

The Age UK Gloucestershire
Grapevine
Issue 5: Winter 2021




Neighbourhood networks



Winter craft projects



Continental cooking



Audio books

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and much more inside...

Contents

A message from your Editor..... 3

Crafty corner 4-5

Who do you think you are? 6-7

Continental cooking 8-9

Puzzle pages 10-11

Audio books 12-13

Strong and steady14-15

Grapeviner Life 16-17

Neighbourhood networks 18-19

Maggie's story 21-23

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Tell us what it's like to be an older carer



"I'm so pleased my husband knew where to find the right support"

In our Summer issue we asked for carers, past and present, aged over 65 to share the experiences and challenges they have faced whilst caring for someone. We've already learned a lot from older carers who have contacted us and your feedback will help us to develop our "What I wish I had Known" Guide. This could help make life easier for other carers and support former carers in their changed circumstances.

If you have experiences to share, please contact Helen Atkinson on 01452 420931 or hatkinson@ageukgloucestershire.org.uk

A message from your Editor

Welcome to your Winter Grapevine!



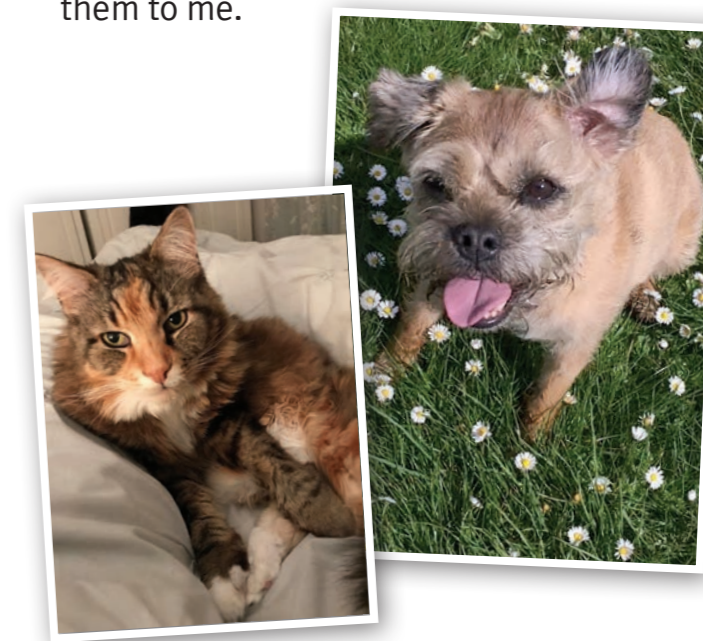
I hope you are all keeping safe and warm during this colder season and are finding ways to stay busy. This issue of Grapevine is full of interesting articles and ideas to while away the time, stay active and social, even if the sun isn't shining.

Last time, I asked for your memories of childhood toys and you'll find some lovely contributions in our Grapeviner Life feature on page 16. During the festive season, you may look forward to seeing what toys Father Christmas brings children this year and it's interesting to note that, along with a family game called Gassy Gus, Barbie and Lego still feature in the top ten must-haves for 2021. It's nice to know that amongst all those rather fantastic electronic toys, children do still enjoy playing with the traditional ones too.

In this issue, we tell you about Maggie. She was struggling looking after her elderly father and had become rather lost in the process, but with the support of our Help Team, things are much better for them both now. Donations from Grapeviners like you mean that we can help more people like

Maggie. If you would like to support our work, you can find out how on pages 21-23. We are so grateful for all your contributions and every penny really does make a difference.

Looking forward, next time we'll be talking about pets and for those who own, or have owned one, you'll understand just how much love they give and entertainment and joy they bring to our lives. Here are my pets, Ruby the Border Terrier and Coco the Maine Coon Cat. I'd love to share photos, stories and memories of your pets, so please send them to me.



In the meantime, cosy jumpers, fluffy slippers and hot chocolate are the order of the day for me. Stay warm Grapeviners and enjoy reading your winter issue.

Best wishes
Tracy, Editor



If you would prefer to receive an electronic copy of Grapevine, please contact **enquiries@ageukgloucestershire.org.uk** or call **01452 422660** and we can add you to our emailing list.



During these long winter months when it's cold outside, getting stuck into some nice crafty projects can be an enjoyable way to spend a few hours. Here are a couple of ideas to get you started.

Knit a coffee cup sleeve

We are all encouraged to take our own cups if we're buying takeaway coffee now, so this sleeve is pretty and practical.

