

# The H&W

AGE UK HEREFORDSHIRE & WORCESTERSHIRE'S NEWSLETTER



St Peter's fields in Droitwich from Ann Greaves -  
Living Well Co-ordinator for Age UK H&W

# Hello and welcome!

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

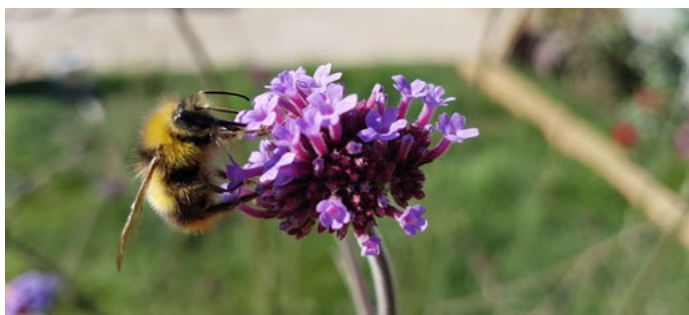
Read on to find out about the latest updates from Age UK Herefordshire & Worcestershire. You can find out how we are re-opening our services and other updates!

As the Coronavirus restrictions change we know not everyone will be confident to go out and about. 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 comfortable with the restrictions lifting.

Although we aren't able to re-open our offices in Worcester and Ross-on-Wye for drop in appointments just yet we are continuing to support people via regular phone calls and emails. We are pleased to say some of our face-to-face services have re-opened and we are supporting regular clients. Read on to find out more about our services we have re-opened.

Age UK Herefordshire & Worcestershire are here for you. 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.



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(Above picture credit: Ian Vaux)

### How to get in touch with us:

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# News and events

## Dementia Action Week Webinars

During Dementia Action Week (17th-23rd May) we wanted to highlight the wide array of dementia support that is available for older people, their families and carers.

We hosted two webinars during the week with several other organisations from around Worcestershire. You can watch both webinars on our [YouTube channel](#). During this week we also launched the Dementia Directory of services document, this can be found on our [website](#).



## The Worcester Show!

We are so pleased to say that along with [Age UK Worcester & Malvern Hills](#) we will be at the [Worcester Show](#) on 15th August!



This year the show is being held at Pitchcroft Racecourse ensuring that there is a greater area on which to stage the event.

There will be an array of fabulous entertainment and activities for the whole family to enjoy as well as 120 competitive classes to enter! Come along to find out more about what we do and how you can get involved!

## 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.



This year we want to focus on much needed respite for carers, we have produced a booklet that showcases respite support available for carers from Age UK H&W and some other organisations. The booklet can be found on our [website](#).

## A sad goodbye!

After 8 years working for local Age UKs Toni Franck one of our Living Well Coordinators is taking her well deserved retirement. Read her words below...

“Until the Covid 19 pandemic (we have had to stick to phone calls for the past year) I have cycled to towns and villages around Evesham to help people with benefits, care, housing, local services - we address every enquiry. I have visited older people with dementia, arthritis, cancer, heart disease, diabetes. I have visited people in pain, bereaved, lonely, scared.



And I have met the most positive, friendly people, people who have lived a full life, who love a sunny garden, the company of friends and family. I have met the real heroes - the people who care for a much-loved partner or parent, who endure with a positive heart loneliness and pain. I have come to understand how wrong the idea is - that older people are not adaptable. I know they are versatile, problem-solving and keeping going despite increasing odds.

My advice as finish my job: please phone or email our charity if you would like any information and advice. Plan for those years when you may need more help, may need a smaller home, nearer to facilities, ready access to public transport. We are here to help.

It has been a pleasure and a privilege to meet my clients, and to have been part of the Living Well Team.”

# News and events (continued)

## A Royal Visit!

At the end of May we were honoured and delighted to be invited to meet HRH Prince Edward Earl of Wessex! Along with other organisations we were invited to Royal Porcelain Works in Worcester to meet and speak with HRH Prince Edward Earl of Wessex about Age UK Herefordshire & Worcestershire and the work we are doing to support older people across the two counties. Thank you to Worcester Community Foundation for our invitation.



