

MARCH
2021

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COVID Vaccinations start in our Sittingbourne Day Centre!

On Saturday 16th January our Heather House Day Centre in Sittingbourne was opened to the public as the Sittingbourne COVID-19 Vaccination Centre.

The vaccination roll-out came after the borough recorded the highest coronavirus infection rate in the country. Delays to Sittingbourne residents receiving the vaccine, while neighbouring boroughs started receiving it before Christmas, were attributed to high demand across the UK and the need for NHS England to approve the new site set up.

The Vaccination Centre is open daily from 8am to 8pm on **an appointment only basis** and, on an average day, has 11 clinical staff and a minimum of seven Age UK volunteers running the service.

Our CEO, Clare Burgess, said **‘I’d like to say a huge thank you to all the Age UK staff and volunteers who are volunteering to support the service.**

We’re so pleased to be able to support our local community during these difficult times.”

Continued on page 2



Pictured above: A local resident receives her first dose of the COVID vaccination at our Heather House Day Centre in Sittingbourne. Photo courtesy of ITV News.

Spring is finally here!

It's so nice to see the days getting longer and the flowers starting to bloom as it means that spring is finally here and we can start to enjoy our gardens a little more.

Unfortunately, it seems unlikely that we'll be able to attend any Easter Egg Hunts...so I thought I'd bring one to you. Can you spot all of the Easter Eggs hidden in this newsletter? See page 10 for the answer. Good luck!



Karen Arnold
Editor

Continued from Page 1:

The role out has been very successful and there have been many compliments from local residents who have attended the Vaccination Centre to receive the vaccine or to escort loved ones.

Barabara said "It was so convenient to go to Age UK Sittingbourne rather than have to travel to Medway. It was quick and efficient with no problems, the staff were very helpful."

One of our clients, Pauline remarked "I was glad I didn't have to travel elsewhere by bus or train to get my vaccine; was easy to get to, only waited a few minutes and the staff were really nice."

Our thanks also go out to our local **Morrison's Community Champion** for sending over some much needed refreshments to our volunteers who are generously giving up their time to support NHS staff (*pictured left*).

We are very pleased to inform our clients that all of our eligible members of staff and volunteers have received their first vaccine against COVID-19. We will continue to

operate as we are now, adhering to all Government guidelines, until we are once again able to open our doors and welcome clients back into our Day Centres. When asked about their experience of having the COVID-19 vaccination, Age UK FS staff members, Sarah Humphrey and Val Rogers had nothing but compliments for the service and all involved.

Sarah Humphrey spoke of her experience, "I received my call from the Vaccine site at Age UK Sittingbourne to have the Pfizer vaccine. I arrived to a friendly and calming area. After some health questions, I was able to have my first vaccine. The waiting room

was clean and had very good socially distanced seating. My arm ached for a few days and I had a slight headache.

I'm feeling so lucky to have had my 1st vaccine and am looking forward in having my 2nd soon. Thank you to all staff and volunteers at the site."

Val Rogers commented, "I was called at short notice to have the Pfizer vaccine. I found the whole experience very easy, fast and totally professional. I haven't experienced any side effects, just a tender arm for a day or two. I'm so happy I've had this first vaccine and look forward to the second one to complete the journey.

Thank you NHS!"

"I thought it was going to be a bit harder but was very easy and straightforward. It was so well organised; I didn't have any problems at all!"

Pat, Age UK FS client





Have you had your COVID-19 Vaccination?

The following groups are now being offered vaccinations:

- Aged 60 or over
- Those who have previously received a letter saying they are at high risk from coronavirus (clinically extremely vulnerable)
- Eligible frontline health workers
- Eligible frontline social care workers
- People who are eligible for Carer's Allowance

You can book appointments at a larger vaccination centre or a pharmacy that provides COVID-19 vaccinations.

You do not need to wait to be contacted by the NHS.

Please note: You will never be asked to pay for your vaccine! If you are it is a scam!

It's snow problem!

Most of us love how pretty the snow looks and enjoy playing in it, but the snow always brings its own challenges.

However, nothing can stop our diligent Community Meals drivers who successfully navigated the treacherous roads during the snow to ensure that all our Community Meals clients received a hot meal.

We wanted to say a huge thank you to all our staff and volunteers who worked especially hard and also gave up their time and offered their vehicles to support our services and the vaccination clinic throughout the snowy weather.



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@ageukfs.org.uk.



The snowy covered roads that our drivers had to negotiate.
Photo credit: Beth Coughlan



Walking Football



Coming to Sittingbourne!

More details to follow soon

To register your interest and to ensure that you don't miss any of our updates email reception@ageukfs.org.uk

FAVERSHAM & DISTRICT COMMUNITY LOTTERY

Help us to raise money for Age UK Faversham & Sittingbourne while giving yourself a chance to win up to £25,000, with better odds than both the Lotto and Postcode Lottery!

Tickets are on sale now and the first draw is on Saturday 3rd April 2021!!

To start supporting us, visit www.FavershamDistrictLottery.co.uk and search for us!

Tickets are only £1 a week and we receive 50% of all ticket sales that are made through our Faversham & District Community Lottery page.