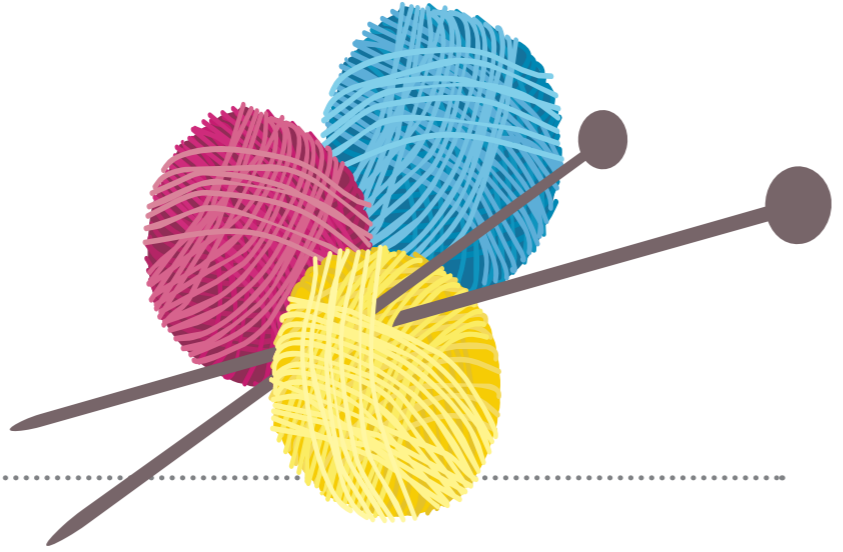
You will need

- 5mm knitting needles
- Medium weight yarn
- Embellishments of your choice



Instructions

Cast on 34 sts. K1, p1 for 5 rows
 Row 6: K1, p1, increasing one st on each end of needle. (36 sts)
 Row 7: Knit
 Row 8: Purl
 Row 9: Knit
 Row 10: Purl
 Row 11 (RS): Knit, increasing one stitch on each end of needle. (38 sts)
 Row 12: Purl
 Rows 13-17: K1, p1
 Row 18 (WS): Cast off loosely in K1, p1
 Sew together with yarn and darning needle to form a tube
 Finish with any embellishments or embroidery you choose, or just leave it plain



Sew a necktie glasses case

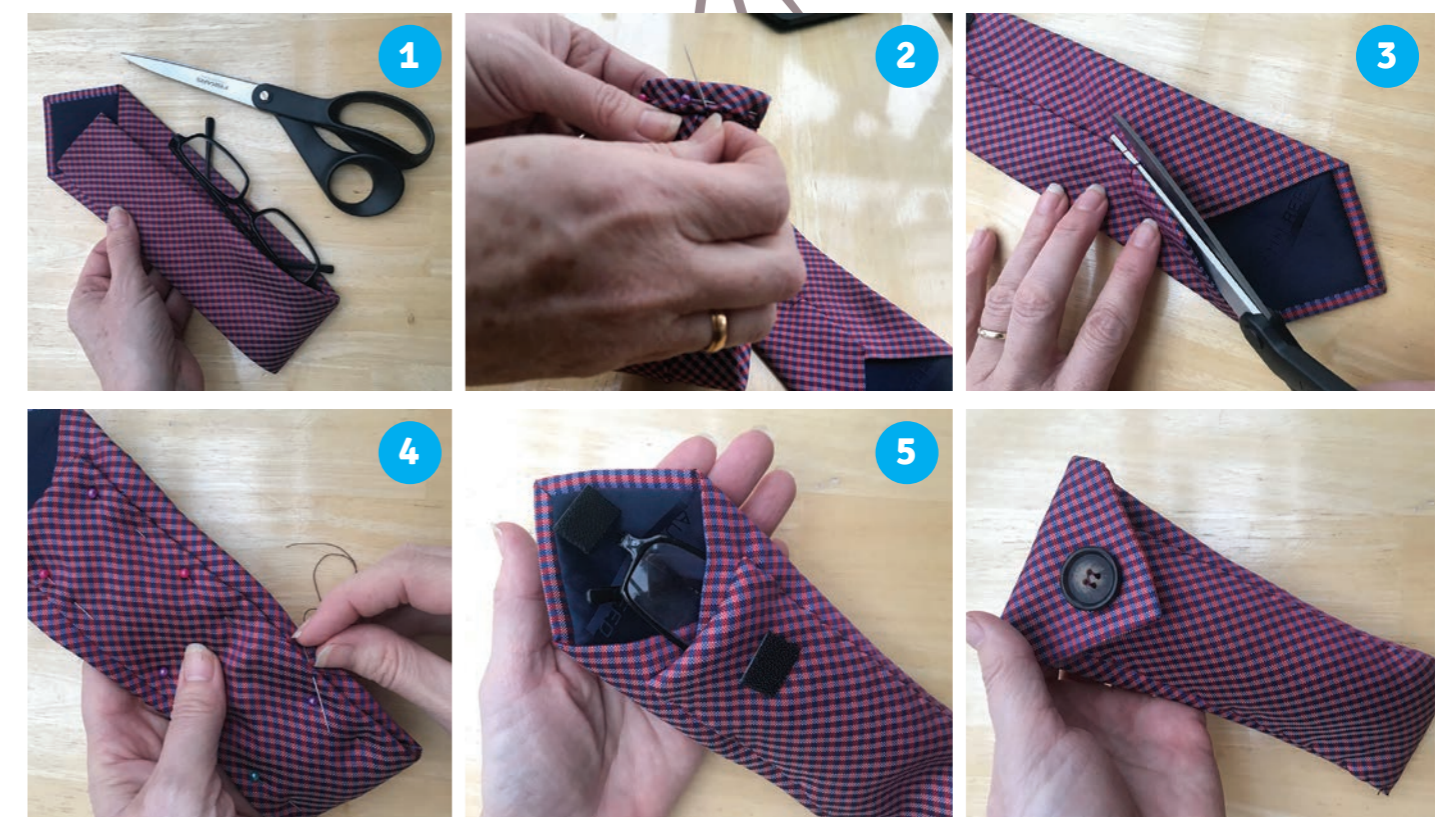
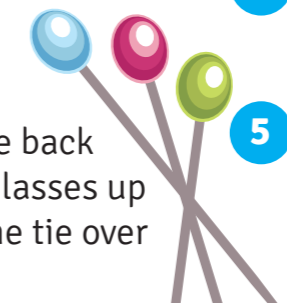
If you have a spare tie, have a go at recycling it into this snazzy glasses case.

