

DECEMBER
2020

Hello and welcome!

Welcome to the new Age UK Faversham & Sittingbourne newsletter, I hope that you all enjoy the new format and contents.

Inside you will find the latest updates about Age UK Faversham & Sittingbourne, how you can get involved and even a chance to test your brain power with our quiz and puzzles!

We know the news of Kent being placed in Tier 3 may be very worrying for a lot of people across Swale, but we are here to support you, your loved ones and carers. Please see our website for regular updates on our services.

We are sorry that we aren't yet able to welcome drop in appointments at any of our offices, however we are committed to supporting people by phone and email during this time. Further information on our current services can be found on Page 2.

Wishing everyone a healthy and happy Christmas.



Karen Arnold, Editor

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A message from our CEO

Our CEO, Clare Burgess, would like to extend a huge thank you to all of the team at Age UK Faversham & Sittingbourne and all of our local community and businesses who have supported us through the pandemic.

Clare joined Age UK Faversham & Sittingbourne in April during the initial lockdown and as you can imagine it's been an interesting few months. Clare said *"I knew I was joining a special organisation when I agreed to accept the role as CEO, however the warmth, support and generosity that everyone has shown to the Charity and to each other has astounded me. It truly is in a crisis when you get to see how everyone comes together and ensures everyone receives what they need, when they need it."*

Although we have had to stop some services, we have been able to launch new services to continue to support our community as best as we possibly can. We will be launching new services across Sittingbourne and Faversham next year as well as looking forward to reopening our centres and I look forward to meeting you all personally in 2021. Have a safe Christmas and we all look forward to a peaceful New Year"

Clare Burgess, CEO

Pictured above: Day-Centre 2U client, Eileen Wildish, stitching together some knitted squares that the clients had completed earlier in the year. Also in the background hanging from her lamp are all the Pom Poms Eileen made with staff member Val Rogers.

Services update



Fountain Companionship:

At the beginning of October we were pleased to launch our new service – The Fountain Companionship Service. Designed to bring enjoyment and stimulation to people living with dementia, this service helps to develop and maintain an active mind. Meanwhile, carers can benefit from some respite. This service is operating as usual.

We offer this as a one to one service, in your home and we aim to do everything we can to offer this at a time that best suits you.

For more information on Fountain Companionship, or to book a visit, please call 01795 532766 and ask to speak to the Dementia Services Team.

Dementia Outreach:

Our Dementia Outreach Service is also continuing to support carers who are caring for loved ones who are living with dementia via telephone, text, email and Zoom. This service runs 09:00 to 16:30 Monday to Thursday.

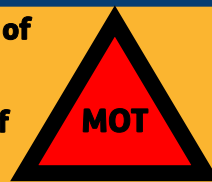
We hold a weekly online Zoom café on Thursdays between 11:00 and 12:00.

For more information or to access this service please contact Jackie Holland on 07833 732053 or email jackie.holland@ageukfaversham.org.uk.



Please encourage your older loved ones to check the bottom of their walking stick for a worn ferrule.

Benefits to doing a Walking Stick MOT include reduced risk of falls, better posture and being more steady on your feet.



Easy Fundraising!

With Christmas fast approaching we know that lots of you may be shopping online more this year. Easy Fundraising is a really quick and effective way of donating to Age UK Faversham & Sittingbourne.

If you shop online your favourite shops will give us a percentage of the sale at no extra cost to you or us. There are over 2,000 well known stores to choose from and each will donate up to 15% of what you spend.

It's quick and easy to register and if you download the donation reminder you don't need to remember to shop through easy fundraising it will remind you every time!

<https://www.easyfundraising.org.uk/causes/ageukfavsitbn/>



Hands 2 Help:

Our Hands 2 Help Domestic, Shopping and Supported Visits Services and Day Centre 2U Service are still running for our most isolated clients.

Our **Domestic Service** provides practical help with those daily tasks that you find difficult to do on your own such as cleaning and general household tasks.

By using our **Shopping Service** you can relax at home and avoid going to the shops, a welcome notion to most at this time.

If you need help getting to an appointment, going out for your daily exercise, or any other outside errands then our **Supported Visits Service** will be of value to you.

Our **Day Centre 2U** Service is a new service that was launched at the beginning of November for those who were isolated during the second lockdown. This service will continue throughout the winter for our most isolated clients.

For further information or to book into one of our Hands 2 Help services please call 01795 532766.



Gardening Service:

Our Gardening Service is still continuing as normal to help with your grass cutting, weeding, planting, pruning, hedge trimming and other garden tasks that you find difficult to do yourself.

To book our friendly gardening team, please call 01795 532766.

Information and Advice:

Our knowledgeable and dedicated Information and Advice Team are available to support you over the phone regarding any housing or benefit related queries, form filling and help with accessing public services.

To contact our FREE Information and Advice Service please call 01795 532766 or email IAenquiry@ageukfaversham.org.uk.



