

The H&W

AGE UK HEREFORDSHIRE & WORCESTERSHIRE'S NEWSLETTER



Fresh fields in Goodrich, Herefordshire from Sarah McDowall - Marketing Coordinator at Age UK H&W

Hello and welcome!

Welcome to Age UK Herefordshire & Worcestershire's Autumn 2021 Newsletter.

Read on to find out about the latest updates from Age UK Herefordshire & Worcestershire. You can find out about our new services including our Hereford Veterans Meeting Centre and Walking Friends support.

As most of the restrictions have lifted in England following the pandemic we are pleased to be able to support more people in person if they are comfortable to do so. We would like to reassure you that here at Age UK Herefordshire & Worcestershire we will do everything we can to support you to allow you to feel more at ease with face to face support.

Read on to find out more about our services we have re-opened.

As the Autumn and Winter weather starts setting in don't forget to keep checking in on your friends, family and neighbours. If you or someone you know needs support contact us. Please see our website for regular updates on our services.

We hope you enjoy this issue of our newsletter and remember you can change your mind about receiving our newsletter at anytime by [contacting us](#). From everyone at Age UK H&W thank you for your continued support. Now sit back, grab yourself a cuppa and read our latest news. Thank you!

Magda Prail – COO – Age UK Herefordshire & Worcestershire.



Contents:

- News and events...3
- Services update...4+5
- The Companion Line...6
- Training Solutions...7
- Volunteer with us...8
- Let's get cooking...9
- How to make a donation...10
- Contacts...11

How to get in touch with us:

- T: 0800 008 6077
- Monday - Thursday 9:00am-5:00pm
- Friday 9:00am - 4:30pm
- E: referralhub@ageukhw.org.uk
- W: www.ageukhw.org.uk

[Age UK H&W, Malvern Gate,
Bromwich Road, Worcester,
WR2 4BN](#)

News and events

Silver Sunday Computer Cafes:

We're excited to be hosting three free Computer Café events as part of Silver Sunday celebrations. Our Computer Cafes will be held in Ross, Hereford and Worcester and are designed to help older people with questions about technology and getting online. We will have some tablets available and you are welcome to bring your own devices.



We are pleased to say that West Mercia Police will be joining us to explain about internet safety and how you can avoid scams. Find out more about our events [here](#).



Active Ageing Week:

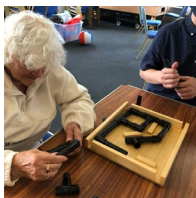
Every year Active Aging Week (4th-8th October) encourages older people to get active or increase their physical activity. Being active is important throughout all our lives but it's especially important to stay active in later life to look after our physical and mental wellbeing. We're pleased to be joining Active H&W at their active ageing conference on 4th October. Book your free tickets [here](#).

There is lots of ways you can get active whether you're a complete beginner or just need new ideas to add to your routine. Active Herefordshire & Worcestershire have lots of information on their website about active ageing, read [here](#).



Bromsgrove Shedders make Activity Boards for our Droitwich Spa Meeting Centre!

We were really pleased when [Age UK Bromsgrove, Redditch and Wyre Forest's Men in Sheds](#) project told us they were making some Twiddle Boards for our members at our [Droitwich Spa Meeting Centre](#).



Thanks to the support of North Worcestershire Rotary Club, Age UK BRWF's Bromsgrove Men In Sheds have made a set of Activity Boards for members of the Droitwich Spa Dementia Meeting Centre to enjoy. Find out more [here](#).

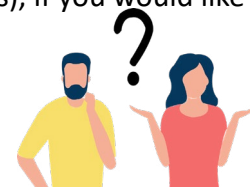


Wyre Forest Showcase of Services for Older People:

On 7th October join us at Kidderminster Town Hall alongside lots of other organisations from around the Worcestershire area at the Wyre Forest Showcase of Services for Older People. We will be there to explain about our new and existing services and answer any questions you may have. We will also be joined by our training team who will be doing small demonstrations that are featured in our regular training courses.

Age UK Bromsgrove, Redditch and Wyre Forest will be testing Electric Blanket(s), if you would like yours test please contact them on 01527 570490.

Find out more [here](#).



Services Update

Read the latest updates about our services below. You can keep up to date with all our services by visiting our [website](#).

New Meeting Centres to open!

We are delighted to announce we have received funding from Worcestershire County Council and district councils to open two new meeting centres in Kidderminster and Stourport. The new meeting centres will be supporting older people living with mild to moderate dementia, along with their family and carers.



The Kidderminster meeting centre will be opening in the Autumn and the Stourport meeting centre will be opening in the New Year. We will be working with our partners [Age UK Bromsgrove, Redditch and Wyre Forest](#) and [Sanctuary Housing](#). If you or someone you know would like more information about attending the centres [contact us](#).

