

Newsletter

Summer 2019



Welcome to the Summer edition of the Age UK Hull & East Riding newsletter! We have had a busy few months here and have a lot to tell you about our activities and future plans. For further information, head over to our website (www.ageuk.org.uk/hull), our Facebook page or Twitter.

Age UK Hull Turns 70 Years Old!



This year Age UK Hull celebrates its 70th Birthday. Started in 1949, the then Hull Older Peoples Welfare Committee was formed by a number of people in the city concerned about the number of older people in Hull left in poor housing and isolated following the end of the war. With a little financial help from the Council and other organisations the committee based in a shed/hut in Queens Gardens started to recruit volunteers to visit people in their own homes.

The organisation grew over the years moving to Lowgate, Albion Street, Portland Street and now Porter Street. During this time it changed its name to Age Concern Hull and then Age UK Hull in 2010. Our current base in Porter Street is a purpose built building which opened in January 2002, and was officially opened by Camilla, Duchess of Cornwall in February 2006.

Our ethos and mission hasn't changed really over all these years, with our service users and supporters at the heart of what we do every day. We are very lucky to have such an amazing facility as Bradbury House that enables us work for and with all people aged 50 plus across the City.

We would like to invite you to attend at least one of our celebration events planned for the rest of this year and hope that you will celebrate our birthday with us! See the next page for further event details.

I.T. Training

New classes will be starting in September! A class designed for the basics of IT (how to use mouse and keyboard up to using email). We will be starting a smartphone and tablet course in Bridlington once we get the numbers.



We are also looking for a new volunteer to help us deliver classes at the Haltemprice Library. If you are interested, please contact **Ben** on 01482 324644.

Charity Shop Dates For Your Diary

Come and have a look to see what you can find!
Half-price sales on:

Monday 30th September
Tuesday 1st - Friday 4th October
Thursday 31st October
Friday 29th November

New Recruit

We would like to welcome Libby Beadle who is joining the team as a Befriending Support Worker focusing on the East Riding. Libby's new role will assist the current Befriending Coordinator, Lydia, with the service.

Libby can be contacted for any queries regarding the Befriending service within the East Riding on:
01482 591524 or libby.beadle@ageukhull.org.uk.

Age UK Hull Home Support Service



Anybody needing extra help around the home (such as cleaning, meal preparation, and social visits), Age UK Hull can offer this service from 8am-4pm Monday to Friday. Currently covering Hull and certain areas in the East Riding. For more information, contact **Karen** on 01482 591521.

Age UK Hull's 70th Birthday Celebration Events

Age UK Hull Street Party

Some pictures from the "street party" event that kicked off our 70th birthday celebrations!



Sunday 8th September, 2.00pm - 5.00pm
Age UK Hull Big 70th Birthday BARBEQUE

Join us for a big Birthday Barbecue to be held in the Age UK Hull Car Park.

Bring your family and friends along to help us celebrate turning 70 this year!

There will be lots of fun, music and entertainment plus lovely food provided by **Humber Hog Roast Company!** There will also be a licensed bar.

Tickets £5.00 per person available at Age UK Hull

We hope you can join us and that the sun will shine!

Contact us for further information:
 Healthy Living Centre, Porter Street, Hull, HU1 2RH
 Tel: 01482 324644
 Web: ageuk.org.uk/hull

Age UK Hull, registered charity number 1101418

Age UK Hull Big 70th Birthday Choir Concert

Friday 27th September 2019, 7.30pm - 10pm

An evening of music, entertainment and fun provided by Hull Male Voice Choir.

There will be refreshments and licensed bar plus tombola.

Tickets £7.00 per person
 Available from Age UK Hull / Hull Male Voice Choir

We hope you'll be able to come and join us for a fabulous evening!

