

FREE
Please take one

Autumn 2021

EngAGE

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NHS HEROES

Thank you

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

Meet the team...

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from the Editor

Welcome to the Autumn edition of our EngAGE magazine.



The signs of Autumn coming are already all around us and the magnificent colours in the trees are starting to show. Here's what you can look forward to in this edition:

Whether you want to start thinking about it or not, Christmas is only just around the corner! This year we have designed our own Christmas cards, using images taken locally by local photographers. They will soon be in the shops and we hope that you will be able to support our work and buy some packs when they arrive.

We have news to celebrate in that our Strictly No Falling Team have been nominated for a prestigious award in recognition of all the amazing work they did during the pandemic lockdowns. We will report how they get on in the next magazine!

Our Chaddesden Park Centre continues to thrive and has started welcoming people back into the building. They were also involved in the Chaddesden 'Big One' event for the whole community.

Since restrictions have eased, our fundraising team have been exceptionally busy arranged various events and activities. If you have supported any of our fundraising activities, thank you so much for your help. We hope you will be able to visit our annual duck race on New Year's Day in Toton. It's great fun for the whole family, see you there!

Our Information and Advice team are available on the phone if you need help with any age-related issue. There is also information in this edition about smart meters in your home.

If you have the skills involved to join our small board of trustees, we would love to hear from you as we are looking to expand our friendly and caring Board.

Finally, we have a reminder about the importance of eating well and not getting malnourished which can be a big issue for lots of older people.

Thanks for your support. Stay safe.

Phil

Phil Brown Editor

Chaddesden Park Centre Update

With the relaxing of the Coronavirus restrictions, we have been able to welcome our Thursday Lunch Club diners back, who have been making use of Door to Door Transport. Our Lunch Club is much loved and well attended so it was great to see everyone back together. Huge thanks as always to our Lunch Club Volunteers who are just amazing and so kind with their time in preparing and making the meals. We are still delivering to those that are not ready to attend yet, thanks to our volunteer Sharon Smith. The Lunch Club runs on a Thursday from 11am to 1pm, if you are interested in joining please contact Di at the Chaddesden Park Centre.

Other Groups are slowly and safely coming back to the Centre. From the middle of August, we will be welcoming back the popular Monday morning Tea Dance, which runs from 10am till 12pm. The cost per session is £3, to find out dates and availability please call Di.

Chaddesden Ladies Tuesday Group are back meeting at the Centre on Tuesday afternoons from 2.15pm till 3.45pm. For more information on this social event please contact Maureen on 01332 603202.

The Golden Age Group meet at the Centre on Wednesday afternoons for Bingo and other social activities between 2pm and 4pm.

We have our latest program of events available at the centre. Please contact Diane on 01332 674562 for further information regarding any of the activities mentioned in the article.



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Together with our national partners, we help older people to know about and claim the benefits they're entitled to, such as Carer's Allowance, Attendance Allowance and Pension Credit.

We help older people with social and health care issues

From understanding and help with older people's entitlements to Social Services and Continuing Healthcare to appealing decisions.

How much does it cost?

It's **FREE**, yes, it is free, however any donation is gratefully received.

Contact us

Information and Advice Service – Derbyshire

29a Market Place,
Heanor, Derbyshire,
DE75 7EG

Tel: **01773 768240**

Email: iateam@ageukdd.org.uk

Chaddesden

Sunday 1st August



Big
2021

After a break in 2020 due to the Pandemic, the Chaddesden Park Big One Event returned on Sunday 1st August.

Our Chaddesden Park Centre opened for the occasion serving refreshments and hosting entertainment. We got the opportunity to showcase our new event Gazebo which was funded by the WGB Foundation earlier this year, thank you! There was entertainment from the brilliant Chaddesden Ukulele players who kicked us off in the morning, followed by Sarah Bright who entertained everyone throughout the afternoon. Sam Bunting, former Assistant Manager at our Matlock Bath charity shop, performed in one of the bands on the Park playing with his group, 'Extras'.