Are you a keen knitter? Or a competent crocheter? Are you looking for a new hobby? Either way, we need your help! The Innocent Big Knit campaign is underway and we want your mini hats! There are knitting and crochet patterns on the Age UK website or you could show off your skills by designing your own. **For every hat donated to us we get 25p**, so please get knitting for us.

If you require any patterns printed off and sent to your home address or if you have some hats for us to collect, please contact us on 01795 532766.



Meal Delivery Service:

Our Meal Delivery Service is still working hard to deliver fresh, hot meals to all our clients. This service is available 7 days a week, 365 days a year. We now have 2 options available for our main course, including a vegetarian option. Orders can be made by returning the completed order form to us or by phoning in with your order on 01795 532766.

Our Christmas Menu is below and we are currently taking orders! If you would like Christmas Dinner delivered to you this Christmas, please ensure that you order by 18th December to avoid disappointment.

We have made some other changes to this service which you can read about on Page 6.



Christmas Day Menu

Main Course

Butter & sage roasted Kent turkey with farmhouse pigs in blankets

Or

Vegetarian - wild mushroom & chestnut wellington

Served with

Oregano roasted potatoes
Chestnut & orange sprouts
Sage and onion stuffing
Saffron & honey carrot & parsnip mash

Dessert

Traditional Christmas pudding with brandy sauce or vanilla custard

From our kitchen to yours for just **£8.50**

2 x 2 course meals £16
4x2 course meals £30

Faversham & Sittingbourne
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Oh, Christmas Tree!

We would like to send a huge thank you to Morrisons in Faversham for very kindly donating a Christmas tree to the garden area at our Faversham Day Centre, we are looking forward to decorating it and watching it grow over the coming years.



Armistice Day 2020

We celebrated Remembrance Day a little earlier than planned within our Day Centres before they closed for the second lockdown at the beginning of November. Here we have some lovely autumnal poppy wreaths that some of our Sittingbourne clients completed. Many thanks to Ivy, Alan, Pauline and Pat so letting us share their beautiful artwork.



Special announcements

Lynn Taylor has completed 14 years' service this month! In her time with Age UK Faversham & Sittingbourne Lynn has taken on many roles and supported many individuals, clients and staff alike! We are so happy and proud of all of Lynn's achievements and thank her for all of her support over the years.

Big congratulations to our Dementia Outreach Co-ordinator Jackie Holland, who has completed her level 3 apprenticeship in Health and Social care. Completing an apprenticeship requires a lot of hard work and dedication and Jackie has achieved this while continuing to support her clients. Such a huge achievement, I'm sure you will all join us in congratulating Jackie on her success.

We'd like to wish Mike Waters a "Happy 8 Year Work Anniversary". Thank you Mike for supporting Age UK Faversham & Sittingbourne and our clients for all this time.

Adam Ambrose has completed 5 years service as a member of our Meals on Wheels team! Thank you, Adam, for your service to the charity.

Do you, or someone you know, have a big birthday, anniversary or special announcement that you would like us to feature in our newsletter and on our social media pages? If so then we'd love to hear it! Please send details and if possible a photo, to Karen.arnold@ageuksittingbourne.org.uk.

Can you help?

If you are living with dementia or memory problems, or if you support a relative or friend who is, you may be able to help.

KING'S
College
LONDON

Researchers at King's College London University are researching into short stays in care homes (known as residential respite), particularly their arrangements, expectations and experiences. What do people get out of them, and why do some people decide it is not for them? We would value your help so we can better understand what works well and what could be better.



We would talk to you via phone or Zoom/Skype and offer you **£10 to thank you for your time.** Please email Laura Cole, if you would like more information or might want to take part: Laura.cole@kcl.ac.uk. We would really appreciate any help that you are able to offer. We are recruiting up until Christmas 2020.

Spreading the cheer!

Have you noticed the lovely Christmas knitting that has been appearing around Faversham? These wonderful creations were placed around town by the ladies at the Faversham Gunpowder WI. We absolutely love them!



Have you seen any extra special Christmas displays? If so, send in your photos as we'd love to see them and share them with the community? Email them to:

Karen.arnold@ageuksittingbourne.org.uk



Changes are cumin!



We are delighted to welcome Marc Stanley to our Catering Team at Age UK F&S! Marc is taking on the role of Chef Manager, which involves looking after all the catering needs from our sites.

At the moment, Marc's focus is on our Meals on Wheels service where he has already produced a new and improved menu and ordering process, as well as moving to a fully recycled plastic container (pictured) in the hope it will be reused when possible. With a tighter fitting lid, more robust structure and clear top, this means the drivers

don't get messy leakages and you can easily eat straight from the container and microwave if necessary.

We are aware that some clients are not getting their meals as hot as they would like and we are doing everything we can to rectify this and make sure you always get a hot meal. This includes investing in new equipment for our drivers and kitchen. We welcome your feedback in relation to this.