Players must be 16 or over and physically located in the UK. Always play responsibly,



Can you help us?



We are in need of some volunteer drivers to help us to deliver meals to the homes of our elderly residents around Faversham, Sittingbourne and the surrounding areas.

If you have your own car/van and can donate just 2 hours of your time a day (approximately 11:30-13:30), up to 5 days a week, we would love to hear from you.

All expenses will be paid, PPE provided, and a DBS check will be required prior to starting. All deliveries are COVID compliant.

If you'd like to help out your local community, please call:



**Steve
Wheat**

**01795
532766**



@AgeUKFS



Scam Warning



Romney Marsh resident targeted by Age Concern scam

A resident in Romney Marsh was contacted by fraudsters claiming to be from Age Concern.

What happened:

The resident receives meals from Age Concern, but had a phone call saying the delivery time had changed and was then asked to provide debit card details.

Fortunately, the resident called Age Concern who told the resident this was a scam.



What to do:

- Never give any personal details over the phone.
- Always think & check before giving away card details.
- For advice or to report scams contact Citizens Advice.

Please warn vulnerable family members, friends and neighbours.

Happy 100th, Philip!

Many congratulations to Philip, one of our Befriending Clients, who celebrated his 100th birthday on Friday 5th February!

It was lovely to see that all of his neighbours helped to make the day a special one for Philip by putting up bunting and balloons, and standing in their doorways raising a glass to Philip. Such wonderful community spirit!

Happy birthday Philip from all at Age UK FS!

Kent REVS up for Cleaner Air

Age UK FS are currently trialling a new electric van for some of our services.

As part of Kent County Councils plan to help the transition to a cleaner, greener transport infrastructure, they have secured £1.5M of Highways England funding to operate a two-Year electric van scheme for businesses.

The 'Kent Realising Electric Vans Scheme' is one action that they hope will help reduce emissions across the strategic road network by encouraging business fleets to switch to electric.

CEO of Age UK FS, Clare Burgess said **"We are very fortunate to have been accepted onto a 'free' trial of this van to see how the use of an electric van may cut down our costs and meet our sustainability targets as we move forward. It is very exciting to have been successful in this application and I look forward to seeing the results at the end of the trial."**

It is available to any Kent (and Medway) business who would like to 'try for free' an electric van for up to two months. This is operated by the specialist team at Kent Commercial Services and will eventually lead to a range of 50 electric vans for trial throughout the county.



Special announcements

We'd like to wish the following members of staff a very happy 1 year work anniversary! This year has been tough for everyone and we couldn't have done it without your help.

Clare Stevens, Finance

Andrew Hanks, Catering Delivery

Sylvia Head, Centre Based Services

Sarah Thomas, Centre & Community Services

Danni Pilkington, The Fountain

Samantha Tydeman, Catering Delivery



Congratulations to Carol Hoad from our Catering Delivery team on completing 2 years of service in January!

Well done to Sarah Humphrey from The Fountain Dementia Centre for being part of our team for 3 years!

Alan Jones from our Catering Delivery team and **Martin Hall** from our Information and Advice Team have both achieved 4 years of service with the charity. Well done and thank you!

A huge congratulations goes out to Valerie Rogers who has completed 7 years of service as a member of our Centre & Community Services team!

A very special welcome to our two new members of staff; Nikki Holt has joined us as Befriending Co-ordinator, and Billy Griffiths has joined us as another Chef in our F&S Food service! We look forward to working with you both and we will be talking to Nikki in our next newsletter, so watch this space!

We have a winner!

We are delighted to announce that one of the members of our Management Team, Claire Ives, was nominated and has won an award in the 1st Quest Apprenticeship Award 2021.

Claire is a passionate supporter of apprenticeships and successfully supports the teams through their own apprenticeships as well as working to an extremely high level through her own level 5 qualification. Well done Claire we are all very proud of you!



@AgeUKFS

Thyme for a new look for our Catering Services

As mentioned in Decembers newsletter, we have been reviewing our Catering Services here at Age UK FS over the last few months and, following feedback from clients who use the service, we came up with an exciting new menu for our Meals on Wheels Service. As the food is moving forward with more modern styles and choices, we felt the name should also move forward.



Our new name, encompassing all of Age UK FS Catering Services is 'F&S Food'. We anticipate that we will have three arms to 'F&S Food', one of which is our Meals on Wheels service which is now called 'F&S Food Delivered'. The other two arms will be 'F&S Food Cooked at Home' and 'F&S Food Occasions', we will be revealing more details on these two exciting new services soon!

If you've not yet tried our new menu and would like to, please contact us using the details below or visit our website.

01795 532766

reception@ageukfs.org.uk



Warm Homes Programme ending soon!

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** which will give you £140 off your energy bills.

The money is not paid to you - it's a one-off discount on your electricity bill, between September and March and the discount will not affect your Cold Weather Payment or Winter Fuel Payment.

For more information, please call our I&A Team

01795 532766

IAenquiry@ageukfs.org.uk



Easter Egg Heads!