New Walking Friends Support

We are pleased to announce the launch of our new walking friends service partnering with [Active Herefordshire & Worcestershire](#). This service will offer older people who may be feeling lonely or isolated a regular friendly walk with a volunteer. We hope that this service will offer some companionship and allow older people to feel reassured about getting out and about again following the COVID-19 pandemic. If you would like information about this service for either yourself or someone else please [contact us](#).



Support with getting online

We are excited to announce that with funding received from [Herefordshire council](#) Age UK Herefordshire & Worcestershire in partnership with [Age UK Hereford & Localities](#) are going to be offering digital support across Herefordshire. This new support will offer older people a 6 week course where they can attend to receive support with technology, if they need additional support they can then go onto to receive 1-2-1 support.

If you would like information about this service for either yourself or someone else please [contact us](#).



Reach

Could you provide regular and friendly phone calls to support older LGBT+ members of your community? Reach is a new pilot project ran in partnership between Age UK Herefordshire & Worcestershire, [Age UK Shropshire Telford & Wrekin](#) and [SAND](#), aimed at reducing the feeling of loneliness and isolation amongst older members of the LGBT+ community by connecting individuals via regular and friendly phone calls. At the moment we are recruiting for volunteers for this project before taking client referrals. If you or someone you know would like to know please [contact us](#).



Services Update (continued)

Hereford Veterans Meeting Centre

At the beginning of August we were pleased to open our new meeting centre in Hereford to support older veterans. The sessions are going well and we are continuing to welcome new members to the centre. One of our members said: *"I think its absolutely wonderful, we meet new friends and we find out something new every time, the sessions get us thinking again!"*

At our centre we offer veteran-specific specialist days working within a Maintenance Cognitive Stimulation Therapy framework which is proven to enhance wellbeing and maintain cognitive ability. Members are able to enjoy a hot cooked meal together, take part in meaningful activities, led by them and form new friendships. Find out more [here](#).



Legal Surgeries

Our legal surgeries are now being held face to face at our Malvern Gate office in Worcester. Individuals can come and ask an expert questions about Wills, powers of attorney and other legal aspects of home and finances. These surgeries are run by John Owens Estate Planning. The initial consultation will be free however there may be charges for any services carried out.

Our legal surgeries can help with:

- Lasting Power of Attorney (LPA)
- Will Writing
- Probate
- Inheritance Tax Planning
- Funeral Plans
- Protecting your home and assets

Find out more about how we can help [here](#) or [contact us](#).



Walking Football

Since the launch of our new Walking Football group in Worcester in July the sessions have been popular with a mix of abilities and skill levels! We are continuing to see regular players attend and always welcome new players to the team! Men and women over 50 are all welcome regardless of ability or previous experience. One of our players said: *"I really enjoy the sessions and think Tom is great. I haven't played football since 1976 so it is a delight...and I think it does me good..."*



Sessions are being held every Friday 11am-12:30pm at King George V Playing Field, Ash Avenue, Worcester, WR4 9TL. Your first session is FREE and £3.50 per session thereafter. Find out more [here](#).

The Companion Line

Are you or someone you know feeling lonely or isolated?

The Companion Line is here to support people who may benefit from a regular call from one of our volunteers. Not having someone to talk to regularly can be lonely, particularly if you are used to sharing your home and time with others.



How the companion line can benefit you or someone you know:

- It can help to reduce the feeling of loneliness.
- It provides people with a regular and consistent volunteer to speak to.
- It helps people to build confidence to attend social activities they may not have done before.
- It provides a connection to someone who can signpost them if they need support with additional needs.

How do I contact the companion line?

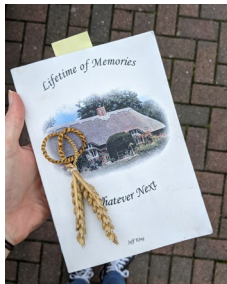
If you would like to make a referral whether that's for yourself or someone you know please [contact us](#). Once we have your details we can match you with a volunteer who can offer regular phone calls.

Meet our clients!