The Chaddesden Centre Lunch Club volunteers were on hand to help and made the day go with a swing. Thank you to Craig and team at the Oakwood Co-op for their support with the refreshments.



One Event



Big thanks go to Darren and Barbara Martin who supported us by running a stall and the tombola.

Thank you to the Chaddesden Ward Councillors for their support and sending volunteers to help erect the gazebo.

It was a great day and we look forward to being a part of the planned 2 day event in 2022 to coincide with the Queen's Platinum Jubilee over the weekend of 4th and 5th June 2022.



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Christmas

This is the first year that

Age UK Derby and Derbyshire have produced our very own Christmas cards, which will help raise money to support local older people. We asked some amateur photographers from Derbyshire to submit some photos, from which we selected a few to be used on our cards. All the pictures are of scenes in Derbyshire as we wanted to celebrate the beautiful area around us as well as recognising local photographers. The cards will be on sale in all of our shops and at some fundraising events, so we hope that you will be able to buy a pack or two to support our work with older people in Derbyshire.



Holly Wreath
by Becca Knapp

A Festive Dance
by Becca Knapp



Cat in Tinsel by Lynne Miles

Thank you



Cards

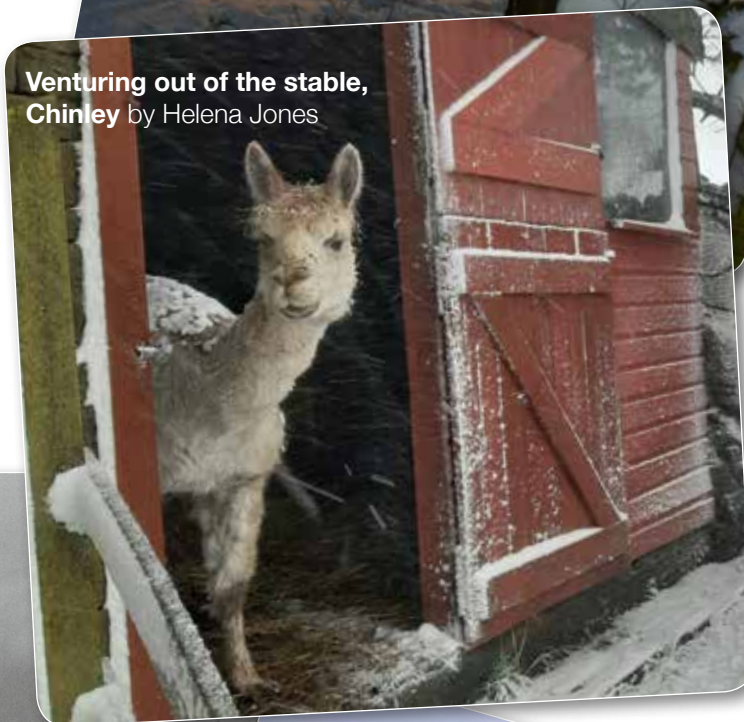
Robin by Andrew Chapman



Snow Scene
by Lynne Miles



Venturing out of the stable, Chinley by Helena Jones



Ladybower
by Reuben Veira



Sheep Stampede in Chinley by Helena Jones



Prestigious Award Nomination



Age UK Derby and Derbyshire's Strictly No Falling Service shortlisted for prestigious Royal Society for Public Health Award 2021

Age UK Derby and Derbyshire submitted a bid for the Royal Society for Public Health awards for the 'Health at Every Age' category. The bid was for the work our Strictly No Falling team undertook during the pandemic. Between March 2020 and March 2021 Strictly No Falling instructors made over 40,000 contacts with older people across the county, our team broadcast Chair Based Exercise (CBE) classes on Radio Derby and Erewash sound and at one point instructors were even conducting (socially distanced) CBE sessions in cul-de-sacs with participants joining in at the end of their drives! Over 80% of group participants reported being more physically active during the pandemic than before as a result of the weekly contact with instructors.