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

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

- TULIP
- TADPOLES
- BUNNY
- BLOOM
- EASTER
- EGGS
- BUTTERFLY
- APRIL
- CHICK
- EQUINOX
- SPROUT
- CROCUS
- DAFFODIL
- HYACINTH
- BLOSSOM

General Knowledge?

- In which English seaside town was 'Fawlty Towers' set?
- Which new British military force was established in 1918?
- In what year was the Chernobyl disaster?
- In tennis, what piece of fruit is found at the top of the men's Wimbledon trophy?
- Which is the only vowel not used as the first letter in a US State?
- Who shot Andy Warhol?
- Which English city was once known as Duroliponte?
- A number one followed by one hundred zeroes is known by what name?
- Hamlet was the Prince of which country?
- What is the proper name for your funny bone?

Name the Musical

Can you name the musicals that these songs are from?

- I Dreamed a Dream
- Jolly Holiday
- The Sword of Damocles
- Wouldn't It Be Lovely
- All I Ask Of You
- Maria
- I'll Build a Stairway to Paradise
- Land of Lola
- I Just Can't Wait To Be King
- Skid Row (Downtown)

Young @ Heart Online Café

Would you like to meet some new friends? Or maybe meet a friend you already know in our online café?

Sessions last an hour and host a wide range of activities which you are invited to join in with, or you can spend the time chatting with other members of the café.

The café is open to anyone aged 50 or over who would like to connect with others while in the comfort of your own home.

We can also provide support for anyone who needs help setting up their devices and connecting.

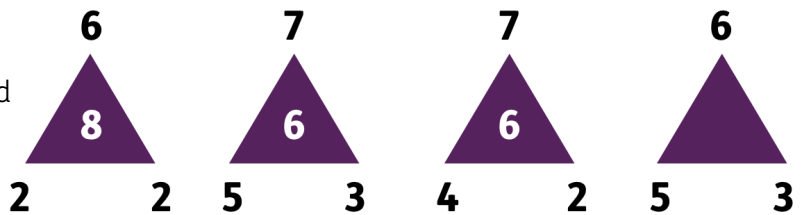
01795 532766

reception@ageukfs.org.uk



The Empty Triangle

Which figure should be placed in the empty triangle?



The Innocent Big Knit 2021

Age UK, who have partnered with Innocent, want to see a world where **no one has no one to turn to**. In total, 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!

If you, or anyone you know, are struggling for activities to keep you busy or you are suffering with poor mental health as a result of the current climate, starting a new activity and getting creative can be really beneficial to your mental health and general well-being.

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

Fantastic Fox Hat (Crochet)

Begin 6 dc in a magic ring. [6]

Round 1: inc in all 6 st. [12]

Round 2: (dc in next st, inc in next st) repeat 6 times. [18]

Round 3: (dc in next 2 st, inc in next st) repeat 6 times. [24]

Round 4: (dc in next 4 st, inc in next st) repeat 5 times. [30]

Round 5 - 16: dc in all 30 st [30]

Fasten off and sew in end. Fold up the rim (approx. last 4 rounds). Add a few stiches on either side to keep in place.

Ears: (make 2) note: I use the tapestry technique for the ears. If you are not confident using this technique, you can choose to crochet the ears in just orange wool, or crochet the cream part separate and embroider them on at the end.

(in orange) 4 dc in a magic ring. [4]

Round 1: dc in all 4 sts. [4]

Round 2: inc into next st, dc in all sts. [5]

Round 3: inc into next st, dc into next st, (in cream) 1 dc, (in orange) 5 dc. [6]

Round 4: inc into next st, dc into next st, (in cream) 2 dc, (in orange) 4 dc. [7]

Round 5: dc into next st, (in cream) 3 dc, (in orange) 4 dc. [7]

Round 6: dc into next st (in cream) 4 dc, (in orange) 3 dc. [7]

Round 7: (in orange) dc into all sts. [7]

Fasten off and leave a long tail for sewing onto the head.

Making up: Use a sewing needle, stitch both ears onto the top of the body.

Abbreviations: (UK)

ch – chain

st(s) – stitch(es)

dc – double crochet

inc – increase

Level:

Intermediate

Crochet Hook:

3.5mm



Of course, foxes come in many colours, so feel free to mix it up!

Easter Egg Heads Answers

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

Name the Musical

1. Les Miserables
2. Mary Poppins
3. The Rocky Horror Picture Show
4. My Fair Lady
5. The Phantom of the Opera
6. West Side Story
7. An American In Paris
8. Kinky Boots
9. The Lion King
10. Little Shop of Horrors

General Knowledge?

1. Torquay
2. RAF
3. 1989
4. Pineapple
5. E
6. Valerie Solanis
7. Cambridge
8. A Googol
9. Denmark
10. Ulnar nerve

The Empty Triangle

The answer is 3. The top number minus the bottom left-hand number is multiplied by the bottom right-hand number to give the number inside the triangle.

Easter Eggs

There are 13 Easter Eggs.



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- Pruning
- Hedge Cutting
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reception@ageukfs.org.uk

Company Reg No: 08412045

Charity Reg No: 1152234



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