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Summer Issue!

We have lots to share with you in this issue as we have some exciting new services and activities starting up. We hope to see you at one of them in the near future!



Karen Arnold
Editor



Age UK F&S scores funding for Walking Football in Sittingbourne

Euro 2020 may have finished, but we're just kicking off!

Have you been inspired by the excellent performance of our fantastic men's English Football Team this year but feel that you could do with a slower paced game? If yes, then come and join Age UK Faversham & Sittingbourne's Walking Football Team at Swallows Leisure Centre in Sittingbourne!

Our new Walking Football programme is funded in partnership with The Football Association and Sport England, investing money raised by National Lottery players into the programme, which enables us to deliver low cost Walking Football sessions to local men and women aged 50 and over.

Walking football is a safe, fun and inclusive way of re-introducing physical activity to women and men in later life. It enables anybody – whether they are lifelong football players, lapsed players or new to the sport – to give the game a go in a supportive and sociable environment. Because age doesn't need to be a barrier for walking football players, older people can keep their mind and body active whilst enjoying the sportsmanship and a sense of belonging that comes with being part of a team.

Being active is good for physical and mental health whatever your age and it's especially important as we get older.

Sport England's Active Lives data highlights that before the pandemic, we were seeing strong growth in older adult activity levels. However, since the pandemic older ...

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Pictured above: A local Age UK Walking Football Team practicing their skills.

Continued from Page 1:

people's activity levels have declined, with the proportion of people aged 55-74 who are active falling from 63% to 56%, and the proportion of people aged 75+ who are active declining from 42% to 35%.

The pandemic has caused lots of us to feel further isolated and has increased loneliness and reduced opportunities for physical activity. Age UK Faversham & Sittingbourne CEO Clare Burgess is delighted to have received funding to enable the charity to offer walking football sessions in the Sittingbourne area in partnership with Swale Leisure Trust.

Clare said "Walking football offers a multitude of health benefits to older people such as reducing the risk of cardiovascular disease and stroke while improving blood pressure."

"Positive changes in postural balance, blood pressure and resting heart rate, lowered cholesterol, improved blood sugar levels, bone density, and improving reactions, whilst slashing the odds of suffering from type 2 diabetes – all indicators of general good health and we are excited to see the impact of these sessions".



Pictured: Our Walking Football sessions will be held in Swallows Leisure Centre owned by Swale Leisure Trust.

The programme will provide older people the opportunity to get out and about and increase their levels of activity following a challenging year. **Feel free to come along and try out the sessions at no cost to you, as we're offering the first 4 sessions for FREE!**

Our Session Leads have completed official FA and Sport England training and will be ready to kick off every Tuesday at 1pm. If you'd like to join our team please contact Amy Glover to book your place at amy.glover@ageukfs.org.uk or call 01795 532766.

Buy your tickets from our page and we get 50%

FAVERSHAM & DISTRICT
COMMUNITY
LOTTERY

- Support local causes and win prizes of up to £25,000!
- 50% of all tickets sold from our page go straight to us!
- Plus 10% goes to other local charities and good causes!
- Tickets cost £1 per week!

Visit our Lottery Page



New Dementia Café starting

If you, or someone you know, is effected by dementia and you'd like someone to talk to come along to our Dementia Cafe and have a cup of tea with someone who understands.



Pictured: The beautiful seating area at Abbey Physic Community Gardens in Faversham where our Dementia Cafes will be held.

Our Dementia Café starts on **Thursday 12th August** and will be held at the beautiful Abbey Physic Community Garden in Faversham on the 2nd and 4th Thursday of every month from 12-2pm. Our cafes are a great place to keep active, make new friends and feel more confident.

Age UK FS Staff will be available to provide the opportunity for you to discuss your dementia diagnosis, or someone else's, think about what it means for the future and provide the necessary support.

These things can make a huge difference when you or someone you know has dementia.

There's no booking necessary, so just come along, unwind and meet other people in similar situations within a safe and supportive environment.



ABBEY PHYSIC
COMMUNITY GARDEN
Abbey Place • Faversham • Kent • ME13 7BG



Easy Fundraising!

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 5,200 retailers to choose from and each will donate up to 15% of what you spend.

IT DOESN'T COST YOU A PENNY!! But it does help us to raise money.

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/>

Meet our Mental Health First Aider



We are delighted to congratulate Support Worker, Les Mallows, in completing all of his training and officially becoming a mental health first aider for Age UK FS!

