

Spring 2020

FREE!



THE BEST MEDICINE

Find out how Social Prescribing can help your wellbeing

GETTING ORGANISED

Have you been putting off writing your will?

YOU ASKED, WE ANSWERED

Help from our Information & Advice guru in this new feature

View the retirement apartments for sale
**Near you on the
 Isle of Wight**

Our beautiful apartments offer low-maintenance living for those enjoying retirement. Each featuring a spacious living area, modern fully-fitted kitchen, generously-sized bedrooms and contemporary shower rooms, they have everything you or your loved one need to remain independent in retirement.

Call us to find out more about our retirement apartments currently for sale near to you.



Somers Brook Court, Newport

Available from £139,950

About Somers Brook Court

- One & Two bedroom apartments available
- 24hr Staff & Estate Manager
- Communal lounge
- Beautiful landscaped gardens
- In-House Restaurant
- Regular social activities
- Friendly Community



Silver Sands, Bembridge

One & Two Bedroom Apartments
 Private Balcony | Close to Harbour



Medina Court, Newport

One Bedroom Apartment |
 Balcony | Scooter Store

To find out more about our developments, call **0345 556 4105**
 or email resales@mccarthyandstone.co.uk



Never miss an issue!

Every copy of Living Well is chock full of information about local activities & services which can help you to love later life!

To sign up to receive each season's issue of Living Well direct to your inbox or door visit www.ageukiw.org.uk or complete the form below and send to: **Age UK Isle of Wight, 147 High Street, Newport, PO30 1TY**

Name:

Address:

Email Address:

By returning this form you agree to Age UKIW processing your information to provide you with copies of the newsletter, and other relevant information. Your details will never be shared with third parties.





CONTENTS

WELCOME

To anyone who knows me, it's no secret that the winter months are certainly not my favourite. As I write this in January, I find myself already counting down to light evenings and milder temperatures- and I suspect I am not the only one!

It's times like this, when the night-time seems to creep in far too early in the afternoon, that I seek other ways to brighten my day. Leafing through this edition of our Newsletter, I cannot help but feel my spirits being lifted.

From reading about how our new team of Social Prescribers are already helping improve the lives of people like Mr. G, to celebrating the important service that the Carers Lounge provide. It's hard to not smile a little as I turn the pages.

It's this time of year as well that I am attempting to not abandon my New Years Resolution just yet! This year I want to get organised, having just moved into my new home (and calling the house a 'project' would be an understatement)

If getting organised is something that you're also hoping to do, check out pages 10 and 11 for helpful information about writing a will, and find out more about taking advantage of our Will Writing Scheme!

I hope that this edition of our Newsletter might brighten your day, at least a little bit (even if it is just the unmissable pink cover that does it!)

Jo Dare – Chief Executive Officer, Age UK Isle of Wight

4 MEET THE SOCIAL PRESCRIBERS

Taking care of your health often involves more than just medicine. Find out how Social Prescribing could help improve your well-being

6 ASK MARY

Our information & advice expert Mary answers your questions and queries

8 FUNDRAISING UPDATE

Events fit for everyone from adrenaline seekers, to fitness fanatics, to keen knitters!

10 WRITING A WILL

Take advantage of our will writing scheme, and have you considered your digital will?

12 SHARING OUR SUCCESS

We never stop trying to improve how we support our older Islanders

13 SPOTLIGHT ON THE CARERS LOUNGE

Learn more about the team who care for the carers

14 COULD YOU BE AN AMBASSADOR?

Ways that you could help support Age UK Isle of Wight

16 ISLE OF WIGHT DEMENTIA STRATEGY

Find out how Age UKIW are working to improve the Island's approach to Dementia

18 DATES FOR YOUR DIARY

Upcoming events and activities for the next quarter



Printing costs for this newsletter are kindly supported by our advertisers.

Age UK Isle of Wight Limited is the trading name of Age Concern Isle of Wight which is a charitable company limited by guarantee. Registered in England and Wales number 06057797 and Registered Charity number 1118711. Registered Office: 147 High Street, Newport, Isle of Wight, PO30 1TY.

MEET THE SOCIAL PRESCRIBERS

In partnership with One Wight Health and the Isle of Wight Clinical Commissioning Group, November 2019 saw the introduction of three Social Prescribers to GP Surgeries across the Island.

Taking care of your health often involves more than just medicine. In fact, sometimes a medical prescription is not the answer, and there are better ways of improving your physical and mental health and wellbeing. This is what Social Prescribers are for, to help you to explore extra local services which can provide practical or emotional support and guidance.