Physical strength and balance are crucial in preventing falls and the life-changing injuries they cause and the fear of falling which debilitates so many older people. During the pandemic we also supported people's emotional strength and balance by helping them keep motivated in their exercise and by providing much needed social contact. Our work, and the

Instructor's dedication to their classes, helped many older people stay active and return to face to face classes as restrictions eased. Their regular mentoring calls meant they were physically and mentally ready to get out and about again.

We have been informed that from the very large number of applications the RSPH received AUKDD were one of just three to be shortlisted in the category of 'Health at Every Age' and the team have been invited down to the finals in London in October.

It is great news and testimony to the fantastic working relationship we have with Derbyshire County Council's Public Health Team who fund the Strictly No Falling service and a great achievement for Jo, Lindsey, Emma and Diane to see their hard work recognised.

Everyone's got their fingers crossed we win! In the time we can use the prestigious shortlisted Awards logo with pride.



**HEALTH AT EVERY AGE AWARD
FINALIST**

Get Smart..... Smart Meters

Age UK Derby & Derbyshire has partnered up with Smart Energy GB to give older people across the East Midlands access to the facts about smart meters.

Smart Energy GB is the not-for-profit, government-backed campaign helping everyone in Britain to understand the importance of smart meters and their benefits to people and the environment.

Their national campaign is reaching homes and microbusinesses across England, Scotland and Wales. For more information visit

www.smartenergygb.org.

Age UK Derby & Derbyshire is here to help you make an informed decision about whether to have a smart meter fitted. We're here to give you more information, answer your questions and hopefully, dispel some of the myths around smart meters.

For more information, contact 01773 766922

Your Questions Answered

What is a Smart Meter?

A smart meter is the next generation of a gas and electricity meter. They are being installed in homes across Great Britain at no extra cost, to replace the traditional meters including prepay key meters, most of us currently have ticking away under the stairs, or outside our homes.

Smart meters measure how much gas and electricity you're using, as well as what it's costing you and display this on a handy in-home display (IHD).

How do smart meters work? | FAQ - YouTube

Can everyone get one?

We're all entitled to a smart meter as part of the rollout. Some of us will have to wait longer than others to get our new meter, but you can ask your energy supplier directly to see if yours can be fitted now. How soon you can get your

smart meter depends on your energy supplier, where you live, your current meter type and what kind of property you live in.

Do I have to get one?

Smart meters are not compulsory; it's entirely your choice. The government requires energy suppliers to offer smart meters to all homes and small businesses across Great Britain by the end of 2025, but whether you accept them is completely up to you.

Are smart meters secure?

Both the IHD and the smart meter operate without the need to be connected to the internet. Rest assured, smart meters operate on their own secure network, ensuring data is only visible to the energy supplier and authorised parties where consumer consent is given

What are the benefits?

No more estimated bills:

Smart meters enable accurate, not estimated bills – so you know exactly how much your bill should be, and how much to budget

Reduce energy bills:

The IHD which you'll receive with your smart meter shows you, in near-real time, the amount of energy you use in pounds and pence. Allowing you to keep an even closer eye on your energy spending habits. This could help you find ways to reduce energy waste around your home and save money.



No more meter readings:

Smart meter readings will be a thing of the past, that means no more going down into the cellar or squeezing yourself into cupboards! You'll only be pay for electricity you use, and there'll be no more estimated bills.

Benefits to Great Britain:

The nation's electricity needs are expected to double by 2050, this means we need to upgrade our energy system.

You could help Great Britain take a step in the right direction by installing a smart meter in your home. Smart meters are helping Britain save more energy, and helping you save on your bills too.

Can I get one now?

Yes! Simply call your current electricity or gas supplier who can advise you how to get one fitted.

- Eligibility may vary
- Consumer action required

To advertise in the next issue of this publication, please contact

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TRUSTEE Retirement

Our little Board of Trustees just got a little smaller!

Our ex-chair of Trustees, and long-serving trustee on the Board, Hilary Campbell retired from the Board in August.