What is a mental health first aider?

In general, the role of a Mental Health First Aider in the workplace is to be a point of contact for an employee who is experiencing a mental health issue or emotional distress. This interaction could range from having an initial conversation through to supporting the person to get appropriate help.

As well as in a crisis, Mental Health First Aiders are valuable in [providing early intervention help for someone who may be developing a mental health issue](#).

Mental Health First Aiders are not trained to be therapists or psychiatrists but they can offer initial support through non-judgemental listening and guidance.

Mental Health First Aiders are trained to:

- Spot the early signs and symptoms of mental ill health
- Start a supportive conversation with a colleague who may be experiencing a mental health issue or emotional distress
- Listen to the person non-judgementally
- Assess the risk of suicide or self-harm
- Encourage the person to access appropriate professional support or self-help strategies. This might include encouraging access to internal support systems such as EAPs or in-house counselling services
- Escalate to the appropriate emergency services, if necessary
- Maintain confidentiality as appropriate
- Protect themselves while performing their role



At no time does the Mental Health First Aider role (or anyone trained in MHFA skills) supersede company policy: first and foremost they are all employees of the company.

We are also in the process of setting up a safe space for people to talk privately if they need to, more details to follow soon.

Thank you Les for completing this course and being there to help support our team!



Wellbeing Wednesdays

Come along to our new monthly event that's open to the whole community!

This event will be a chance for local businesses and initiatives to promote what they are doing in the area. We would like this event to be open to our whole community to drop-in and learn about activities, groups and services available to them locally.

Our vision is that the event will be a great support tool for our community, signposting clients into what we all have to offer, with all the information being in one place.

Big or small, yoga class or community choir, if your initiative supports wellbeing in any shape or form and you would like to come along to our event, please contact Claire Ives at claire.ives@ageukfs.org.uk.

Our Wellbeing Wednesdays will be held at our **Faversham Centre** on the **first Wednesday of every month from 4pm—6pm, starting on 1st September**. We hope to see you there!

Calling all
local
organisations!

Our Wellbeing 2U Service

This is Joan, one of our clients being supported by our Wellbeing 2u service, she is 98 years young.

She was attending the daycentre twice a week in Sittingbourne for many years before the pandemic hit in 2019. When we had to close our doors to clients coming into our centres we continued to support them via phone calls until we decided to open up a new service called 'Wellbeing 2U' to continue to support our clients who were feeling isolated and missed the stimulation of the group.

Joan has failing eyesight and wasn't very confident when moving around on her own.

In the winter months we spent time with Joan twice a fortnight, sitting chatting and building her confidence. She then started to go out walking with our Support Worker which helped to give her more confidence until she felt capable enough to walk around the block. Joan continued to do this for a few weeks then said she would like to go to the park which is two roads away from her house. Taking her walking aid for support, and a seat to rest on if needed, off they went.

Joan has gone from being taken out in a wheelchair to now walking around the park twice per visit...and occasionally stopping of for an ice cream!

Joan Coward, 98
Age UK FS Client



We are making a Bee Line!

An inclusive project for everyone

We want everyone to be part of



In Bloom 2021

Bee lines will be appearing around our parks from 8 June, promoting pollinator friendly gardening and 'Bringing back the Buzz!'

Tie your knitted, crochet or craft bees and flowers directly to the lines by

Monday 28 June at

Faversham Rec,
Oare Gunpowder Works,
King George's Playing Field
(Sittingbourne),
Milton Creek Country Park
and Queenborough Park

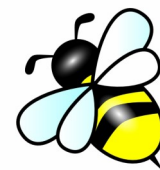


Make a Bee-line for your local park!

This summer Swale will be welcoming the 'South & South East In Bloom' judges to our towns, villages, parks and communities and we'd like your help!

Along with **Abbey Physic Community Garden** we are promoting wildlife friendly gardening and encouraging everyone to help us bring back the buzz to our borough.

Not everyone can get out and garden and we know the past year has made many feel isolated. So now is your chance to get involved by creating beautiful bees, butterflies, bugs and flowers for our bee lines that will be attached at green spaces across Swale.



Please knit, crochet, sew or craft your insects and tie them to the line with ribbon or thread. The lines will be up from the 8th June and the judges will be coming mid-June to mid-July.

We're hoping that the turnout will be un-bee-lievable and that this event creates a real buzz around town!