Our social prescribers are experienced professionals who are up to date on what is happening in your local area. Meet them below:



Elisha, South Locality Social Prescriber

Elisha joined Age UK Isle of Wight in October 2017, starting out as a Living Well Support Worker. In the two years since joining, Elisha spent several months supporting and coordinating discharges at St. Mary's Hospital and in March 2019 advanced to the role of Care Navigator.

"I thoroughly enjoy supporting individuals to improve their wellbeing, remain independent and live well. I am a firm believer that people should be at the centre of all support provided and value that I am able to help them access the support they require."



Rudi, West and Central Locality Social Prescriber

Rudi joined Age UK Isle of Wight in January 2016 as a Care Navigator. A qualified Social Worker, prior to joining the team at Age UK Isle of Wight, Rudi worked with adults with learning disabilities, young people in the care system and in fostering, adoption and child protection.

"I believe in working holistically with a person, to help them maximise their potential and live life well. This role will allow me to help minimise the delay of people being able to access the correct services."



Sharon, North East Locality Social Prescriber

18 years ago, Sharon started working with clients in the prisons using CBT programmes, progressing to a job in probation working with individuals that have drug and/or alcohol problems. In August 2019, Sharon joined Age UK Isle of Wight as a Care Navigator and has now joined our team of Social Prescribers.

"I have always enjoyed working with people and get a lot of job satisfaction from knowing that I have made a difference, and that their life has improved because of something I have said or done."

How Social Prescribers can help

If you are aged 18 or over, you can access Social Prescribing support through your local GP surgery. Simply contact your practice and ask to be referred.

Social Prescribers will explore with you the kind of support and advice that you need, and can help you access that support. This might include issues such as mobility & equipment, money worries, health and lifestyle changes, carer support and loneliness.

Once you have been referred, you will be contacted by one of our Social Prescribers who will make an initial appointment with you to come into one of the GP practices for an informal chat on a one-on-one basis. Depending on your discussions, your Social Prescriber may then arrange with you to have further follow-up appointments so they can make sure you are getting the ongoing support and help you need. You may have up to six appointments in total.

What are some of the benefits of Social Prescribing?

- More involvement in your local community
- Increased confidence and self-esteem
- Learning a new skill/taking part in a new activity
- Improved mental and physical health
- Increase in ability to remain independent
- Accessing work, training and volunteering

Case Study: Mr. G

Mr. G was referred to Elisha by a Health Care Assistant following a blood pressure check which was very high. Mr. G reported that his blood pressure was probably high because he had been feeling stressed lately; he was concerned as due to memory loss he was starting to struggle at home with cooking meals, feeling lonely and forgetting medication. Mr. G was undecided as to whether he needed to move to the mainland to be closer to family as he loves his home on the Island.

Elisha reassured Mr. G that he was not alone. Together they worked through a pros and cons list of staying on the Island versus moving to the mainland. Elisha spoke about some potential housing adaptations to support Mr. G in the home, and arranged for his medication to be issued in blister packs. Elisha linked Mr. G with a local Coffee & Chat morning and singing groups, and provided options of support in the home, such as local care agencies which provide meal support.



ASK MARY

Mary Armour heads up our Information & Advice (I&A) team, and has enthusiastically agreed to share her knowledge and listening ear in this new, regular newsletter feature.

Here at Age UK Isle of Wight, our Information and Advice service receives thousands of questions, queries and enquiries from Islanders every year. These range from the simple to the complex, and allow us to identify possible needs, and to direct people to services which can improve their wellbeing.

Mary will answer your questions on a range of subjects, and give information, advice and guidance to help you or your loved one.



My husband of 48 years has just been diagnosed with dementia. We are both a little scared of what might be ahead of us. A friend suggested sorting out a Power of Attorney, but I'm not sure exactly what this means, or how to set this up.

A diagnosis can feel scary if you aren't sure of the support available, or what to expect. Have a chat to your GP with any questions you might have, and talk to family and friends about how you are feeling, and about what adjustments might help.

Carers IW and Alzheimer Café (featured on page 17) are two excellent, local charities who can help both you and your husband with information, respite, social activities, drop-ins and provide peer support from others who are going through a similar situation to you and your husband.

Depending on your situation, you or your husband might be entitled to extra money such

as Attendance Allowance or Carers Allowance, a higher rate of Pension Credit, Housing Benefit or Council Tax Support. We can help you with a benefits assessment, and to complete any of the necessary forms.

Your husband may wish to set up a Lasting Power of Attorney (LPA), so that you can make decisions on his behalf in the future. LPAs cover health and welfare matters, and property and financial matters. You can speak to your solicitor about this, or find out more through the Office of the Public Guardian, there are fees associated with setting up an LPA, so it is wise to shop around.

Remember, it's important to look after your own health and wellbeing and to make time for yourself, as this will help you feel better able to cope day to day. Eat well, take regular exercise and get enough sleep. Don't ignore your emotional health and know there is no right or wrong way to feel in this situation.

