost to morale
- Stimulation from exposure to diverse opinions
- Participation and co-operation in games boosting a feeling of togetherness
- A feeling of increased confidence in group situations
- Expansion of knowledge from speakers brought into the group
- Vocal exercise, either in talking or singing
- Enjoyment of music
- Plenty of laughter



Chaddesden Park Centre

Over the winter, there has been a period of growth and very popular new ideas at the Chaddesden Park Centre as well as well-deserved recognition for the service of one of the volunteers.

Maureen Ford won an award for the Chaddesden Community Volunteer scheme in recognition for the work that she does each week. Local Councillors award the scheme where local people nominate those who serve the community. Maureen has run the kitchen, alongside all the other dedicated volunteers, providing a weekly home cooked lunch for many years. The Lunch Club is very popular for older people in the Chaddesden Community.



Thanks to the COOP Oakwood and Nottingham Road Store who raised £4008.68 for the Chaddesden Park Centre. With the donation we have benefited from a new cooker for our lunch club. Chaddesden Ballroom turned up to both the stores and did a surprise flash mob dance. The square tango and a social foxtrot trailed through the bread and confectionary giving shoppers a pleasant surprise with some joining in!

At the Lunch Club Christmas dinner, all the members received some lovely gifts courtesy of the INTU Centre, Derby. All the Traders had made shoeboxes beautifully wrapped and full of various lovely gifts for all the members for which everyone was very grateful.

The Chaddesden Park Centre threw open the Doors on Christmas Day so that local older people would not be lonely. Various Volunteers came forward to help, following on from the emotional story on BBC Breakfast about Terrence from Bolton and his loneliness at Christmas. Our regular volunteers from the Lunch Club helped prepare the food and other volunteers picked up those unable to get in. The Nottingham Road Fire Station paid a visit bringing hampers for all our diners. Everyone was entertained after lunch thanks to Jude

Cliffman, who performs with Gatepost Theatre Company, singing all the old favourites.

On the second Sunday of every month, there is now a Sunday lunch and sing along, working in conjunction with a YMCA project combating loneliness and isolation. Loneliness at weekends is a big concern for many local older people. A two-course lunch, lovingly prepared by Maureen and the rest of the Thursday volunteers, was provided to over 40 diners at the first one in January. Many of the Christmas Day Volunteers returned to help and provided a great day.

The Good Gym have been a couple more times to help. They run to a community venue, help out there and then run back. The Good gym came along to the Sunday lunch first thing and set up the room as their good deed mid run. They also came back one evening to tidy up and weed out the front of the building. This is a fabulous initiative and we are really thankful for the work they have done.



Finally, in January the Centre hosted a Burns Night special at the weekly ballroom dancing session with a bagpiper setting the mood. All had loads of fun.

It has been a busy few months with so many people offering to help, whether getting the room ready, cooking and serving food, tidying up, providing entertainment and any other number of jobs. We could not do what we do without all our volunteers and we would like to give the all a huge thank you for their hard work and enthusiasm.

For more information about the Chaddesden Park Centre, contact Di Cliff on **01332 674562** or email **chaddesden@ageukdd.org.uk**

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All meals are prepared in-house with locally sourced produce. We have Activities happening daily, weekly entertainers, mystery trips on the Coxbench Minibus and with fabulous monthly themed dinners there really is something to suit everyone here.

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