Jeff joined the Navy at 15 ¼ and his first job was scrubbing the deck and polishing. It was discovered that he was the youngest on the ship so he was appointed Lord Mountbatten's messenger. *"It was an incredible experience and you know to be a messenger for such an important person as that was a big honour."*

Jeff left the Navy 11 years later and went on to become a thatcher for many years. *"We had quite a good life, I worked for many different people – lords, ladies. It was another good part of my life!"* Jeff ran his own business for seven years and then was asked to work for the government. He had to be central in the county which is what brought him to Worcestershire. Jeff has written a book about his life story called "Lifetime of Memories, whatever next". *"My daughter initially got in touch with Age UK H&W, she looks after me with my son as well. I'm absolutely amazed at the things that have gone on since then!"*



Jeff has been speaking regularly to Tim* one of our Companion Line volunteers for about 4 months. *"We have some good chats, he phones every Monday. It's nice to have chat with someone at difference times of the day!"*

Tim - Jeff's volunteer, had an ambition to volunteer for Age UK when he retired and has had several different roles in the 15 years he has been volunteering with us. *"I always look at the Age UK H&W website and saw the Companion Line role and thought I could continue to support people by telephone. I'm a historian so I enjoy talking to older people as I can understand what they are talking about! Each week I speak to Jeff and it's good to speak to him as he likes to talk about things and likes to talk to people. It's very valuable to Jeff and myself."*

As well as support from our Companion Line our living well team has also supported Jeff with his attendance allowance application.

*names have been changed.

Could you volunteer for our Companion Line?

Find out more about volunteering [here](#).



Training Solutions

Delivering Excellence in Health and Social Care Training

We're really pleased to say we have started delivering some of our training sessions face-to-face following current government guidelines.

Our training solutions team provides practical skills training tailored to suit your individual needs. We specialise in training such as dementia care and manual handling, and also offer mandatory and recommended health and social care courses.



All our courses can now be booked and paid for through Eventbrite by visiting our [website](#). You will find a short description about each course and a link you can click through to book.

You can read more details about our courses in our Training courses brochure [here](#).

Contact us to book onto a course or find out more [here](#).
T: 0800 008 6077 E: training@ageukhw.org.uk



Health Education West Midlands

Training Solutions has gone international!

Recently we had the pleasure of Zainab joining us on one of our zoom First Aid training courses live from Lagos, Nigeria!

Zainab said: *"The training was indeed very interesting. I love the fact that it was interactive and the trainers did excellently well. This will help me in emergency situation that I could possibly find myself which maybe at home, on the road or at work. I will happily recommend this to my colleagues and friends so that they can also be enlightened."*



Thank you for joining us Zainab and we hope to see participants from around the world in the future!

New arts and dementia awareness course!

Calling all musicians, actors, artists, and writers! Develop your skills! Boost your income by supporting older people living with Dementia. Being creative helps improve the quality of life of those living with Dementia. Age UK H&W can give you the knowledge and tools to help you make a difference to the lives of older people. The course is 3hrs and will be delivered via zoom. Visit our website to find out more – [here](#).



Do you live in Hereford and could benefit from our training?

We have recently started delivering some of our training sessions at our Drybridge House Centre in Hereford. We hope that these sessions will allow anyone living in Hereford and the surrounding area to access our health and social care training courses. To find out more about these courses [contact us](#).

Volunteer with us

Could you make a difference to the life of an older person? We rely on volunteers to help deliver vital services and support us to reach more older people across the two counties. We will always work with volunteers to ensure they are comfortable with their volunteering tasks.

Volunteering can have a big positive effect on your life. It can make you feel valued and part of a team, gain confidence and self-esteem, all whilst giving something back to your local community. Some of our volunteer vacancies are listed below, if you would like to volunteer with us or would like more information visit our [website](#) or [contact us](#): E: volunteering@ageukhw.org.uk or T: 0800 008 6077

Current vacancies

Reach

Reach is a new pilot project ran in partnership between Age UK Herefordshire & Worcestershire, Age UK Shropshire Telford & Wrekin and SAND, aimed at reducing the feeling of loneliness and isolation amongst older members of the LGBT+ community by connecting individuals via regular and friendly phone calls. We are looking for volunteers to join us to provide support for older LGBT+ people. As a volunteer you will receive a full induction, including training from both Age UK H&W and SAND. You will also receive a DBS check.



Independence at Home

Could you spare an hour or two to offer some health, wellbeing and practical support? Our Independence at Home service provides practical support for adults in Worcestershire to improve their independence, health and wellbeing at home, while reducing the need for non medical health and care support. Support is practical, no personal care is required.



Footcare

We are pleased to say our footcare appointments at our Worcester and Ross-on-Wye offices have now re-opened, so we are on the look out for more volunteers to support us! As a footcare volunteer you will help us to ensure good foot health for older people in our community. Regular full training will be given on providing toenail cutting and foot health so no experience is necessary. You will be treating healthy feet only, all complex cases will be seen by our podiatrists.



Companion Line

The Companion Line supports older people who may benefit from a regular call from one of our volunteers. Volunteers would be expected to make a regular phone call to chat with a client who has been matched with you. This volunteering opportunity is ideal if you are staying at home more or your other volunteering duties have been put on hold.



Let's get cooking!

With the weather getting a bit colder we are bringing you a chilli con carne recipe – perfect for those Autumn evenings!