My Mum is 86 and lives alone on the Island since my Dad passed away a couple of years ago. Mum's still really independent; she enjoys her local groups and popping around to her friends for a cuppa and a chat. Recently she has been finding things a bit more difficult at home; she has problems getting in and out of the shower and with keeping things up together, she also can't tend her garden as often as she would like (the garden was Dad's pride and joy). Mum wants to stay in her bungalow, but I'm worried that she isn't coping too well or might have a fall.

It's wonderful to hear that your Mum is still really active in her community, and enjoys living independently at home, although I can understand your concerns.

So many older Islanders that I speak to say that remaining in their own home is a priority, where memories and friendships are close by. So

Your questions and queries answered

your Mum might benefit from a few small adaptations to her bungalow, which could keep her safer and would reassure you. For example, some grab rails in her bathroom could increase her confidence getting in and out of the shower.

Likewise, she might find it useful to have some help with her housework and jobs around the house for an hour or two a week, or some occasional help with her garden, so that she can still enjoy the garden that your Dad loved so much.

All of these things would enable your Mum to live independently and safely in her own home, and can all be accessed through us here at Age UK Isle of Wight.

My wife and I have recently retired to the Isle of Wight, to be closer to our children and grandchildren. We are both in our 60s and still very active, we both enjoy being part of our community and meeting new people, and wondered how we can get involved in our area, and how best to go about making new Island friends.

Firstly, welcome to our beautiful Island! I hope you have settled in well, and are enjoying Island life.

Being part of a community and enjoying social activities is so important to our wellbeing, so I'm pleased to hear that you are looking to become fully embedded in your community. We are focused on combatting



loneliness and social isolation, and we work closely with other charities and agencies who also share the same goals.

At Age UKIW we have a number of Men In Sheds across the Island which you might enjoy, where you can learn new skills, meet new people and drink LOTS of tea! We also run three Active Minds Social Clubs.

We would also suggest getting in touch with your local library or church to see if they run any groups or activities which might be of interest to you, and you may also want to consider visiting Islefindit.org.uk if you have internet access.

Volunteering is also a great way to become involved in your local community. For example, our Good Neighbour Scheme is built of volunteers who provide support to older Islanders who have no family or friends locally, or you could join our team of fundraising volunteers, to help out some of our fundraising events through the year.

As mentioned on pages 4 & 5 Social Prescribing is a new project which began in November. If you would like further support, you can arrange to see a Social Prescriber at your local GP surgery; they are there to help you access activities and services in your local area.

Do you have a question for Mary?

If you have a question for our 'Ask Mary' feature, drop an email to: info@ageukiw.org.uk or write to Mary at:

Ask Mary
Age UK Isle of Wight
147 High Street
Newport
Isle of Wight
PO30 1TY

FUNDRAISING UPDATE

Abseil the Emirates Spinnaker Tower!

Experience an amazing adrenaline rush as you take on a 100m descent down the side of Portsmouth's iconic landmark, in aid of Age UK Isle of Wight!

This June, Age UK Isle of Wight and Red Squirrel have partnered up to offer you unmissable views across Portsmouth harbour, the Solent and the Isle of Wight - there is no better reason to experience life on the edge!

All participants can secure their place with a £50 payment, plus commit to raising a minimum sponsorship of £200. For those who fundraise £300+ your £50 payment will be returned.

Interested? Visit: bit.ly/abseil20 online or call our fundraising department on (01983) 301343.



Hang off a rope from the Spinnaker Tower? I don't think so!

At least, this was my initial reaction four years ago when a colleague asked me to join her abseiling down the Spinnaker Tower to raise money for Age UK Isle of Wight. But I was talked round and it was one of the best things I have ever done!

The day started with a few nerves but as there were six of us going up the tower together, we kept each other on track by cracking a few jokes. Once we had all the safety equipment on, we went out two at a time and the staff at the Spinnaker Tower took charge. They knew exactly how to support us and before I knew it, I was waving at the camera as I began my descent. The views were amazing!

It took me 4 minutes to reach the bottom and I felt totally safe at all times. It was a fabulous experience and I raised over £700 for Age UK Isle of Wight. So why not sign up today - go on you know you want to!!!

PS. I'll see you there, I'm doing it again!

-Nik, Cowes

A Festive Thank You!

This holiday season, our Christmas Film Festival hosted three exclusive screenings of our favourite classic Christmas Films. We showed The Holiday, The Santa Clause and Elf!

We would like to thank everyone who attended! Your support helped us to raise an incredible £3,250!

100% of all proceeds stayed on the Island, supporting our 'No One should Have No One' appeal, helping Age UK Isle of Wight to combat loneliness.