Hilary had a long career in the criminal justice system and since her retirement has been a very active part of the lay observation schemes for local prisons. During the pandemic the pressures on the prison system and the impact of Covid measures on prisoners lives and the prison staff has been immense and Hilary finds herself busier in retirement than in her working life!

So with much sadness we had to say goodbye. She and her husband are keen travellers and love the nomadic lifestyle, she

even recently joined a Board meeting on zoom from the passenger seat of her campervan! Because of her active lifestyle, extensive travel and engagement in other aspects of social care Hilary always brought a lot of energy to the Board. Her clear style of communication and excellent meeting skills helped us all stay focussed. For me I will always remember the wonderful support she gave me as CEO. The relationship between the Chair of Trustees and the CEO is an important one but quite complex as the Chair must challenge as well as support, and Hilary struck the balance with great care.

The Board said their goodbyes and gave a small gift, a portable

cafetiere /thermal mug so that she need never be without her favourite coffee, and a little lavender plant to bring the bees to her garden! In leaving she thanked all the staff and volunteers who made AUKDD such a great charity and felt two words expressed our charity: kindness and resilience and that we had showed that throughout the pandemic.

We are recruiting for new trustees. If you or someone you know has a little time to give and could bring life and work experience to the Board please checkout our website for details of the role of the trustee.



Clive Newton (Chair of Trustees) and Hilary Campbell (retiring trustee) at The Whitworth Institute for a milestone event: the Board's first face to face meeting in 18 months.

TRUSTEE Recruitment



Zooming through the pandemic

It has been said, during the Covid19 pandemic that **'we are all in the same boat'** but critics have corrected this to say that **'we are all in the same storm'**, our boats vary considerably and so our experiences of the storm! Our Board of Trustees have been kept busy keeping a 'guiding hand on the tiller' as our charity sailed through the stormy waters of a global pandemic.

Our boat has proved itself to be fairly robust and our careful governance and fantastic staff and volunteer teams meant we responded incredibly well to the massive increase in demand for our services. We even managed to expand our retail income generation opening 5 new shops despite all the challenges on the high street. Our experiences over the last 18 months has demonstrated the importance of expecting the unexpected and the value of good governance. Our Board of Trustees is a small, friendly and effective team who set our strategic aims and keep a watchful eye on our work and the way we work. Our trustees bring a lifetime experience of people, services, money, strategy, policy and change management to our charity giving a little time regularly to help our little ship sail on. Each trustee is very different but they all share a commitment to our charity's aims and values so discussions are positive and productive. Throughout lockdowns, and since, the Board

has met by zoom, we even had a trustee join us as a passenger from her campervan and these meetings have helped us navigate the storm remarkably well but we know that our next few years will be hard. Thanks to lockdowns many people are more aware of the loneliness and isolation so many older people feel and interest in our work is higher than ever but delivering services demands money, volunteers and staff and these are in short supply as the pandemic moves into its next phase.

If you would like to join our Board of Trustees we are looking to recruit 2 new trustees to our Board.

If you have relevant personal or work experience, a little time to give regularly each year and share our values then we would love to hear from you. A role description for trustees and our application pack is available on our website <https://www.ageuk.org.uk/derbyandderbyshire/trustee> and by calling our Head Office on 01773 766922.



Trustee Vacancy

The Covid19 pandemic and the restrictions on everyday life have highlighted the challenges experienced by many older people including feelings of loneliness and isolation and exclusion from services and support. For our charity it has resulted in unprecedented levels of need, outstanding responses from our staff and volunteers but also challenges for our income generation and fundraising and therefore our sustainability.

We currently have a vacancy on our Board of Trustees.

The Board of Trustees work together to set our strategic direction and ensure our charity thrives achieves its charitable objectives and makes later life better for older people and their carers. We have a small, friendly and effective Board with well-established best practice governance processes.

Age UK Derby and Derbyshire Trustee positions are voluntary and unpaid but we do pay travel and expenses.

Please contact Katy Pugh, the Chief Executive on T: 01773 766922 or email katy.pugh@ageukdd.org.uk for an informal discussion, information and an application pack.