The 'Salad Days' are here

Kick-start summer with a salad that's bursting with colours and flavours!

Our freshly made salads come with a choice of:

- Lemon and herb chicken
- Smoked salmon
- Vintage cheddar
- Sausage roll



Get a lovely, fresh and summery meal and support your local charity today!

To book, or for more information, please contact our dedicated team on 01795 532766.



Special announcements

A huge welcome to our two new members of staff; Vanessa Copley has joined us as our Wellbeing Support Worker, and Amy Glover has joined us as HR Administrator and Projects Co-ordinator.

Congratulations to Karen Arnold, our Information & Advice Officer and Fundraising Officer on completing her first year of service with Age UK FS!

We'd like to wish the following members of staff a very **happy 4 year work anniversary!**

Laura Whitehead

Debra O'Connell



Congratulations to Zoe Ede, Beverley Spencer and Deborah Lacey on completing 5 years of service!

Michelle Dobson, our Client Services Team Leader has achieved an astonishing 15 years of service with the charity! Well done and thank you!

Pictured: Michelle, far right, welcoming our clients back into the centre on 24th May 2021.



We'd like to wish **Jackie Holland** and **Lynn Taylor** a long and **happy retirement!** You deserve it! Thank you for the many years you have given the charity.



Free Bingo Sessions!

Mecca Bingo have kindly offered Age UK FS clients FREE bingo sessions at their centre in Sittingbourne!

Sessions are held every Thursday morning. Please arrive at 10:30am for an 11:00am start.

Mecca Bingo Sittingbourne, High Street, Sittingbourne ME10 4PG

Pre-booking is essential!

Please call us on 01795 532766 or email us at reception@ageukfs.org.uk to book your place.

NEW CLIENTS WELCOME!

Please gamble responsibly



Pictured: The Mecca Bingo Hall in Sittingbourne High Street.



@AgeUKFS

Carers Week 2021

Carers Week is an annual campaign to raise awareness of caring, highlight the challenges unpaid carers face and recognise the contribution they make to families and communities throughout the UK. It also helps people who don't think of themselves as having caring responsibilities to identify as carers and access much-needed support.

At Age UK FS we want to highlight the vital role carers play in our communities and draw attention to just how important caring is.



We asked you to send us your poems and we received some beautiful ones which we'd like to share with you.

Angels

When people speak of angels in the sky
They are not the only Angels
And I will tell you why
Amongst or walking by no wings to show
The nurse carer social workers Doctors to
This is just to mention a few
Keeping to their selves the sights they have seen
They walk with us
The angels with no name
No recognition it's not their game
To be there when needed
A kind and helping hand
To care for me and you This is what earth angels do
So when you think of angels in the sky
Give these a thought
The angels with no wings walking by

D. Redsell

Caring, company, cheerful and cakes.

Alert and attentive, amazing always active.

Remarkable, reliable, reasonable too.

Easy – going, expert, entertaining you.

Respectful, reasonable.

Sensitive and sensible

CARING FOR YOU!

Created by our COGS Group members

Faversham OAP club is one of the best
Lots to entertain us and no time to rest
We can do that at home
When sat by the phone

Made very welcome by Tracy and staff
We know we are in for a jolly good laugh
After coffee with biscuits and tea
Its gentle exercise for me

When the weather is good
There's a seat made of wood
So its a sit down and rest our old feet
Its nearly lunch time what will we eat

Veg and gravy with nice meat
Followed by a delicious sweet
We have the choice of two
All cooked by our chefs and Sue

WITHOUT ALL THOSE CARERS WHAT WOULD WE DO?

Kath Stone

School's Out!