Do Something Amazing This Year!

Tick something off your bucket list whilst helping out a great local cause! Take on our tandem skydive challenge in aid of Age UK Isle of Wight, jumping from Sandown Airport July 2020!

Reserve your space in the plane today with an £80 deposit & a pledge to raise a minimum of £400 sponsorship.

All sponsorship raised will stay on the Island supporting local older Islanders to live well in later life.

Interested? Visit: bit.ly/skydive20 online or call our fundraising department on (01983) 301343.



Will Writing Scheme

Plan your future, and that of your loved ones.

This March 2020, in return for a donation of £75 (single will) or £150 (joint will) to Age UK Isle of Wight, one of our local legal firms will write you a basic will.

For more information visit Page 10



The Big Knit is Back!

We're asking if you would pick up your knitting needles or crochet hooks once again to help beat last year's total of 9,300 hats!

For every hat knitted we receive 25p, so 9,000 hats equals a potential £2,250 which would help us support older Island residents.

To receive your FREE big knit pack, call our fundraising department on (01983) 301343 or email fundraising@ageukiw.org.uk

No One Should Have No One

Our Campaign raised an incredible £5,225 this December, and we could not have done it without your support!

All funds raised go to our services which help to provide companionship and support to our older Island residents.

We would like to extend our gratitude to everyone who supported this campaign. Thank you.



WRITING A WILL

Writing a will is something that we all put off, but need to make sure we do. By having a will written, you can protect the people and causes that you love and care most about, and ensure that your wishes are met.

Without a will, the distribution of your estate is determined by the law, and may mean that the people you want to benefit, do not. Your will should set out:

- Who you want to benefit from your will
- Who should look after any children under 18
- Details of any further wishes you may have, including what sort of funeral you would like
- Who is going to sort out your estate and carry out your wishes after your death (this is known as your executor)
- What happens if the people you want to benefit should pass before you



There are certain requirements which must also be met to ensure that a will is valid, including it being signed in the presence of two witnesses (who also sign it) and that these witnesses cannot be left anything in the will.

Will Writing Scheme 2020!

Age UK Isle of Wight's Will Writing Scheme offers you the chance to get a will written at a discounted price, whilst helping out your local charity. The scheme will run through March 2020 only and is open to all Island residents over the age of 50.

For a donation of £75 to Age UK Isle of Wight for a single will, or £150 for a joint will, one of the participating Island legal firms will write you a will.

For more information visit bit.ly/willwriting2020 or call (01983) 301343/301340.

You must ensure that you check availability with your chosen legal firm before sending in your donation, appointments are limited and are at the legal firm's discretion.

Below are our participating legal firms:



www.wheelers-solicitors.com
143 High Street, Newport-
533938



WALTER GRAY & CO
SOLICITORS

www.waltergray.co.uk
Baring Chambers, 13, Denmark
Rd, Cowes - 618180
4 St Thomas Street, Ryde-
563765



**GLANVILLES
DAMANT**
LEGAL SERVICES

www.gdlegalservices.co.uk
The Courtyard, St Cross
Business Park, Newport-
527878 / 821629

Upon confirmation of your appointment, either complete your registration online or return your paper registration form with your donation in the post to receive your Confirmation Pack.

What is a 'Digital Will' and do you need one?

One aspect that is not immediately obvious when considering the content of your will is your 'Digital Will'. Digital Wills determine the fate of an individual's digital/online presence when they pass; this can include the management of email accounts, online banking and thought as to what happens with your social media profiles.

No two Digital Wills will be the same, and your solicitor should be able to advise you on the content required, but to help you better understand what will need to be included, we have provided some guidelines you might want to consider:



1. Appoint someone as Online Executor- This means that someone should be chosen to take responsibility for the managing of your online accounts.

2. State in a formal document how profiles and accounts are handled- Do you want any traces of your online presence to be erased or would you perhaps prefer that some of your Social Media profiles remain? Facebook for example lets a friend or relative request for your profile to become 'memorialised', it essentially freezes the page in time and allows for photos and posts you've shared to stay visible but no one can log into the account anymore. Give careful consideration to this as for some loved ones still being able to see the Social Media page of someone they have lost can be a great comfort and fitting tribute, but for others it can be a painful reminder.

3. Understand the Terms and Conditions- Every platform (like Amazon, eBay, Twitter, Facebook etc.) have their own terms of service which need to be followed by each user. The terms of service for each platform differ for the services they provide, and any decisions about the managing of a presence on these platforms must not breach the terms.