Alternatively, the information application pack can be found on our website at: <https://www.ageuk.org.uk/derbyandderbyshire/trustee>

AUKDD is committed to equal opportunities and welcomes diversity.

MALNUTRITION MALNUTRITION

Having nutritious and varied food is important for good health and wellbeing throughout life, but it is estimated that one in ten people over the age of 65 are at risk of malnutrition. Malnourishment can cause long-term health problems for otherwise healthy and independent older people. It can also mean more visits to the GP, increased chances of being admitted to hospital and longer recovery times from illness.

Nutritional needs can vary as our bodies and health needs change. Increasing numbers of us will be diagnosed with long-term conditions such as dementia, diabetes, hypertension, angina, chronic obstructive pulmonary disease (COPD) and chronic pain conditions such as arthritis. These types of conditions can have an impact on eating enough but losing weight and not eating well are not a 'natural' part of ageing.

We are also now used to following public health messages that are focused on weight loss, eating low fat products, eating more fruit and vegetables, less sugar, treats and puddings. This style of eating is not always recommended for people who have a small appetite, find they are losing weight, or who are finding it difficult or tiring to eat. There is no point struggling through a bowl of salad if that is all you can manage to eat all day!

Why do we lose interest in food and appetite?

Life changes as we age are complex and very individual, and can often contribute to loss of interest in food and appetite. Loss and bereavement spans right across life. It doesn't just relate to death. It is often about accumulative loss, perhaps of work identity through retirement, of good health, of being young or the loss of ability, activities and hobbies, a walking



partner, best friend or the dog. Loss through bereavement will be a major stress, and can reduce our resilience and ability to cope and remain independent.

Becoming a carer for a loved one can be a real shock, changing our relationships, lifestyles, routine and expectations. Undertaking and losing a caring role can sometimes make eating a low priority and carers are very much at risk of becoming malnourished themselves. Sometimes when we live or feel alone it can be more difficult to eat well, or bother to plan, shop and prepare a meal, which then is often eaten alone. Low income and worries about finances remain a significant worry for some older people. All this lumped together can make us feel low in mood or clinically

depressed. Depression is very real and sometimes overlooked by health care professionals, even though it's easily diagnosed and can be treated.

Keeping an eye on yourself

It's important to keep an eye on your weight. There are several easy to use self-screening tools that can be used to identify if you are at risk of becoming undernourished. These can be completed by yourself or with a carer, friend or family member.

You can download or request a copy of the self-screening tools on the Malnutrition Task Force website www.malnutritontaskforce.org.uk or by calling the Task Force on **020 3033 1280**.



Age UK Derby and Derbyshire can help with finding the information, local services and welfare benefits which can help you eat well and live well. Call us on **01773 768240**.

The Malnutrition Task Force are united to combat preventable and avoidable malnutrition and dehydration among older people in the UK. Established in 2012, we believe that good nutrition and hydration is vital to enabling older people to live fulfilling and independent lives. We seek to raise awareness of undernutrition in later life and its causes, provide information and guidance, and work with partners across sectors and settings to improve the lives of older people in the UK.

The Malnutrition Task Force is supported by Age UK, apetito, BAPEN, Nutricia and Royal Voluntary Service.

For more information visit www.malnutritiontaskforce.org.uk or email us enquiries@malnutritiontaskforce.org.uk

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- Our meals are home cooked and we cater for special diets
- Regularly organised activities, pastimes and pursuits with local community links. Recent 'wish list' achieved for resident Donald, as seen in the local media.
- Our priorities are quality care and comfort for all residents.



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



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Full details at www.eastgatecare.co.uk



Over 30 Years providing care - August 2021

Fundraising

As the country started to slowly open up again, we were excited to safely return to our event planning and vital fundraising.

Our long-awaited **Brunch with Bubbles** at Makeney Hall Hotel was a fabulous day to reconnect with over 40 people enjoying what was for many, their first outing since lock down. Everyone enjoyed a game of Booze or Lose with many lucky people taking home a nice bottle of something alcoholic or those not so lucky a bottle of water! Our 'Guess the weight of the cake', donated by **Sweet GeekBakes**, was a great success and the winners were very happy with their prize of the cake and a family day out at Chatsworth House.



