

NEWSLETTER

Welcome to our Summer Newsletter

We hope to make these quarterly and will be distributing to staff, volunteers, carers, participants and supporters. We would welcome content suggestions or feedback for future editions.

Welcome from our CEO Nicky Flynn

Times are really challenging for the charity sector now. With reduced funding across Devon County Council and Exeter City Council, we are having to ensure we maximise all opportunities to raise income to make sure we are here to support the over 50's in Exeter for the years ahead. As well as working hard with our charity colleagues to support each other during these tough times.

All of our services are busy and demand is growing. With an above average population of over 50's in Exeter, there is no surprise there, but don't forget, Age UK Exeter is for younger older people too. We want to help you prepare for getting older, to plan for this next exciting chapter. Watch this space for what that is going to look like.....

We are just completing our new plan for the next 3 years. Most charities have an organisational plan that specifies where their focus will be for the future. We have done lots of research, looking at data, understanding what the challenges will be in Exeter over the next couple of years as well as speaking to clients and staff in order to put this plan together. This will be published by Mid-August and I will ensure a copy is available to everyone who wants it.

A large part of this plan is to do as much fundraising as we possibly can, so, if you are able raise some much-needed funds for us, for example host a coffee morning, take part in a sponsored event, recommend us to a workplace or activity group as their charity of the year, contact our Fundraiser, Catherine, if you would like further information. Volunteering is an extremely valuable resource to us so please check out our feature on Volunteering.

Our new services, Handyperson and Sycamore days are going well. Do talk to us about these services and find out how they might benefit you or someone you know. We also have Qi Gong, craft groups, chair based exercise classes, lunch events and so much more...please do give us a call or look at the website for an up to date list of our services and activities. www.ageuk.org.uk/exeter

5 Ways to Fundraise

TALK TO US
01392 20 20 92
info@ageukexeter.org.uk
www.ageuk.org.uk/exeter

- 1 Get your colleagues or friends together for a cake sale or quiz night
- 2 Ask your workplace to partner with us their chosen Charity
- 3 Volunteer with us at fundraising events- bucket collections etc
- 4 Take on a new challenge and ask for sponsorship to keep you motivated
- 5 Ask your school to partner with us



#Join us in JULY

5 Ways to Support

TALK TO US
01392 20 20 92
info@ageukexeter.org.uk
www.ageuk.org.uk/exeter

- 1 Volunteer - Your time can make a real difference
- 2 Donate - One off or regular donations - every penny counts
- 3 Be an Ambassador & champion our services
- 4 Shop with us - at our Men in Sheds shop
- 5 Fundraise - From Cake Sale to Charity run, have fun and raise a few £'s



#Join us in JULY

Budding Friends

Dementia and carers support has been busy over the last few months. The Budding Friends group is preparing to get back on the allotment. We have been delayed with a very wet, cold spring and 3 Bank Holidays in a row which affects a group that only meets on a Monday afternoon!

Carers Support

We now have access to a comfy room in the building, in which we can meet with carers on a Tuesday morning, after people have dropped their person to our Sycamore Days service. This is a very positive step after covid put a stop to our monthly Carer Support groups.

Lunch Club

Our monthly lunches have proven to be very popular especially with the introduction of fish and chips from the wonderful team at Friar Tuck.

Join us on 7th Sept, 5th Oct, 9th Nov but remember to call us in advance to let us know that you wish to attend and to give your menu choices

Welcome Holly

Meet Holly our NEW Volunteer Co Ordinator, Holly is waiting to hear from anyone who has a few hours to spare and would love to give back to the community. With a huge range of roles available there really is something for everyone from:

Men in Sheds Shop Assistant
Information & Advisor Assistant
Admin & Finance Support
Day Care Support
Telephone Befriending
Coffee Morning Assistant
& MUCH MORE.....

THANK YOU

As ever, none of these events would be possible without the support of our wonderful volunteers who not only provide practical help but offer warm welcomes to members of our groups, a good chat and a listening ear.