You will need

- A necktie
- Pins, needle and matching thread
- Fabric scissors
- Self-adhesive Velcro dots

Instructions

- 1 Lay out your tie flat with the back facing upwards. Line your glasses up with the widest part, fold the tie over
- 2 Fold over 1 inch of the raw edge and hem stitch in place
- 3 Unpick and remove enough of the middle stitching to open up the tie and allow the glasses to fit inside. Remove any label on the tie
- 4 Pin and stitch the two layers together and hem stitch along both sides to create a pouch
- 5 Stick your Velcro dots in place and add a fancy button on the outside to finish.



There's still time to get involved in our Big Knit campaign as the deadline for submissions has been extended to Summer 2022, so please keep knitting! Thank you to everyone who has sent us a hat, we've received almost 4,000 so far and have been amazed at your creativity. For patterns and more details visit www.ageuk.org.uk/gloucestershire/fundraiseforus/BigKnit or contact Tracy on 01452 420941.

A Hub of History

Watching the TV program “Who do you think you are?” it’s hard not to be fascinated, even moved by some of the stories and discoveries made. If it has prompted you to think about, or start researching your own family history, you’re sure to be interested in what you can find at the Gloucester Heritage Hub.

We spoke to Vicky who is a volunteer at the Hub with the Gloucestershire Family History Society. Vicky says:

“It’s like a voyage of discovery. People start researching out of general interest or because there’s an unlikely story or mystery within their family, but often go on to learn about other aspects of life at that time – what people were eating, how they were educated, what was happening in the economy to cause an influx of people to the local area? The story never ends, there’s always more to uncover!”

If you’re keen to embark on your own project, there are always volunteers on hand in the Family History Centre to help you. Computer access is free and there are many resources available.



A Hub of History

Here, Vicky tells us a few of the questions she’s often asked:

I want to find out more about my family but I don’t know where to start.

We can help you find a starting point. Just your own date of birth can take the family back a couple of generations and get your research off to a flying start. We help you use our online resources which cover the whole of the UK and even other countries, which is helpful if your family doesn’t have Gloucestershire roots.

How can I find out more about my Grandfather who served in WW1?

Many of the surviving WW1 service records are available online so our volunteers can help you check these and access other sources, which might also help, such as newspapers and regimental records.

I’ve discovered that I have relatives who were in the asylum, workhouse or prison – how can I find out more?

There are large collections of records from these County institutions and although it can be a bittersweet experience to find out your relative was there, the details can be fascinating. Some of these records are available online or have been indexed but you need to visit Gloucestershire Archives in person to check original documents. Our volunteers can help you organise this.



Along with the fun of discovering your past, your project can bring some practical benefits too. It involves thinking, planning, organising and using a computer, which are great for keeping the mind active. Delving into a shared history with another family member can really reinforce the bond between relatives and for someone living with dementia, revisiting family history can be an enjoyable activity. Most of all though, finding out your back story is fascinating and fun.



Find out more at:
The Heritage Hub
Tel: 01452 425295 or
www.heritagehub.org.uk

The Gloucestershire Family History Society. Tel: 01452 524344 or
www.gfhs.org.uk



Every family rattles if you shake it!

“John from Lydney pops into the Hub on a regular basis whilst his wife is shopping in Gloucester and has researched not only his own family, but others too.

John says “After I retired, I came across some documentation which raised questions about my family and I wanted to fill in the blanks. I’ve discovered some interesting things along the way and I’m not finished yet. I’ve already discovered that my family have actually been using the wrong surname for the best part of 100 years!”