4. Provide the Online Executor with a list of websites and logins- This ensures that the Online Executor will not encounter any issues with accessing any profiles you may have, and allows them to download a copy of any files or photos stored on these accounts should you wish, make changes to it or delete it if that is what you would prefer. Consider the format and storage of this list, usernames and passwords in the wrong hands could bring serious consequences, if you are unsure speak to your solicitor.

5. State in the will that the Online Executor must have a copy of the death certificate- This is important, as many platforms will request a copy as proof before any changes can be made on your behalf.

Most of us do not make plans for our 'digital inheritance' when we die but a Digital Will can prevent our loved ones being left trying to make sense of it all, and attempting to gain access in order to save, transfer or close accounts.

SHARING OUR SUCCESS



Age UKIW welcomes three new trustees and says farewell to another

October saw the introduction of three new trustees to the team at Age UKIW: Robert Robertson, Alan Thorne and Lorraine Buckman. The trio promises to bring decades of experience in healthcare regulation, quality management, HR and IT to help to shape the Charities' strategic direction and priorities.

Winter 2018 also saw trustee of 12 years Jane Patterson retire. Jane has been a vital part of the Age UKIW team and Wolverton Manor Garden fair wouldn't have been possible without her support. She is looking forward to continuing as a Patron for Age UKIW in the future.



Volunteers have their say on the Good Neighbour Scheme

In November, volunteers were invited to a forum with a particular focus on looking at how Age UKIW could further develop their volunteering scheme.

More than 40 volunteers attended, with dozens more providing feedback afterwards who couldn't make it on the day, sharing their thoughts on a range of topics from the induction process to the training opportunities they would like to be involved in.

Age UK Isle of Wight are committed to reviewing and improving our services and would like to thank all of the volunteers who shared their thoughts.



Staff distribute shoeboxes filled with festive cheer!

Rather than the office Secret Santa, the staff at Age UK Isle of Wight decided that more worthwhile gifts could be given this holiday season. Using the money they would have spent buying their colleagues gifts, instead they purchased presents for a few nominated clients, in the hopes of bringing them some Christmas cheer.

Throughout December 50 boxes containing a variety of gifts were delivered. It is hoped that this year even more cheer could be spread over Christmas and more Islanders reached by opening this appeal to the public so stay tuned!

SPOTLIGHT ON THE CARERS LOUNGE

For two years, we have been working collaboratively with Carers IW, People Matter IW and The Way Forward, to deliver the 'Living Well approach'. An integral part of this service is the Carers Lounge (by Appley Ward) at St. Mary's Hospital, run by Carers IW.

Here we celebrate the determined work of the Carers Lounge team who provide one-to-one emotional and practical support to adult carers, at such a crucial and often difficult time.

How significant do you feel the role of the 'unpaid carer' is on the Isle of Wight?

Unpaid carers reduce a lot of the strain on services and resources on the Island. Frequently the carer will be the wife, husband, friend or child of the person being cared for, very often saying that "we got married for better or worse, so it's my responsibility to care for them". A key part of our role is that we have the opportunity to identify unrecognised carers, as they are often the person sitting by the hospital bed every day, sometimes for many hours, checking that the patient has eaten enough, or helping out with tasks and care at the bedside.

Can you tell us a little about how you support carers at the Carers Lounge?

We are here to listen; carers often come to the Lounge stressed and worried. We help them understand what is happening and offer a 'safe space' to reflect. We communicate with professionals to obtain clear answers for carers. Working in partnership we aim to support safe and timely discharge from hospital in order to reduce likelihood of carer breakdown and/or patient re-admission. We reassure carers that they really do matter, and that if they are well looked after, they can be better placed to look after the person they care for.

We help carers to know their legal rights, negotiate the Benefits System and finance arrangements and understand the value of Carers Assessments and Power of Attorney. We can provide practical help such as a Carers Card to help with flexible visiting, parking and low cost meals in the hospital, refreshments and a



bed for an overnight stay, if required. We also connect carers to our Carers IW Community Team, so that after discharge from hospital, support for the carer is ongoing.

Tell us about the Carers Lounge team

We are a friendly, approachable team, and we work very well together; good colleague support and co-working is key to the success of the Carers Lounge. We are a team of three (Sarah, Lorraine and Katherine), and have strong backgrounds in social work, care, finance, problem solving etc. As such, we have a broad spectrum of skills to support carers with a range of difficulties.

Do you feel that your support makes a difference to carers, and those they care for?

Since the Lounge opened, (around two years ago), we have supported 930 carers. We absolutely do make a difference and people tell us every day.

Carers and professionals often say, "this is great, how on earth did we manage before?" One professional colleague even told us that the Carers Lounge was the best thing to have happened to the hospital in years! Carers that we know will often come into the Lounge with the relative of someone in the next bed saying "I've told her all about you, and that you can help her"; that's the best kind of recommendation you can get really, it's amazing when carers want other carers to come and see us for support.