## Don't Forget about The Big Knit!

We need your help! The Big Knit campaign runs every two years and sees volunteers knit mini hats that we send into Age UK National. We then get 25p for every hat which goes back into supporting older people in our community. It doesn't matter whether you are a novice or an avid knitter anyone can get involved!

We are gathering the Big Knit hats to send off to Age UK national, so if you fancy knitting some mini hats for us please visit our [website](#) to find patterns and more about the Big Knit campaign.



# New Services!

## Walking Football

**Do you have a passion for the wonderful game or would like a new hobby?**

Age UK H&W in partnership with [Active H&W](#), [The Football Association](#) and [Sport England](#) will be running regular walking football sessions in Worcester.

**Where?** King George V Playing Field, Ash Avenue, Worcester, WR4 9TL (free parking available)

**When?** Every Friday (starting 9th July) 11am-12:30pm.

**Cost?** Your first sessions is FREE and £3.50 per session thereafter.

**Age Limit?** We are welcoming men and women over 50

**Ability?** Anyone is welcome regardless of ability or previous experience

**How do I attend?** Contact our referral hub for all the details.

**All groups and sessions will be COVID-secure and delivered in accordance with Government guidelines.**



## Hereford Veterans Meeting Centre

Following the success of our pilot Hereford Veterans Dementia Wellbeing Group last year we are pleased to say we are launching our Hereford Veterans Meeting Centre based at Drybridge House in Hereford, HR2 7SG. The new meeting centre will be open on Monday's starting on 9th August 2021.

We will be offering veteran-specific specialist days working within an Maintenance Cognitive Stimulation Therapy framework which is proven to enhance wellbeing and maintain cognitive ability. Members will be able to enjoy a hot cooked meal together, take part in meaningful activities and form new friendships.

Sessions will run **10:30-3pm** every Monday and will cost **£45 per person** to include lunch and activities. If you would like to attend or find out more contact our referral hub. (Details on pg 2)



# Services Update (continued)

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

## [Droitwich Spa Meeting Centre and Drybridge House Day Centre:](#)

We are pleased to say our [Droitwich Spa Meeting Centre](#) and [Drybridge House Day Centre](#) in Hereford have now re-opened after the Coronavirus pandemic. Both meeting centres are following current Government guidelines to ensure we keep all members and their carers safe.



Our centres provide a safe and welcoming place where they can get involved in stimulating activities and meet new people.

We are welcoming new members at both centres so if you would like to know more about the meetings centres and how you may be able to attend visit our [website](#) or [contact us](#).



## [Footcare & podiatry:](#)

Our Footcare appointments have now resumed at both our Worcester and Ross-on-Wye offices. Ensuring good foot health including cutting our toenails can increase comfort, stability and prevent falls for older people. If you are aged 50 or over and live in Worcestershire or the Ross-on-Wye area, the service is available for you. We are still offering a limited amount of home visits for those that are unable to travel to either office. [Contact us](#) to make an appointment.



It's important especially in later life to keep active and spend regular time outside. Our allotment and walking group are both back up and running and welcoming new members! Find out more below:

## [Pershore Allotment](#)

Do you enjoy gardening or would like a new space to help to grow delicious fruit and vegetables? With the weather getting warmer why not come along to our allotment in Pershore and see what you can help us grow! Our volunteers can help you to build confidence in typical tasks around the allotment.



## [Lower Wick Walking Group](#)



Our Lower Wick Walking Group meets every Monday morning for a walk around the local area! They vary their walks in distance depending on what the members are feeling like that day and of course the weather! We are always on the look out for walk leaders to assist in planning routes and ensuring everyone is safe. (Left photo taken prior to Covid-19)

# Support at home



## Would you like a helping hand at home?

Our [Help at Home](#) service is available to anyone over the age of 50 who's looking for regular, reliable support at home. Find out more on our [website](#).

We can't provide personal care but we can help with the following and much more:

- General housework
- Gardening (where available)
- Companionship
- Shopping
- Dog-walking
- Preparing light meals



Our Assistants all have enhanced DBS checks, undergo relevant training and are friendly, flexible and professional. The service is very flexible and we're happy to amend the frequency or length of visits to suit clients' changing needs.