If you research your family, tell us what you have discovered!



Continental Cooking

There's a distinctly European feel about Age UK Gloucestershire these days, with Ramona our Homeshare Manager who moved to Gloucester from Romania in 2007. Ida, our new Community Circles Project Co-ordinator has relocated from Germany and is currently homesharing with Dutch Householder John. Sarah from our Out of Hospital Team also originates from Germany.

We asked them for some traditional winter warmer recipes which you could try too.

From Germany

All recipes serve 2 people

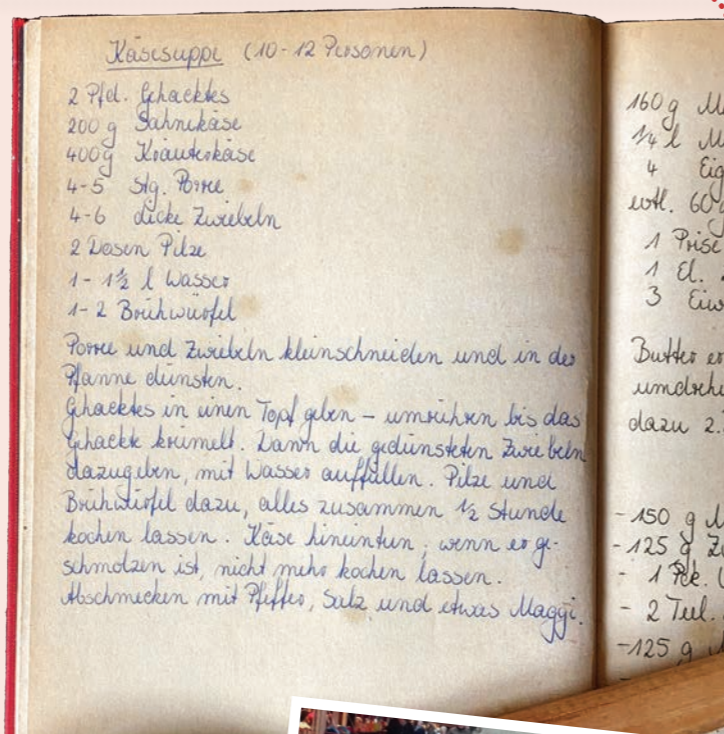
"My parents cook this soup during advent, when each weekend all the neighbours in our street gather together to chat, sing carols and share food in the run up to Christmas, which we celebrate on 24th December." Says Ida

Kase Suppe

- 200g minced meat
- 20g Dairy Lea cheese spread
- 40g cream cheese with herbs
- 1 leek and 1 onion chopped
- 1 small can of mushrooms
- 1 cube of vegetable stock
- Maggi Wurze flavouring, or Worcestershire sauce

1. Saute the leek and onion in a pan, add the mince and cook until it starts to crumble
2. Add one pint of water, the mushrooms and stock cube and simmer for around 30 minutes

3. Add the cheeses and season with salt, pepper and Maggi or Worcestershire sauce.



Ida

From Holland

A recipe Homesharers Ida and John have cooked together.

Boerenkool met worst

- 500g potatoes
- 250g Kale
- 1 tbsp butter
- 1 smoked sausage sliced
- gravy

1. Peel and cut the potatoes into big chunks
2. Add water to approx 3/4 of height of potatoes
3. Put the kale on top of the potatoes and then the sausage and boil for approx 20 minutes

4. Remove the sausage, then mash the potatoes and kale together with the butter and season
5. Serve with the sausage and gravy
Vegetarians can replace the sausage with fried eggs.



From Romania

A traditional winter warmer often cooked by Ramona's mother, with or without chicken, depending on whether it's made during lent.

Tocanita de mazare cu pui

- 1 chicken breast
- 800g canned peas
- 1 onion, finely chopped
- 200g tomato paste
- 2 tbsp flour
- 2 tbsp olive oil



Ramona and Marius

1. Heat the oil and cook the onion until translucent
2. Add the chicken breast and cook it until it's no longer pink
3. In a bowl, mix the flour with the tomato paste and add water gradually, until it becomes thin enough to pour
4. Add the drained canned peas and tomato paste mixture to the pan and season
5. Cover with water and let everything simmer until the tomato paste sauce thickens.