COULD YOU BE AN AMBASSADOR?

- **Have you or has someone you know benefited from the support of Age UK Isle of Wight?**
- **Do you have a yearning to ‘give a little something back’?**
- **Do you have a few hours spare each month?**

What is an Age UK IW Ambassador?

Our Ambassadors are volunteers who agree to give up a little of their time and energy, to help raise both awareness and funds, so that we can continue to support older Islanders

What does being an Ambassador involve?

- Meeting up with us for a coffee once a quarter, to be kept up to speed with the work we are doing to support older Islanders, (and a great opportunity to meet your fellow Ambassadors and volunteers)
- Helping to let others know what we’re up to, by distributing our free quarterly newsletters and posters to three locations in your local community (e.g. your local GP surgery, library, coffee shop etc.)
- Keeping us up to speed with any upcoming community events and opportunities in your local area
- Attending Age UK IW events, to inform people of our services, and accept / collect donations to the charity
- Organising local community fundraising events in your area (e.g. a coffee morning, pub quiz, raffle etc.)



I’m interested! What do I do next?

Contact us for an informal chat, and to find out more about this important role:

- Give us a call: 01983 525282 (ask for Helen Randall)
- Email us: helen.randall@ageukiw.org.uk



“I have just moved to a new area and arranged a pub quiz for Age UK Isle of Wight.

It was great fun, I got to know my new neighbours, and raised over £100!

I will definitely be doing another!”

Put the FUN into Fundraising

We are meeting the increasing demand for our services as best we can but we need help to ensure we can continue to be there for our older Islanders. As stated by a Tanzanian Proverb, "Little by little, a little becomes a lot" fundraising on any scale makes a huge difference to our organisation. If you feel like you might want to raise some money for Age UK Isle of Wight but can't commit to being an Ambassador or don't know where to start, we're here to help!

Step One Choose Your Idea!

If you're having a bit of trouble with this stage, we have come up with a few for you:

- **Spring Cleaning-** Have a good clear out and take a table at a car boot sale, or get eBaying! The money that you raise can be put towards your total; your home is less cluttered and unwanted items don't just go to waste. Win, win, win!
- **Sponsorship-** Set yourself a challenge and have friends and family sponsor you. It doesn't have to be extreme and doesn't necessarily mean that you have to shave your head! It could be something as simple as getting sponsored to not use your mobile phone for a day (though for some people that might be extreme!)
- **Something you Love-** If you love baking or crafting then you could make cakes and craft items to sell! It's the perfect excuse to finish that knitting project you abandoned last month, or to test that new recipe you heard Mary Berry talking about!
- **Casual Friday-** Get your work colleagues involved in a dress down or fancy dress day at work! Some companies offer 'Match Funding' where they generously match anything an employee raises, ask your company if they do, and you could double your total!



Step Two Spread the Word!

The more people you tell, the more potential you have to raise funds, so drum up interest through your friends, family, colleagues and social media contacts. Don't forget to let us know what you are planning and we can help get the word out as well!

Step Three Get Counting!

Once your activity is over, it's time to collect your donations and pass them to us. If you've used an online giving/sponsorship page then all donations will be paid directly to us. If you've collected funds yourself, cheques and cash can either be dropped into our office or posted, credit/debit card payments can be taken over the phone or visit our website and use the 'Donate Now' button at the top of the page.

Step Four Congratulate Yourself!

Now it's time to congratulate yourself for doing something amazing for a local charity. All of your hard work and the funds you've raised will help to improve the life of an older Islander.

ISLE OF WIGHT DEMENTIA STRATEGY

An update by Nik Attfield, Head of Development AUKIW

Memory loss leading to a diagnosis of dementia is hard for both the individual, and the family and friends around them. I have experienced this first hand within my professional role at Age UK Isle of Wight, where we speak to many people who are struggling day to day with all the challenges that dementia brings, and on a personal level as my Mum was diagnosed with Alzheimer's two years ago.

This is why I am so pleased to be working with a wide range of fellow professionals from IW Council, NHS Trust, IW Clinical Commissioning Group and with partners from the Island's voluntary sector on a new Dementia Strategy for the Isle of Wight.



As an Island we have a higher percentage of older residents compared to other areas of the UK, and as such we have a higher number of people living with dementia. It is therefore vital that we can join up the support available to those living with dementia, and develop services to work with all those who support the individual with dementia on a daily basis. As the new Dementia Strategy evolves we are looking for quick wins, often just better communication between existing services, and a plan to further develop services for those living with dementia so that the Isle of Wight can offer the best possible care and support to all.