**The charge for our Help at Home service is £18 per hour, with a minimum duration of an hour per visit.**

### Do you enjoy gardening?

We're hiring for Help at Home assistants that can assist clients with gardening and general outdoor jobs.



These tasks could include:

- General tidying of the client's garden
- Mowing the lawn
- Trimming hedges
- Assistance with planting new flowers and plants
- And other outdoor jobs.

Once gardening duties become less during the winter months you will then have the opportunity to continue supporting the client with other tasks in their home.

*"It's a great joy to help clients with their gardens as they take great pride in them and unfortunately because of their mobility and age they find it a struggle to keep on top of it, so it's an absolute pleasure to be able to do this for them."*

If you would like to find out more about this role visit our [website](#) or contact us:  
T: 0800 008 6077 E: [jobs@ageukhw.org.uk](mailto:jobs@ageukhw.org.uk)

### Meet our clients!

Here at Age UK H&W we love hearing from clients about how we have supported them to remain independent for longer. In June we visited a gentleman who we've supported through our Help at Home service for over 6 years.

He heard of Age UK H&W through word of mouth and initially got in touch with us after his sight started to deteriorate. He now has support from our Help at Home assistants to help him with things like hoovering, tidying up and making lunch for him. His son and Grandson help him with things like shopping and keeping the garden tidy.



He said: "I have a very good service and no matter what happens one phone call and Heather or Nicola always manages to fix something up so I don't go without as I said I don't see at all very well now. Without my family and Age UK I'd have to go into a care home and I wouldn't last 5 minutes."

# 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](mailto:training@ageukhw.org.uk)



Health Education West Midlands

## Training Solutions has gone international!

Recently we had the pleasure of Zainab join us on one of 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

Due to the Coronavirus outbreak we have had to temporarily suspend some of our volunteer led services. We are however still on the lookout for volunteers for various roles. 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](mailto:volunteering@ageukhw.org.uk) or T: 0800 008 6077

## Current vacancies

### 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.



### **Hear what Vanessa one of our Companion Line volunteers said:**

“The people who use the service usually live alone and often don’t have much opportunity for social contact because they are not mobile enough to go out and meet people. With the Covid situation, this is even more difficult as they are all in the vulnerable category. It takes a little while to get to know people over the phone but within a few months I felt I had pieced together a pretty clear picture, enough to build up a good rapport. Now I love it when I call someone and they say immediately ‘Hello, I knew it was you.’

I hope the people I speak to, enjoy the calls as much as I do. Every week, I learn something new from the conversations. Volunteering for the Companion Line is not only useful but it is an enjoyable thing to do. These are people with a lot of life experience to share and they are often amusing and really inspiring to chat to.”





# Let's get cooking!

We're being extra indulgent and bringing you two recipes to satisfy your sweet tooth! If you would like to send us a recipe for our Autumn newsletter contact us!



## Orange no-bake cheesecake

### You will need:

- 15 digestive biscuits (I often put in more, approximately about 20 but it is down to preference and how deep you want the base)
- 6 tbsp of melted butter (add approximately 1tbsp more if the biscuit base is not binding together as well as it could)
- 400g curd or cream cheese
- Grated zest of 3 fresh oranges, save the segments for the decoration.
- 200g mascarpone cheese
- 100g caster sugar
- 3 tbsp milk (preferably full fat)

**Top tip!** – I often squeeze the juice from one of the fresh oranges into the cream cheese mixture to give it a much sweeter and fresh orange taste!