Word Search

Find and circle all of the wintery words that are hidden in the grid

G	Z	I	S	H	I	V	E	R	Q	J	B	L	S	F	E	E	K	L	C	A	D	C	I
M	O	X	F	V	G	D	W	N	I	O	L	L	Q	K	U	M	X	W	B	E	H	O	E
G	C	J	N	I	B	Q	E	B	L	D	C	W	F	Z	A	L	T	P	X	B	E	L	B
B	A	D	E	E	A	N	T	I	F	R	E	E	Z	E	X	T	H	V	I	A	L	D	X
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N	X	O	O	H	U	W	T	A	L	R	M	Q	P	L	D	B	M	O	I	T	L	A	C
I	D	I	L	S	J	J	A	M	T	N	O	I	N	F	N	Y	F	S	K	E	J	L	E
W	I	C	I	C	L	E	V	N	A	U	P	R	O	O	L	B	E	T	K	F	I	K	D
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|-------------|----------|--------------|---------------|-------------|
| ANITFREEZE | DECEMBER | HAT | MISTLETOE | SHIVER |
| ARCTIC WIND | FREEZE | HORSE SLEIGH | POLAR BEAR | SKATE |
| CHILLY | FROST | ICICLE | PRECIPITATION | SKI |
| CHRISTMAS | GALE | IGLOO | SALT | SNOW |
| COLD | GLOVES | JANUARY | SCARF | WINTER STEW |

This beautiful colouring page was drawn for us by Grapeviner Colleen



Have you heard a good book?



Grapeviner Lin has some great tips for reading if your eyesight's not quite what it used to be.

“In recent years reading the traditional way has become more challenging for

me, but this hasn't stopped me devouring that latest blockbuster! sleepless nights and tedious housework! Other times I just like to relax on the sofa and listen to a great story. Of course, you could do the same thing on a tablet or computer if you prefer that to a Kindle.

I have a Kindle, which is lightweight, easy to hold and I can enlarge the text, but what I really love is listening to audio books. It's amazing how this has got me through a few

I listen to audio books, radio and podcasts on my Alexa smart speaker too and when I'm on the move, I can access everything on my mobile phone. Here's my rundown of all the places you can access fantastic things to listen to. Happy reading!”

Podcasts



Thousands are available free online. They range from a group of people chatting about a topic, to highlights from radio stations and newspapers. A good place to start is BBC Sounds.



www.bbc.co.uk/sounds/podcasts

Audible and Calibre



Both are paid-for services, where you can purchase individual titles and then of course they are yours to keep. Audible requires a monthly subscription and an Amazon account and Calibre has a one-off joining fee only.



www.audible.co.uk
www.calibreaudio.org.uk



To access audio books, you will need to be online and for some providers, you will require an Amazon account. If all this seems a little daunting and you need help, contact our Jane on **07511 223995** and we can arrange one of our Digital Connections Volunteers to help you.

Contact Your Local Library



Our county libraries have dozens of titles available as audiobooks and they are free to download. You just need to register with your local library and remember that there will be a time limit on how long you can have the audiobook.



Contact your local library or
Tel: 01452 426973
libhelp@gloucestershire.gov.uk

Talking Books Service

RNIB

For people with sight loss or a print disability, this is a free service with thousands of titles available, which are supplied on CD, USB stick or you can download from the RNIB website.



www.rnib.org.uk/talking-books-service

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Talking Newspapers



If you would like to hear news of what is going on around Gloucestershire you can sign up to receive these each week.



Gloucestershire Talking Newspaper
01452 478963
www.gloucestertn.org.uk
Forest Talk **0300 102 3970**
www.foresttalk.co.uk

TED Talks

TED

For something a little different, try TED Talks. Accessible online, they are short, but powerful talks from all sorts of people about all sorts of topics. We recommend Jane Fonda's TED Talk entitled 'Life's Third Act'. Fascinating!



www.ted.com



There are some great organisations providing information and support for sight-impaired people:

Insight Gloucestershire **Forest Sensory Services**
01242 22 11 70 **01594 827711**
www.insight-glos.org.uk www.forestsensoryservices.org
RNIB www.rnib.org.uk **0303 123 9999**

Radio



BBC Radio 4 broadcasts plays, short stories and of course, The Archers



STRONG and Steady

We often hear about older people falling, which can be very distressing and really impact someone's confidence to go out, or carry on with life as normal. Keeping as mobile as you can will play a big part in reducing the chances of a trip and it's never too late to improve your balance.

The Chartered Society of Physiotherapy has some great advice. Sitting for long periods of the day means your circulation can slow down and joints will feel stiffer, making a fall more likely. Aim to move about every 30 minutes and try these simple activities to loosen up before you start your day.

- Toe and heel taps – five times each foot
- Straighten knees one at a time – five times each leg
- Gently march your knees up and down for 15 seconds before standing
- Shuffle up to the front third of your chair and push up through your legs to standing; gently stretch your back and neck by standing as tall as you can.

It's a good idea to organise things at home:

- Minimise climbing, stretching and bending with as many things as possible at waist height
- Remove trip hazards and rugs
- Make sure your home is well lit and warm enough and use nightlights for bathroom visits
- Use a grip mat in the bath and if you can, grab rails
- Avoid long, trailing clothes and wear well-fitting, supportive slippers or shoes
- Ensure any walking aids are appropriate and in good order.