Having worked with in the catering industry for over 30 years, Marc brings a wealth of knowledge with him. Most recently, he transformed the catering provided at Sainsbury's Head Office. Prior to that, he held numerous high profile Head Chef positions, including one at ZSL London Zoo! All of this experience will greatly benefit all our clients and we look forward to watching the Catering Service grow under Marc's guidance.

Attached to this newsletter is next weeks menu with a choice of main meal, dessert, size of meal and options to confirm if you require the food cut up or pureed. This should mean that you always get a meal you like in the size that suits you. Please ensure that all orders are placed the by Thursday before the menu week by calling us on 01795 532766.

Winter Warmth



This winter may be different from anything you have experienced before but it is more important than ever to continue to look after yourself and your loved ones.

Our bodies change as we get older which might mean cold weather and winter bugs affect us more than they used to. There are lots of simple things you can be doing to ensure you are living as healthily as you can especially throughout the autumn and winter months.

Top tips for staying well this winter:

- Get your free flu jab
- Keep moving
- Wash your hands regularly
- Eat regularly and healthily
- Dress for winter
- Keep your home warm

We are currently working in partnership with several energy providers to bring to you the **Warm Homes Programme**. This programme helps us to identify who is in, or at risk of, fuel poverty and then provide assistance with claiming any benefits or grants they may be entitled to, including the Warm Home Discount. **For more information, please call our I&A Team on 01795 532766 or email IAenquiry@ageukfaversham.org.uk.**

Christmas Cranial Challenge

Can you find all of the Christmassy words hidden in the grid below?

N	N	R	S	J	S	S	T	U	F	F	I	N	G
R	A	G	N	I	K	C	O	T	S	R	B	S	E
U	E	Y	V	A	R	G	V	S	R	E	A	N	Y
B	S	S	E	L	B	U	A	B	T	I	D	O	I
T	S	N	T	U	R	K	E	Y	G	N	J	W	S
R	A	H	J	N	L	E	A	E	N	D	O	B	R
A	N	T	O	E	E	S	H	U	I	E	K	A	E
E	T	C	S	L	C	S	S	W	D	E	E	L	K
H	A	N	B	E	L	S	E	U	D	R	S	L	C
C	I	S	U	L	R	Y	E	R	U	N	T	E	A
T	A	S	S	L	E	I	G	H	P	E	T	T	R
S	E	E	R	T	S	A	M	T	S	I	R	H	C
R	U	E	S	S	P	R	O	U	T	S	H	S	E
S	E	V	L	E	C	H	E	S	T	N	U	T	S

- TURKEY
- SNOWBALL
- CHRISTMAS TREE
- TINSEL
- CRACKERS
- GRAVY
- CHESTNUTS
- STOCKING
- BAUBLES
- SLEIGH
- SANTA
- SPROUTS
- REINDEER
- STUFFING
- HEARTBURN
- PUDDING
- HOLLY
- BAD JOKES
- ELVES
- PRESENTS

Christmas Raffle 2020
Tickets only £1

FIRST PRIZE
£10,000 or a stylish Hyundai i10

SECOND PRIZE
£1,000 or a luxury cottage escape

THIRD PRIZE
£500

Every ticket helps Age UK support people in later life who need it most

To purchase tickets, please call 01795 532766.

Draw closes: 10th December 2020
Draw date: 17th December 2020

Christmas Number Ones

Can you name the artist and the year of these Christmas number ones?

1. Mary's Boy Child
2. Merry Christmas Everyone
3. 2 Become 1
4. Killing in the Name
5. I Feel Fine
6. Lonely This Christmas
7. Saviour's Day
8. Christmas Alphabet
9. Always on My Mind
10. Ernie (The Fastest Milkman in the West)

General Knowledge?

1. Which alcoholic drink is also the name given to the left side of a ship?
2. What were the followers of Oliver Cromwell called?
3. How many feet are there in a fathom?
4. What type of food is a Cock-a-leekie?
5. Which dance originated in the 1880s in the Argentina and Uruguay border region?
6. What is measured by a Geiger counter?
7. In Agatha Christie's crime thrillers, what was Miss Marple's first name?
8. The Clifton Suspension Bridge passes over which river?
9. A caravan is a group of which animals?

Christmas Cranial Answers



Christmas Number Ones

1. Harry Belafonte – 1957
2. Shakin' Stevens – 1985
3. Spice Girls – 1996
4. Rage Against the Machine – 2009
5. The Beatles – 1964
6. Mud – 1974
7. Cliff Richard – 1990
8. Dickie Valentine – 1955
9. Pet Shop Boys – 1987
10. Bennie Hill – 1971

General Knowledge?

1. Port
2. Roundheads
3. Six
4. Soup
5. Tango
6. Radiation
7. Jane
8. The River Avon
9. Camels
10. Turkey

Information guides Age UK national produces free Information guides and factsheets on a wide range of topics, including Winter advice, home adaptations, dementia, and advice for carers. You can find a complete list of guides and factsheets on the Age UK national website. <https://www.ageuk.org.uk/services/information-advice/guides-and-factsheets/>



Contact Age UK Faversham & Sittingbourne



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