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



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

GLITTER
BLACKBOARD
JOURNAL
BOOKS

PENCIL CASE
PENS
SHARPENER
BACKPACK

COMPASS
LUNCH BOX
PENCILS
ERASER

MARKERS
NOTEBOOK
SCISSORS
CRAYONS

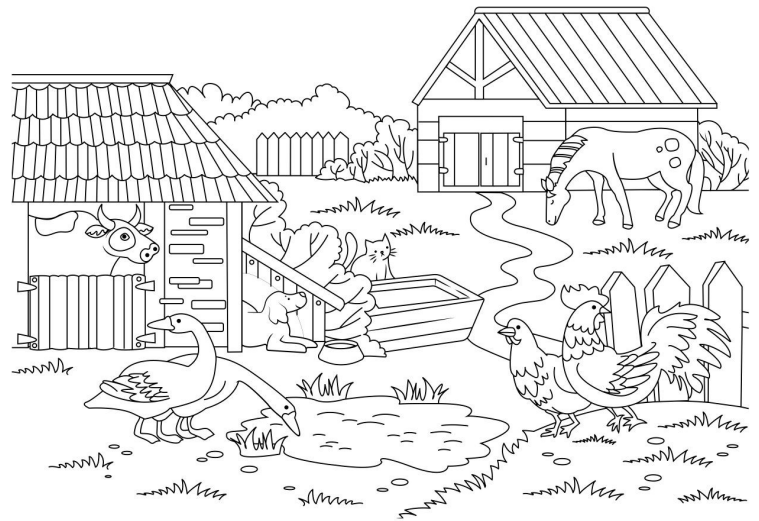
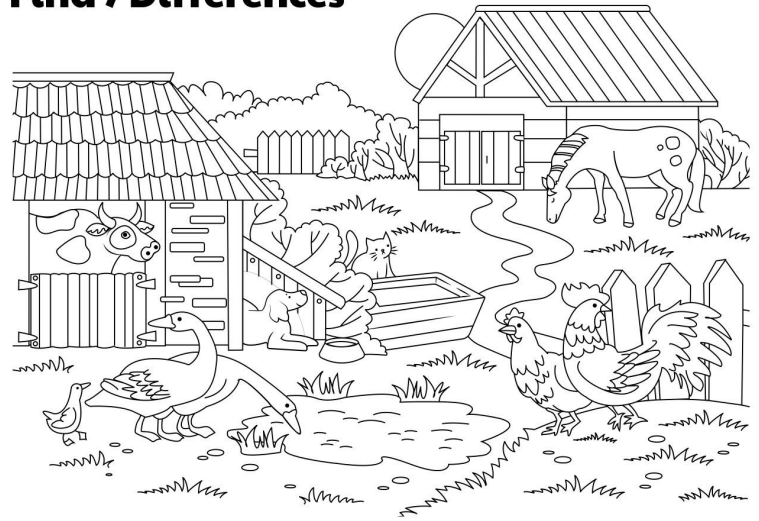
Name the Year

Can you name the year that these events happened?

1. Death of Elvis Presley?
2. Falkland's War?
3. The Woodstock Festival?
4. Google was founded?
5. Lord Lucan disappeared?
6. Gunpowder Plot?
7. Berlin Wall was demolished?
8. Blackpool Tower opened for the first time?
9. Introduction of the Euro?
10. Decimal currency was introduced?



Find 7 Differences



The Quiz of Olympians!

1. Who holds the record for the most Olympic gold medals won by an athlete?
2. When were the last pure gold medals awarded at the Olympics?
3. Where was the first Olympic Village built?
4. What does the Olympic motto "Citius, altius, fortius" mean?
5. Who was responsible for the Atlanta 1996 Olympic Games bombing?
6. How many times has London hosted the Olympic Games?
7. The team from which country always marches first at the opening ceremony of the Olympics?
8. Which country does not dip its flag at the Olympics?
9. What countries were not invited to the 1948 Olympics?
10. Why was Marion Jones stripped of her Olympic medals?

The Innocent Big Knit 2021

An incredible 1,500,034 tiny hats were knitted around the UK last year. Each one of these will keep a smoothie's head warm, and for every one sold, innocent will donate 25p to Age UK to help our older communities warm and supported this winter.

Age UK Faversham & Sittingbourne raised over £950 last year

after over 3,800 wonderful tiny hats were knitted by our wonderful local communities!

We want to say a huge thank you to everyone who has sent us hats so far this year, we need another 243 hats to reach our target! All hats need to be with us by 30th September.

If you require any patterns printed off and sent to your home address or is you have some hats for us to collect, please contact us on **01795 532766** or email reception@ageukfs.org.uk



Smoothiesaurus

Using 4mm needles cast on 40st for base.

Knit 2 rows

Beginning with a knit row work in stocking stitch throughout.

Cast off 3 st beg of next 4 rows (28st)

Dec 1st beg of next 8 rows (20st)

Cast off 6st, Knit 8, Cast off 6st

Rejoin and work 6 rows in SS on the centre 8st, beginning with a P row.