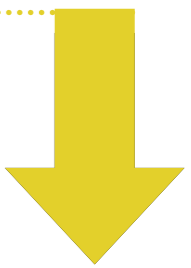


Our county has a fantastic NHS Falls Prevention Service who have lots more tips and advice. You can refer yourself, or someone you are caring for, to the service for more support.

Visit: www.ghc.nhs.uk/our-teams-and-services/falls/

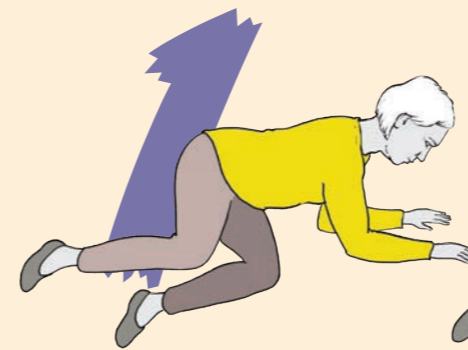


Having a plan just in case you do fall at home is a good idea and this could include wearing an emergency pendant alarm. Our **Help Team** can provide you with information about what's available.



If the worst happens and you take a tumble, the CSP have this advice:

Lie still for a minute, stay calm and check for injuries. If you're unhurt and think you can get up, follow these steps (rest up between each one if you need to).



Roll to your side

Roll onto your side, then push up on your elbows.



Use your arms

Use your arms to push yourself on to your hands and knees.



Crawl to a stable item

Crawl to a very stable piece of furniture (a sturdy chair or bed) and hold on to it for support.



Slide or raise the foot

Slide or raise the foot of your stronger leg forwards so it's flat on the floor.



Lean forwards

Lean forwards and push up using your arms and front leg, slowly rising to a standing position.



Sit down

Turn around and sit down for a few minutes to rest.



Contact our Help Team on **01452 422660** for more advice



Grapeviner Life

Derek's boxing buddy

“In the early 1940's with the war in full swing, I had a toy dog called Bonzo (aka Hitler). He had wood-wool stuffing sticking through his frayed fabric skin, an eye missing and sparse fur. Bonzo was as big as a toddler and balanced on the chair-arm he became my boxing opponent. As I donned my boxing gloves (which were, for some reason, both left-handed), he morphed into Hitler.

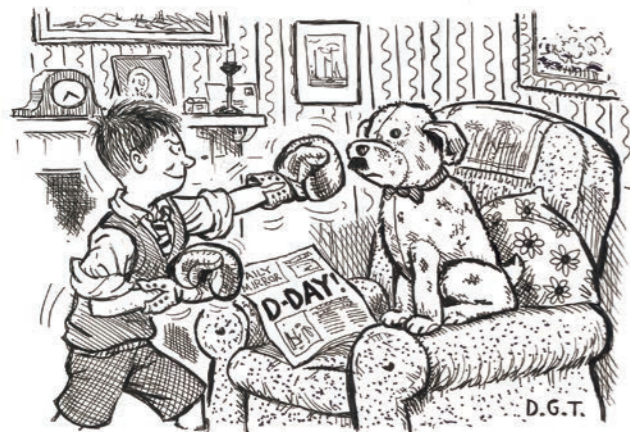


Illustration by Derek

I would set up Bonzo, with a stuck on Hitler-style moustache and then prance about jabbing away until a final pile-driving punch sent him crashing against the sideboard, to a squawk of protest from my mother! The defeated Fuhrer would then be restored to being nothing more than my shabby, lovable toy.

Thanks for the memories Bonzo old mate. Your successor and namesake, survived robust attention from two more generations of children and has found tranquil retirement in my loft!”

How many do you remember?



Today's toys are a far cry from 1945's most popular toy, the Slinky. The 1950's saw the launch of Barbie and Ken and in the 60's we enjoyed Etch-a-Sketch which is still popular today. By the 1970's a Rubik's cube challenged us and Star Wars figures kept the children entertained. In the 80's Cabbage Patch dolls arrived and were so popular that fights broke out amongst shoppers over the last ones in stock! Since then, toys have become more sophisticated and expensive, but we think the Slinky could still keep many children entertained today.

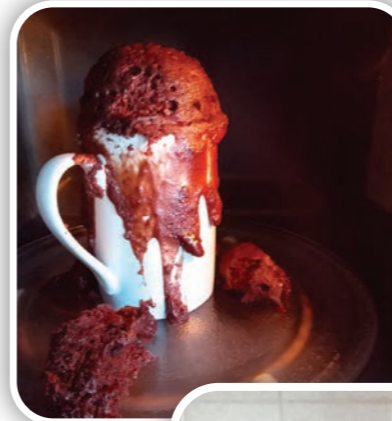


Monopoly Masters



Grapeviner Liz got in touch to tell us that during the 70's she enjoyed great times living and working in London. One experience she remembers fondly, is taking part in the British Monopoly Championships, winning and being presented with a commemorative edition of the game. “We had a wonderful time, each team played at different locations across London. I played at Fenchurch Street Station!”