### Method:

1. Crush the biscuits roughly. You can do this by putting them in a plastic food bag and crushing them with a wooden spoon.
2. Put the biscuits into a bowl and mix in the melted butter. Put the mixture into a 23cm cheesecake tin, then use the back of a spoon to spread it evenly and press it down in the tin to form the base. Put the tin into the fridge to set. This should take about 30 mins.
3. Put the curd or cream cheese, orange zest, mascarpone, sugar and milk into a bowl and mix it well with the wooden spoon (this is where you would add in the juice from the fresh orange if you would like to include this)
4. Put the cream in a clean bowl and whisk until it is the consistency of thick custard. Add to the orange mixture and mix thoroughly.
5. Remove the cheesecake tin from the fridge. Pour the filling over the biscuit base and spread evenly. Decorate with segments of orange and return to the fridge until ready to serve (at least 4 hours or overnight. I think it always tastes better the next day!)... and enjoy!

Recipe provided by Alicia-Mae Hussell



## Nutmeg pancakes with greek yogurt, raspberries, honey and basil

**You will need (batter mix makes 4 pancakes):**

Batter:

- 2 eggs
- 125 g-plain flour
- 200 ml-milk
- Pinch of salt
- Pinch of nutmeg.

Filling:

- 2 table spoons of greek yogurt
- 100 g raspberries
- Teaspoon honey
- Handful of chopped fresh basil

**Method:**

1. Mix together batter ingredients using a hand whisk and leave to stand for at least 10mins.

2. While waiting for your batter mix together filling ingredients with a spoon and put in the fridge not including the honey.

3. I use a crepe maker as it is easier to cook pancakes but you can also cook your pancakes in a frying pan too, pore in about a ladle of batter and allow to cook on each side for about 60secs.

4. When cooked spread in the filling and roll up and top with the honey...enjoy!



Recipe provided by Ali Fletcher - Office & Project Co-Ordinator, Ross-on-Wye Office

If you would like to send in a recipe for our next newsletter email: [marketing@ageukhw.org.uk](mailto:marketing@ageukhw.org.uk) or call us!

# 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](mailto: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](http://www.justgiving.com/achw)

## Gift Aid

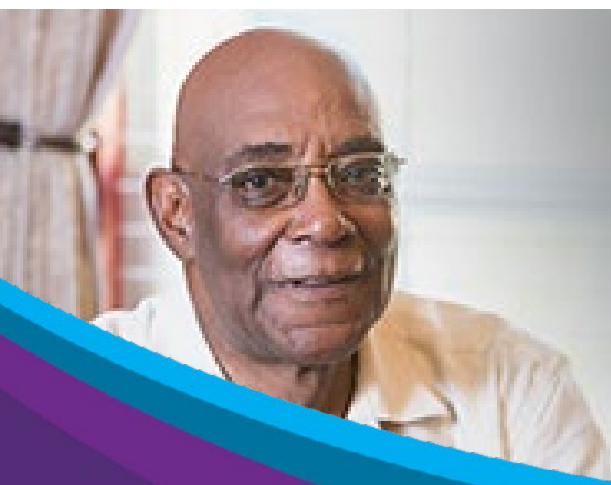
Your donation can be worth more at no extra cost to you. Using Gift Aid means that for every pound you give, Age UK Herefordshire & Worcestershire gets an extra 25p in tax relief from the Inland Revenue, helping your donation to go further. Providing you pay enough tax, it won't cost you a penny. To 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](mailto: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

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## 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:

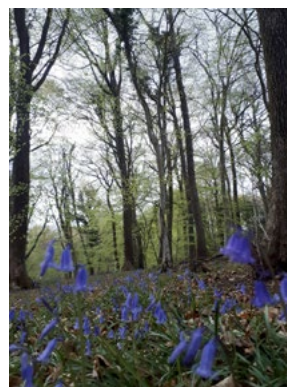
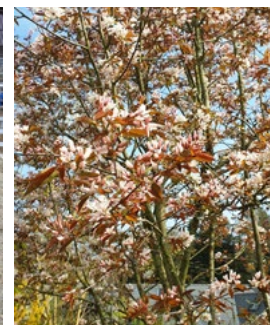
E: [marketing@ageukhw.org.uk](mailto:marketing@ageukhw.org.uk)

T: 0800 008 6077

Or you can write to us at our Worcester Office.



Photos from the two counties...  
send your photos to [marketing@ageukhw.org.uk](mailto:marketing@ageukhw.org.uk)





Summer 2021

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Malvern Office | 01684 560666

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