Since June we have been gathering the views of all organisations who work within the dementia field, as well as consulting with the general public. We have been humbled by the stories that people have shared with us, both positive and negative, detailing the experiences they have had of both living with, and dying with, dementia. Key themes about what is needed, which I echo from my own experiences, are:

- Clear, easy to understand information about the condition and the support available from day 1
- The need for honest conversations from the start about what will happen as dementia progresses and the things you can do to plan for those changes
- Practical tips about everything, from technology to legal advice, which can make life a little easier
- Consistent, knowledgeable professionals who keep in touch throughout the dementia journey and can help navigate the system as needs change
- Help to give the person with dementia a voice as their memory deteriorates, so that their wishes are respected right up until the end of life

As important as the person with dementia are those who step up to care; often a spouse, family member or friend. Support with practical matters such as Power of Attorney are vital and need to be addressed before it is too late to make them.

Age UK Isle of Wight can support with all of the above and, working with our partners across all sectors, we aim to ensure that every question is answered and help and support is available when it is needed- see opposite for a few examples. If you, or anyone you know is living with dementia and needs help please contact us on the details along the bottom of the page.

Where to go for support

Carers IW

- **Dementia Carers Forum** – a monthly forum for carers, offering peer support, advice and information from Admiral Nurses
- **Dementia Carers Drop in** – a weekly drop in to discuss any issues and to learn coping strategies
- **Take A Break** – monthly creative and relaxation sessions
- **Dementia Training** – a six session course, to support understanding of dementia
- **Dementia Awareness Partnership** – a collaboration between Carers IW and Alzheimer Café Isle of Wight, aiming to spread a better understanding of dementia amongst the wider community

For help from the Carers IW team you can drop in on Wednesday mornings at the Riverside Centre (Newport) between 09:00 – 12:00, call 533173 or visit www.carersiw.org.uk



Alzheimer Cafe Isle of Wight

Alzheimer Café provides a safe and friendly space and a relaxed atmosphere for people with dementia, their carers, friends and family. People can come along to share feelings, discuss problems, and to give and receive support.

The Café runs at 7 locations on the Island, regular guest speakers share information on dementia related subjects. Refreshments are provided.

- Ventnor, St. Wilfred's Parish Room
- Ryde, All Saint's Church
- Cowes, Methodist Church
- Totland, St. Saviours Centre
- The Bay, Sandown Broadway Centre
- Newport, St. John's Church Hall
- ACE7, (for younger people with dementia), The Riverside Centre To find out more, telephone 220200 or visit www.alzheimercafeiw.org.uk



Age UK Isle of Wight

Keeping your mind active is likely to reduce the risk of memory loss and dementia. By regularly challenging yourself mentally, you can build up the brain's ability to cope with disease.

Age UKIW run three friendly and inclusive social groups each week, for anyone who would like to keep their mind active. Active Minds Social Clubs provide activities which are varied and interesting and challenge members through reminiscence, puzzles, music, games, gentle exercise and quizzes. They are a great opportunity to learn new skills, discover new things and make new friends.

Clubs run weekly, at the following venues:

- Newport, Congregational Church
- Lake, Lions Club
- Ryde, United Reformed Church

Cost is £25.50 for a full day (10:00 – 15:00) or £14 for a half day. Lunch can be provided for £5, or members are welcome to bring their own packed lunch.



DATES FOR YOUR DIARY

Age Friendly Island

Public Forums - A place to share information, discuss ideas and help us to find sustainable solutions to issues affecting older Islanders. Everyone is welcome to come along and have their say

LOCATION	DATE AND TIME
FRESHWATER – West Wight Sports Centre	Thursday 12 th March 10:00-12:00
NEWPORT – Lord Louis Library	Tuesday 3 rd March 14:00-16:00
RYDE – All Saints Church	Thursday 5 th March 14:00-16:00
SANDOWN – Sandown Library	Thursday 5 th March 10:30-12:30

Light refreshments will be provided, and transport can be arranged for those with mobility issues.

Contact: Age UK Isle of Wight on 525282 and ask for Helen or email hello@agefriendlyisland.org

FREE Digital Inclusion Drop-In Sessions

Informal, friendly drop-in sessions, offering digital support to those aged 50+

LOCATION	DATE AND TIME
BRADING – The Brading Centre	1 st and 3 rd Tuesday of the month, 10:00 – 11:30
FRESHWATER – Our Place Café, West Wight Sports Centre	2 nd and 4 th Tuesday of the month, 10:00 – 12:30
NEWPORT – Lord Louis Library	3 rd Wednesday of the month, 10:30 – 12:00 3 rd Friday of the month, from 14:30 – 16:00
RYDE – Ryde Library	2 nd and 4 th Wednesday of the month, 10:30 – 12:00
SHANKLIN – Shanklin Library	2 nd and 4 th Wednesday of the month, 14:30 – 16:00

This is a FREE service, but donations are welcomed. Just drop in, no need to call and book.