Mug cake disaster



Back in Spring, we published our recipe for a chocolate mug cake. Ted and Caroline's first attempt wasn't a great success, but they do report that once they tried making it in a basin, it was perfect. Now the cake is their regular treat. For the mug cake recipe, visit: www.ageuk.org.uk/gloucestershire/activities-and-events/grapevine/



If you have a story to tell, a poem you've written or some interesting facts to share, please get in touch with me on **01452 420941** or email tharris@ageukgloucestershire.org.uk and you could be featured in a future Grapeviner Life.

Marvellous Margaret

and her band of merry neighbours

At 102, Margaret from Maisemore was still living independently in her own home, cooking herself a Sunday roast, but it was inevitable things would eventually start to slow down and she would need more support. Enter 'Team Margaret', a group of seven wonderful neighbours who together, ensured she wasn't alone and was able to enjoy later life.



Anne, Brian and Cathy from Team Margaret

Age UK Gloucestershire first met Margaret in hospital following a fall. Neighbour Anne understood how keen Margaret was to return home.

“This was impossible without the right support in place and she was about to be transferred to another hospital.” Says Anne. “After a few phone calls, we managed to arrange the appropriate care at home and ‘sprung’ her from hospital!”

The Age UK Gloucestershire Out of Hospital (OOH) Team’s mission is to ensure older people feel safe, comfortable and confident back at home after a spell in hospital and we visited Margaret on her return home.

OOH Team member Rachel comments;

“For someone living alone, this can often be challenging, but when you have fantastic support from your neighbours and community, it really does make all the difference.”

‘Team Margaret’ enjoyed helping her with many aspects of life; taking her shopping, to appointments, colouring her hair and painting her nails, which she still liked to do, even at 102. Most had known her for a number of years and Margaret had been an active member of her community.

Brian describes Margaret:

“Her spirit kept her going, she had a great sense of humour and was as sharp as a pin – she could reel off everyone’s phone number and her party piece was to show how she could touch her toes, effortlessly, without bending her legs! It wasn’t only Margaret who benefited from all the help, everyone involved shared in the life of a wonderful and inspiring person who they consider the dearest friend anyone could wish for.”

Margaret’s story



Born into a pandemic in 1918, Margaret was a foundling – a deserted baby left on a London

doorstep and taken to the Marylebone workhouse, where she was named Topsy. After her picture appeared in the Daily Mail, a couple from Westbury-on-Severn adopted her and she enjoyed a happy childhood. She had various jobs in Gloucester, where she would cycle every day. She and her husband Roy were married for almost 70 years and together with

their son, moved to their bungalow in Maisemore, where Margaret lived until she passed away earlier this year, rather ironically, during a pandemic.



Neighbourhood Networks

Margaret’s neighbours were fantastic and super organised with a Whatsapp Group, a notebook in her kitchen to record what they’d done and a schedule for hospital visits, but looking out for your neighbours can be as simple as popping by to say hello or asking if they need anything from the shops when you go yourself.

Community Circles

For a more formal approach there’s our brand new **Community Circles project**, where we help bring a group of people together around someone who needs a little more support, allowing them to flourish by remaining independent and connected.



During lockdown, we launched our ‘Greet your Street’ campaign where we encouraged neighbours to arrange a time when everyone would meet outside and some streets are still meeting up. Neighbours know one another now, enjoy the company and it means nobody is alone. It’s also an opportunity to find out in an informal way, if someone is in need of some support.



Our Help Team can tell you more about **Greet your Street**, setting up or joining in with a **Springboard Group**, **Community Circles** and more ways you could connect with others. Call **01452 422660**.

Our Springboard Groups welcome all older people

Springboard Social Groups are a great way to connect with local people and have fun. Most meet weekly in various locations and members tell us that belonging to a Group makes a real difference to their lives. To socialise from home, there's our online Springboard Group too.



Members tell us that belonging to a Group makes a real difference to their lives



To find your nearest Group, or see how you can join our online Springboard Group, contact Jane on **07511 223995** or visit www.ageuk.org.uk/gloucestershire/activities-and-events/springboard-social-groups.

When our parents need more help in older age, the pressure can pull families apart.

Your support can help them find one another again.



Maggie's dad had been her rock over the years, always there when she needed a helping hand or a shoulder to cry on. And whenever she doubted herself, he'd say 'You've got this Mags'.

But Maggie didn't feel like a daughter anymore, she'd become a carer.

While Maggie's dad, Pete, was waiting for a hip operation, she moved in to help him through a difficult time. But when Pete's health deteriorated, the pressure grew on Maggie. She felt exhausted, overwhelmed and worried about how they would cope when her dad came home from hospital.

Maggie was dealing with some very difficult emotions.