So, a big thank you to all our amazing volunteers, your support is greatly appreciated

Singing For The Brain

The Singing for the Brain group continues to thrive, and we now welcome residents from two residential homes in Exeter, as well as people living with dementia in the wider community.

Coronation Party

Our Coronation tea party was a huge success, supported by volunteers from BT and Millbrook Village. Guests enjoyed sandwiches and cake with abundant cups of tea and finished with a singalong from our very own Sycamore Staff Singers.



Day Care - Sycamore Days



Meet Nuala and Julie who with our wonderful volunteers, run the Sycamore Day centre.

Due to demand we are now open Tuesdays and Fridays. On a typical day, morning sessions start at 10 am for coffee/tea and a chat. There's time to do a bit of drawing, puzzles etc. before a delicious lunch is served at 12.30 and we have a good singsong in the afternoon.

We will be having different visitors coming in to sing for us, do some art with us and hopefully bring some animals in to see us too!

Although we have a waiting list for Friday mornings there is limited availability for afternoon sessions or full day on Tuesdays.

Enabling & Home Support

Are you looking for more support or know someone who is?

If yes, then maybe this is the service that can help. We can offer 1:1 support to people over the age of 50, in their own homes, helping them to remain living independently.

We can help with a variety of tasks including shopping, housework, light gardening, getting to appointments, carer respite, social outings, decluttering, and lots more! All our Home Support Workers are paid members of staff, who are dependable, caring, and sensitive to clients needs.

Enabling Outings for those in Residential Care – we can offer an outing or companionship for those living in a care home. Visits can be arranged on a regular or ad-hoc basis, Monday to Friday.

If this service might be of help to you or someone you know, or if you would like more information, please contact us on 01392 455606 or enabling@ageukexeter.org.uk

HandyPerson

Hi, I'm Andy your very own Handyperson.

It can often be difficult and expensive to find someone to do those small jobs that you used to do yourself, such as hanging a curtain rail or fixing a dripping tap. Our Handyperson service can help with these jobs. These services offer older people extra help with small practical jobs to make their lives easier and safer around the home.

All work is carried out with safety in mind, You'll be greeted with a smile, a personal approach and understanding and the time to understand how this service can make things easier for you. If you have some jobs in mind, or even a list however big or small, give us a call.



Men in Sheds & Craft Group Devon County Show



A huge Thank You to everyone involved with the Craft Group and our Men In Sheds project for making some fantastic products and bringing back to life donated items which were sold at the Devon County Show.

We raised over £750.00 and were awarded Best in Show for Craft & Gardens.

**Look out for our NEW Shop in Wardrew Road -
Now open on Saturday mornings 9.30am - 1.30pm**



Service Users Forum

Have your say and help shape services for those 50+ across Exeter.

**Next meeting
Thursday 14th September**

New activity to try



NEW EXERCISE CLASS

**TAI CHI
&
QIGONG**

SUITABLE FOR ALL 50+

PROMOTES CALM & WELLBEING

IMPROVES BALANCE

GENTLE MOVES

WEDNESDAYS
10:30 - 11:15
THE SYCAMORE
CENTRE

FROM 10TH MAY

£4.00 PER SESSION
TO BOOK CALL
01392 20 20 92



Exeter Community Lottery

If you are considering taking part in the Exeter Community Lottery please consider selecting Age UK Exeter as your chosen charity

Information & Advice service

Our Free Information and Advice service is busier than ever with Benefits still the most likely type of enquiry (68%) during this period, with Attendance Allowance claims being the most popular followed by benefit entitlement checks and follow up applications to Pension Credit, Housing Benefit or Council Tax Support following the entitlement check.

Cost of living enquiries (15%) and then residential care enquiries (10%) then all other enquiries/signposting (7%)

Follow us on social media for more updates on forthcoming events such as our Monthly Lunch Club & fundraising events