Taking place at:
 Age UK Hull, Healthy Living Centre,
 Porter Street, Hull, HU1 2RH

Tel: 01482 324644
 Web: ageuk.org.uk/hull

Age UK Hull, registered charity number 1101418

Picnic In The Park

The sun came out for a glorious Bank Holiday Sunday picnic! At our busiest point we had over 200 people join us and the additional support from Hull Drum Circle, Zak Oakshott - Sports Coach, Artlink and Humberside Fire & Rescue was a real bonus.

Our Final Celebration

70th Birthday Party: Friday 22nd November, 1pm -3.30pm at Age UK Hull.



AUTUMN Wellness Event

Thursday 3rd October 2019
1.30pm to 3.30pm
In the Sports Hall, Age UK Hull,
Porter Street, Hull

Come along and take part in a range of fun activities, taster sessions, giant games, meet the CISS mascot, and much more!

This **FREE EVENT** is part of the Celebration of Older People 2019
Hosted by Age UK Hull and Carers' Information and Support Service

For details, call us on 01482 324 644, visit our web site at ageuk.org.uk/hull or check our Facebook or Twitter pages.





SUNDAY SEPTEMBER SPECIAL VARIETY SHOW

SUNDAY 15TH SEPTEMBER, 12.30 - 3.00PM

FEATURING THE TOE TAPPERS
AND HULL'S VERY BEST VOCALIST
RENA JORDAN

IT'S GOING TO BE FANTASTIC!

AT THE FITNESS & LEISURE SUITE, HEALTHY LIVING CENTRE, PORTER STREET, HULL
TICKETS £5.00 (INCLUDES LIGHT REFRESHMENTS)
CALL 01482 591544 OR ASK AT RECEPTION TO BOOK NOW!



Can you lend a Helping Hand?





Do you have the odd morning or afternoon to spare?

Are you recently retired?

Do you like meeting new people?

Would you like to help?

We need volunteer Befrienders.
If you are interested, or know of a friend or family member with some spare time who would like to assist us, please let us know.

New Age UK Hull Groups & Activities Coming Soon!
Our new Autumn/Winter programme of activities and events will be launched at Older People's Week in October. See next page for information on this week of celebrations!

Spotlight Classes This Season In The Fitness Suite

Day	Class	Time
Monday	Wake Up & Shake Up	10:00am-10:45am
Tuesday	Line Dancing	12:00pm-1:00pm
Wednesday	Hatha Yoga	1:45pm-2:45pm
Friday	Carpet Bowls	10:00am-11:45am
Friday	Walking Netball	1:00pm-2:00pm



Knit & Natter
Our Knit and Natter group are always looking for new members! If you want join to either Knit or Natter this is the group for you. Every Wednesday, 10.00am-3.30pm.

Celebration Of Older People Week 2019



FULL OF LIFE

CELEBRATION OF OLDER PEOPLE WEEK 2019

Tuesday 1st & Weds 2nd October
The Guildhall, Hull
10am – 4pm

Thursday 3rd October 2019
Alexandra Hall, Hedon
10am – 4pm

Friday 4th October
Cottingham Civic Hall
10am – 4pm

Brought to you by The Older People's Partnership H&ER.

Week of Music, Entertainment, Information, Dancing and Social Activities

Call 07724 532955 or email oppghull@hotmail.com

www.olderpeoplehull.org.uk

Come along to this fun filled week of entertainment, activities, workshops, market stalls, information and advice plus more!



Hulls Got Talent 55 +

Plus Live performance from
The Livertones

The Guildhall, Hull

Wednesday 2nd October 2019
6:30 pm – late, tickets £2.00

Are you 55+?
Do you have a talent (Singing, Dancing, Comedy etc)?
Do you live in Hull or East Riding? If so...
ENTRIES BEING TAKEN NOW!

For an entry form
Contact oppghull@hotmail.com or call 07724 532955

Entries are open to Hull and local East Riding residents.

Brought to you by The Older People's Partnership H&ER as part of celebration of Older People's week.

www.olderpeoplehull.org.uk
Charity No: 1172566

FULL OF LIFE