Contact: Age UK Isle of Wight on 525282 or email digital@ageukiw.org.uk

Fundraising Events and Activities

We like to put the FUN into Fundraising! Come along to one of our upcoming events and support your local charity!

LOCATION	DATE AND TIME
PUB QUIZ- The Mill Bay Inn, Ventnor	Wednesday 26 th February 19:30
PRODUCTION of the Thrill of Love- Apollo Theatre, Newport- Retiring Collection for Age UKIW	February 14 th - 22 nd - tickets available at www.apollo-theatre.org.uk
PRODUCTION of When we are Married- Apollo Theatre, Newport -Retiring Collection for Age UKIW	April 3 rd - 11 th - tickets available at www.apollo-theatre.org.uk

The entire month of March is Will Writing Month! Please note, appointments must be made in advance. See pages 10 & 11 for more details

Contact: To find out more about our fundraising activities and events, or to volunteer, contact Age UK Isle of Wight on 525282 or email fundraising@ageukiw.org.uk

All dates are accurate at the time of printing.
Please check with event organisers if you have any queries.

Age UKIW Men in Sheds

A place where men (primarily aged 50+) can get together, produce something great and drink plenty of tea! Below is a list of the Age UKIW Sheds which are currently seeking new 'Shedders'

LOCATION	DATE AND TIME
BRADING MEN'S SHED – Brading Youth Club	Thursdays, 10:00 -12:00
BEMBRIDGE MEN'S SHED – The Shed, Steyne Park, Steyne Road	Tuesdays, 14:00
BRIGHSTONE MEN'S SHED – Brighstone Grange Care Home	Mondays, 10:00 – 12:00
NETTLESTONE & SEAVIEW MEN'S SHED – Seaview Pavilion	4 th Friday of the month, 14:00 – 16:00
NEWPORT ACOUSTIC MUSIC SHED – The Isobel Centre, Furlongs	Wednesdays, 18:30 – 20:30
NEWPORT MEN'S SHED – Age UK Isle of Wight, 147 High Street, Newport	Wednesdays, 13:00 – 15:00
WIGHT AVIATION MUSEUM SHED – Wight Aviation Museum Hangar, Sandown Airport	Tuesdays, 11:00 – 13:00
SHANKLIN MEN'S SHED – YMCA Winchester House, Sandown Road	Mondays, 14:00 – 16:00
TOTLAND MEN'S SHED – Turf Walk, Totland	Thursdays, 14:00 – 16:00
WEST WIGHT MEN'S SHED – Totland Recreation Ground, Bowling Green Lane	Mondays, Wednesdays and Fridays, 10:00 – 14:00
WOOTTON ACOUSTIC MUSIC SHED – The Old School, New Road	Fridays, 14:00 – 16:00

Contact: Age UK Isle of Wight on 525282 and ask for Lois or email lois.prior@ageukiw.org.uk
Visit the Men in Sheds Association to find out more about sheds: www.menssheds.org.uk

Active Minds Social Clubs

Friendly, welcoming groups open to anyone who would like to keep their mind active. Activities are varied and interesting, and will challenge members through reminiscence, puzzles, music, games gentle exercise and quizzes

LOCATION	DATE AND TIME
LAKE – Lake Lions Club	Every Tuesday, 10:00 – 15:00
NEWPORT – Newport Congregational Church	Every Monday, 10:00 – 15:00
RYDE – United Reformed Church	Every Thursday, 10:00 – 15:00

Cost is £25.50 for a full day / £14.00 for a half day. A healthy lunch can be provided for £5.00 or members are welcome to bring their own packed lunch if they prefer.

Contact: Age UK Isle of Wight on 525282 or email activity.groups@ageukiw.org.uk



Window Doctor



Tel: 408 999

windowdoctor@topline-windows.co.uk

Toplinewindowdoctor.co.uk

uPVC and Aluminium Doors, Windows and Conservatories

Maintenance and Repair

Misted Glass Units, Hinges & Handles,
Replacement locks & Gaskets

Velux Glass Replacement, Gutter repairs

Conservatory Roofs repairs and replacement

Friendly & Free no obligation quotes



TOPLINE windows

Elegance by Design

Unit 1, Newbarn Business Park,
Main Road, Merstone. PO30 3BT

(On the main road from Newport to Arreton)

Showroom opening times
9am – 5pm Monday to Friday
10am, - 1pm every Saturday



Friendly & free no obligation quotes



Windows, Doors

Conservatories

Orangeries

Solid Roof Conversions

Tel: 40 40 44

topline-windows.co.uk