Next row: P3, inc, inc, P3 (10st)

Next row: K3, (inc x 4), K3 (14st)

Next row: P3, (inc, P1)x4, P3 (18st)

SS 3 rows

Next row: P2tog, P14, P2tog

Cast off

Spines

Cast on 25

Row 1: Knit

Row 2: K1 (yrn, K2 tog) rpt to end

Row 3: Knit

Cast Off



Making Up

Body: With right sides in, join row ends to create tail and head, join cast off sections to create back. Turn right side out and oversew the base of the tail, leaving a space that will fit over the bottle top. Place a small bit of stuffing in the head to give a bit of shape.

Face: Tie a good knot in the end of some black wool, insert the needle inside the Smoothiesaurus and up through the stuffing to emerge in an eye position. Work a French knot to create the eye. Take the wool through the stuffing and work the other eye in the same way. Bring the wool out on one side of the face, take under the chin and back into the cheek to create a smile. Secure end.

Spines: Fold the spines in half with the stocking stitch on the outside. Oversew the cast on and cast off edges. Lay the spines in place on the body and sew in place.



@AgeUKFS

Volunteers Week 2021

It goes without saying that volunteers have played a key role in the pandemic response. During an exceptionally difficult year, people from all walks of life around the UK have taken the time to volunteer and make a huge difference to their communities – just as they do every year. Volunteers Week is a time for us to come together and thank all volunteers for their invaluable contribution.

"I have been a volunteer for 10 years now. It all started at the gym, when a fellow indoor rower said "Your Mum has dementia doesn't she? Would you consider coming along to one of our Dementia Cafés and help out? You only need to make tea and coffee, and listen and chat." I felt I could manage all of that. So I did and thought it may be for about 12 months.

My Mum was in a home by now and I appreciated all the help and care she was given and wanted to help others who are living and caring for a loved one with Dementia. Two mornings a month was not much to give up as I was retired.

These coffee mornings are so important, especially for carers who can feel very isolated and that they are the only ones struggling to cope. It also offers a safe place for the person affected particularly if their behaviours may seem odd to others. As one person told me 'no-one notices the tics they just carry on'.

Over time I have learned so much about what it means to care for someone with dementia and how each person has their own story to tell. There is no defined map as to how the illness will progress and how to deal with the changes.

During the pandemic I was a telephone befriender. What seemed to be just a simple phone call was truly a lifeline for many of the group. Just asking "How are you today?" can make all the difference.

We started up weekly Zoom meetings and for me this was both a challenge and great fun. I have learned so much about their lives and how they have managed this year. I feel very humble that so much has been shared with me and hopefully I have given back too.

I would urge anyone with time on their hands to become a volunteer. You get back far more than you give, and who knows any one of us may need help as we get older. A friendly smile goes a long way when you are feeling alone."



Heather Planner
Dementia Services Volunteer
Age UK FS

Meet the Trustees!

Our Trustees are such an important part of our charity, so we'd like to introduce them to you! In this Issue we are introducing you to Robina Maslan.

During my career I worked first in NHS management, then in social care research at the University of Kent, and then spent 20 years working for a big consulting firm in London. I specialised in work for the NHS, social services, and central government. My strengths are in project management and operational efficiency. I also spent the last few years there in internal training and executive coaching.



Robina Maslan, Trustee

I retired in 2018 when my husband was diagnosed with a rare form of Alzheimers at the age of 62. We are well-supported by Age UK Faversham and Sittingbourne, and I'm pleased now to be a trustee. I have a particular interest in dementia services, and in ways to support unpaid carers. I have elderly parents who I help to support from a distance, and one grown-up daughter.

We live in Faversham, and when not caring, I like to draw and paint, read, knit, and have started to grow vegetables.

Could you be a Befriender in your local community?

Our face-to-face Befriending service has been suspended for many months due to COVID but we hope it will be resuming very soon.

As you can imagine, during the last year, we have accumulated quite a list of people who would like to have a volunteer befriender once we are able to provide the face-to-face service again. [Our Befriending Co-ordinator, Nikki Holt](#), is hoping to be able to match new clients with a volunteer as soon as possible.

The free service covers Sittingbourne and Faversham and villages in the post codes ME13, ME10 and ME9.

We often get requests for befrienders in our village communities. At present many of the volunteer befrienders live in the towns or do not have access to transport. We are keen to recruit new volunteer befrienders in some of our villages so we are reaching out to you.

Please feel free to share/display the attached poster within your community (e.g. community notice boards).