"I couldn't help feeling resentful towards dad for taking over my life," she explains. "Having those thoughts made me feel incredibly guilty too. Worst of all, I was feeling a great sense of loss. My dad was still here physically, but it felt like I'd lost him. It was like a bereavement."

At some point, many of us will face the kind of situation Maggie found herself in. And when parents need more support in older age, the impact on families can be devastating.

Age UK Gloucestershire's Help Team provide support, advice and information to help local families overcome the challenges of later life. But as a charity we can only continue to support people like Maggie and Pete with your help, so please send a £10 donation today if you can.

Please turn over...

Pete hated what was happening too. He never wanted to be a burden on anyone, especially not his daughter. He felt embarrassed about having to call out to Maggie during the night to help him with bathroom visits. He was still devastated by the loss of his wife of 60 years, and now he'd lost his independence, his dignity and his relationship with his daughter.

In desperation, Maggie phoned the Help Team.

Whether it's a family member like Maggie, or an older person who's struggling to cope at home on their own, it can be very difficult to find the support you need. We're here to provide confidential advice and information to guide people through every aspect of later life.

Just talking to someone who understood and took the time to listen made an immediate difference to Maggie. She knew she wasn't alone anymore.

Maggie hadn't had a decent night's sleep in months, but with our help she was able to arrange overnight caring support for her dad. We also put her in touch with our Out of Hospital Team, which arranges special support for older people following a stay in hospital.

Slowly but surely Maggie regained control, but she also regained something far more important – her relationship with her dad.

As she says, "Now that we have the right support in place, I can enjoy spending time with my dad again. I'd completely lost him and you have brought him back to me."

Your support has never been more important.

The pandemic has caused additional stress, isolation and anxiety for a lot of people, as well as putting care services under even more pressure. In fact, we are currently seeing a sharp increase in calls from people who are desperate for support, but don't know where to start.

Every one of these calls deserves our time, understanding and expertise. But that's something we can only continue to give with support from our local community.

Currently, we don't have enough funding in place for next year, so I'm turning to local people like you for help. Whatever you can give today to support Age UK Gloucestershire will help us to continue providing vital services like the Help Team.

"I'd completely lost him and you have brought him back to me."

Maggie

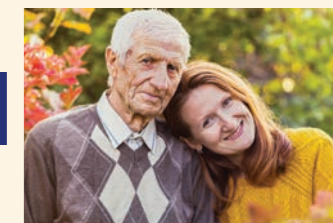
How you can make a difference...

£10 can provide an information pack for an older person to help them understand their options and make the best choices about their future.

£25 could help us provide advice on mobility aids, local support groups or extra caring support – which could help an older person maintain their independence and continue living the life they choose.

£58 could keep the Help Team phone service open for an hour to support callers who urgently need our help to get their lives back on track.

YES, I want to help more families in Gloucestershire to find one another again.



1 My details

Title First Name Surname

Address

Postcode

Telephone No

Email

2 Please accept my donation of £10 £25 £58 Or my preferred amount of: £

3 Payment

By cheque: Please make cheque payable to 'Age UK Gloucestershire' I enclose a cheque/charity voucher

By card: Please debit my credit/debit card card type Visa Mastercard

Name as appears on card

Card number

Expiry date

If you would prefer to make your donation online please visit – www.ageuk.org.uk/gloucestershire or to make a donation over the phone please call 01452 422660

4 Gift Aid

Boost your donation by 25p for every £1 you donate

If you are a UK tax payer (even if you have told us this before) please remember to tick the Gift Aid box below to allow Age UK Gloucestershire to claim Gift Aid on your donation:

I want to Gift Aid any donations I make in the future or have made in the past 4 years to Age UK Gloucestershire. I am a UK tax payer and understand that if I pay less Income Tax and/or Capital Gains Tax than the amount of Gift Aid claimed on all my donations in that tax year, it is my responsibility to pay any difference.

I am NOT a UK taxpayer

Signature Date

giftaid it



5 Communication preferences

We will use the information provided (on the donation form) to process your donation. We will also use it to mail you updates and fundraising requests.

If you would prefer not to receive these requests in the post please tick this box

You can decide to stop receiving updates at any time by contacting us on 01452 422660 or emailing enquiries@ageukgloucestershire.org.uk. We promise to protect your personal data in line with our Privacy Policy; www.ageuk.org.uk/gloucestershire/privacy-policy.

6 Returning this form

Please send this form back in the Freepost envelope supplied or return to: Age UK Gloucestershire, Henley House, Barnett Way, Barnwood, Gloucester GL4 3RT



Thank you.

Registered Charity No. 1111773

Some wonderful people visited our VintAGE Youth Club at the Gloucester Goes Retro event!



Age UK Gloucestershire

Henley House, Barnett Way, Barnwood, Gloucester, GL4 3RT
01452 422660 helpteam@ageukgloucestershire.org.uk
www.ageuk.org.uk/gloucestershire