Update

The **Summer Raffle** was a great success again with total ticket sales raising just over **£1700**. Our shops enthusiastically took part in the competition to sell the most tickets and the Belper shop very deservedly won the prize for the most tickets sold. As we write this we are already on the search for fantastic prizes for our Autumn Raffle.

In July we met with **Stuart Allen** at Derby Theatre. They are keen to work with us and wanted to know how they could help. First off, we recruited him for our 10K and he has agreed to encourage some friends to join him. We look forward to working with them in the future!

Families enjoyed attending our **Family Fun Day** with Afternoon Tea at Yew Lodge on 1st August. Thank you to the hotel for fantastic food and service on the day and Jess from the Reeds' Health & Spa for her expert nail painting for the little ones and Mums' who felt like being pampered.

Thanks to lovely Sophie for her face painting, a real winner! The children absolutely loved it!! Thanks also to **Phat Magic** who entertained the children with circus skills, a magic show and balloon modelling. There was a raffle, pin the tail on the donkey and giant games. All thoroughly enjoyed by both the children and the adults. Our special thanks must go to all our volunteers on the day, who kindly gave up their time to set up the event room, which was enhanced by balloons that were kindly donated to us by a newlyweds Tara and Kyle at the event, what a wonderful gesture!!



Fundraising Update continued

This year's **Fashion Show** was finally able to go ahead on 4th August. It was wonderful to see everyone enjoying themselves on an evening out once again and it is fair to say the models were the 'STARS' of the show and looked stunning! Many thanks once again to **The Holiday Inn Derby, River lights** for their generosity once again, allowing us free use of their venue and also for kindly donating a raffle prize for the night. Special thanks to **Medoc** for sponsoring the wine. Thank you to all our models for volunteering for the evening. Our raffle crowd pleaser Booze or Lose returned which contributed to the total raised.

Watch this space for more Fashion Shows in 2022!

Angela Barnes, Fundraising Manager, holding the microphone kindly donated by **Currys PC World** at The Meteor Retail Park, Derby.

On the 7th August we attended a new Event **Kilburn, Denby and Horsley Carnival** with our brand new marquee sponsored by Foundation Derbyshire. We definitely couldn't be missed with our lovely bright marquee, definitely the smartest on the field! It was great to meet some new faces including David the local Mayor!

We had two big events in September which were really well supported. On the 18th September we arranged the car parking and had a fundraising stall at the **Long Eaton Carnival**. The following weekend we held our **Fun Day at Trent College**. Thank you to everyone who came to support us, and to those who helped make the events a success. More to follow about these events in the next edition.

The **Derby 10k** will be taking place on 17th October and we are recruiting runners now so let us know if you are interested in running for us. It's free to be a part of our team as long as you commit to fundraising for us...however small!

Our annual Knitting Event '**Ann and Arthur's Big Knit**' is already in full swing with over 30 knitters. busy creating hats and scarves. We are asking people to knit from now until 1st October when there will be an event in Alvaston to celebrate National Older Persons Day



with plenty of tea and cake. We will showcase all of the items that have been made and they will be available for sale. Many of our knitters will be sponsored by friends and family for what they produce and we will certainly be attending some Christmas Fairs with all our knitted items.

We have already had some beautiful, knitting from Joyce Robinson of Littleton. They will make perfect Christmas Gifts for loved ones whilst helping to raise more funds for the charity.

Finally after having to postpone three times Beth finally got married on August 16th. Many good wishes Beth!

A really early heads up to keep New Year's Day Free, if possible, to attend our FAMOUS "flagship event" **The Annual Duck Race**. Obviously, we were not able to have this event this year but we look forward to being back on January 1st 2022.

We will be adding more events across Derby and Derbyshire throughout the year so keep your eyes peeled for new and exciting opportunities to attend and/or get involved!

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