If you have any questions or require any further information please contact Nikki Holt on 01795 532766 or email nikki.holt@ageukfs.org.uk.



Could you be a Befriender?

Can you spare an hour a week?

Here at Age UK Faversham & Sittingbourne we believe “No one should have no one”.

We are seeking kind, patient, compassionate people as volunteer befrienders for our free befriending service offered to lonely or isolated older people living in our community (postcodes ME9, ME10, ME13).



As a member of our team of befriending volunteers you could make a difference to someone by bringing the outside world in and brightening their day.

We aim to provide a carefully matched, volunteer befriender who can visit for an hour each week on a long-term basis. Visits might involve chatting over a cuppa, playing a game, doing puzzles, sharing a mutual interest, or perhaps reading the newspaper. We hope there will also be some laughs along the way! It may sound simple, but the positive impact on someone who is isolated and lonely can be huge. This role can be very rewarding for both parties and true long-term friendships often develop.

Volunteer befrienders are supported, as part of our team, by our Befriending Coordinator. **A DBS check and references will be required.** Our befrienders are not allowed to become involved in personal care, domestic tasks, administering medication, financial/legal matters or offer formal advice.

If you are interested in being a befriender please contact our Befriending Coordinator **Nikki Holt**, by telephone, email, post or using the online contact form.

Telephone: 01795 532766 **Email:** nikki.holt@ageukfs.org.uk

Website: www.ageuk.org.uk/favershamandsittingbourne

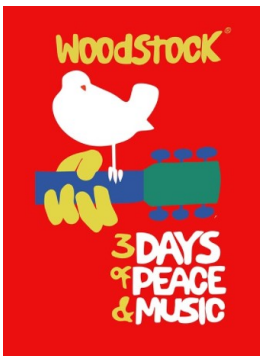
Facebook: <https://www.facebook.com/ageukfavershamandsittingbourne/>

School's Out Answers!



Name the Year

1. 1977
2. 1982
3. 1969
4. 1998
5. 1974
6. 1605
7. 1989
8. 1894
9. 2002
10. 1971

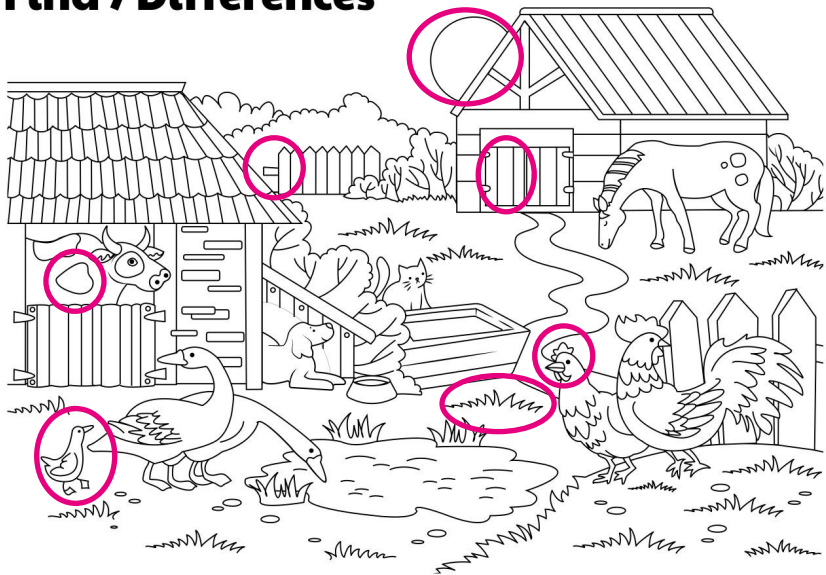


The Quiz of Olympians!

1. Michael Phelps
2. 1912
3. Los Angeles
4. Faster, higher, stronger
5. Eric Rudolph
6. 3
7. Greece
8. America
9. Germany and Japan
10. Using banned substances



Find 7 Differences



£20

Per Hour

Gardening Service

Our friendly and reliable Gardening Service is available for everyone aged 50 and over.

Our Team can provide grass cutting, including edging and strimming, weeding, pruning, hedge cutting, planting and patio cleaning.

Why not use our services and support your local charity?

Contact us:



The Old Fire Station
Crescent Road
Faversham
Kent ME13 7GU

01795 532766

reception@ageukfs.org.uk

Company Reg No: 08412045

Charity Reg No: 1152234



@AgeUKFS