If you would like to send us a recipe for our Winter newsletter contact us!



Chilli Con Carne

You will need:

- 500g beef mince / Quorn
- 1 onion
- 2 garlic cloves
- 500ml stock
- 1 teaspoon chilli flakes
- 1 teaspoon paprika
- 2 teaspoon cumin
- 1 tablespoon passata
- 1 tablespoon tomato puree
- 1 tin kidney beans

Optional ingredients

- Chorizo
- 1 - 2 fresh chillies
- Other vegetables

For a vegetarian or vegan version, simply leave out the meat and use vegetable stock.

Method:

1. Peel and finely dice the onion and garlic and chop the fresh chilli (if you're using any).
2. If you're adding additional vegetables, such as peppers, courgette or mushrooms, roughly cut them into big chunks. Equally, if you're using chorizo, remove the skin and chop into pieces.
3. Add oil to your pan and gently fry the onion, garlic and chilli, until they're soft, then add the chorizo (if you're using chorizo, you won't need to use oil!).
4. Add your additional spices, such as cumin, paprika and chilli flakes and combine everything together. Add your mince / Quorn and separate using a wooden spoon.
5. Once the mince has browned, add the tomato puree, passata and stock and stir together well. If you're using extra vegetables, add them now.
6. Simmer until the liquid has reduced down to form a thick chilli, then add your kidney beans (or beans of choice) and heat through.
7. Serve with brown rice or over a jacket potato, although it's just as delicious on its own or topped with some sour cream and / or grated cheese. **Enjoy!**



Watch a video tutorial here: <https://bit.ly/3BCCmjI>

Recipe provided by [Talk Community](#)

Would you like to make a donation?

If you would like to help Age UK Herefordshire & Worcestershire by making a donation – please choose one of the methods below. All donations gratefully received - **Thank you**

Donate by Cheque

Make your cheque payable to: "Age UK Herefordshire & Worcestershire" and post to the address on the following page.

Bank Transfer

For information on how to transfer your donation please email fundraising@ageukhw.org.uk or call 0800 008 6077

Donate Online

Donating online through our Just Giving page, simply click on this link and click donate at the top of the page. www.justgiving.com/achw

Gift Aid

Your donation can be worth more at no extra cost to you. Using Gift Aid means that for every pound you give, Age UK Herefordshire & Worcestershire gets an extra 25p in tax relief from the Inland Revenue, helping your donation to go further. Providing you pay enough tax, it won't cost you a penny. To find out how you can use gift aid on a donation either by cheque or bank transfer please contact us.

Standing Order

If you would like to support Age UK Herefordshire & Worcestershire more regularly you could make monthly, quarterly or yearly donations by standing order. If you would like to set up a standing order payment please contact our finance team either by email: finance@ageukhw.org.uk or call: 0800 008 6077.

Easy Fundraising

Do you shop savvy online? By simply shopping through easy fundraising you can raise free donations for Age UK H&W every time you shop! Find out more [here](#).



**Demand for our vital services
has increased rapidly**

We need your support
to help older people during
the coronavirus crisis.

Donate now

Contacts

WHERE TO FIND US:

WORCESTER OFFICE

[Malvern Gate](#)
[Bromwich Road](#)
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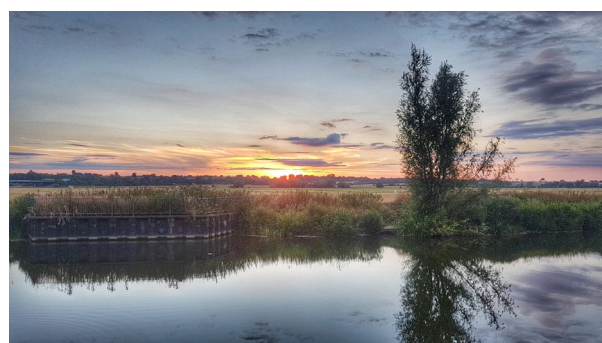
@AgeUKHW

MARKETING CONTACTS:

For all marketing enquiries.

T: 01905 740950 / 0800 008 6077
E: marketing@ageukhw.org.uk

Photos from the two counties...
send your photos to marketing@ageukhw.org.uk



What do you think of our Newsletter?

We would like to know your views on our newsletter.

If you have any feedback please contact us:

E: marketing@ageukhw.org.uk

T: 0800 008 6077

Or you can write to us at our Worcester Office.





Autumn 2021

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E: referralhub@ageukhw.org.uk

www.ageukhw.org.uk

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Malvern Office | 01684 560666

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Age UK Bromsgrove, Redditch & Wyre Forest

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E: enquiries@ageukbrwf.org.uk

Age UK Hereford & Localities

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E: contact@ageukhl.org

