

May 2020

FREE!



VIRTUAL FUNDRAISING

Bake sales & marathons are out and virtual quizzes in

MY GARDEN, MY HAVEN

How we helped a client to enjoy her garden again

KEEPING IT POSITIVE

Good news stories from Age UKIW including connecting with care homes



WELCOME

Welcome to issue two of Age UK Isle of Wight's monthly Living Well issues. Just like April's issue, this one will be slightly shorter than our normal seasonal issues, and mainly distributed online.

Has it really been a month since the last issue was published? Has it really been 7 weeks since "lockdown" started? I've got so used to this 'new normal' that I fear when we it comes to returning to the office, and to pubs & restaurants, I will have forgotten how to wear anything that does not resemble jogging bottoms and a hoodie!

As per typical British weather, we've experienced what is probably the most glorious April for some years. I can only hope that when we are able to properly return to beaches and parks that the weather is as good. For now, I'll settle for sunning in my garden.

Like April's issue, this edition of Living Well is full of feel-good stories, puzzles & games, and ways that you could beat the boredom that social distancing brings, whilst also supporting Age UK Isle of Wight from the safety of your home. If you are spending a lot of time in your garden like me, and noticing it could do with a bit of a sort out when normality returns, read on to find out about how Age UK Isle of Wight's Homesafe service could help you with that!

Finally, I hope you are all keeping as well as you can and staying as safe as you can.

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

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HELP AT THIS TIME

Times like the one we are in now are tough, they are bleak and they can make us all feel disheartened. However, it is also times like this that show just how generous and empathetic people are. Hundreds of people across the Island have offered their time to support Age UK Isle of Wight help meet the needs of vulnerable Islanders. Their community spirit and selflessness is appreciated more than they realise.

Age UK Isle of Wight's volunteers can support you with:



Shopping

Collecting and delivering vital groceries to vulnerable people, unable to make the trip themselves.



Prescription Collection

Picking up medication from pharmacies and surgeries and delivering them to clients



Digital/Telephone befriending and wellbeing checks

Regular contact to assess how an individual is coping, who may be experiencing loneliness at this time

We have been overwhelmed with the number of people who have volunteered to support us. We have had to pause the registration process, so are not accepting new applications at this time.

If you would still like to support Age UK Isle of Wight in other ways, visit pages 4 & 5. There are many ways to support the work we do in the community and here you will find some ideas you might like.



If you need support

If you are practising social distancing or self-isolation and need support or you are worried about a family member or friend Age UK Isle of Wight are here to help.

Contact us:

Tel: 01983 525282

Email: info@ageukiw.org.uk

Web: ageukiw.org.uk

To ensure that you are receiving Age UK Isle of Wight updates live, follow us here:

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Virtual Fundraising

Fun runs, bake sales and traditional pub quizzes seem a distant memory at the moment! Unfortunately current circumstances mean that we need to fundraise now more than ever. With many of the normal methods no longer possible, it's time to get creative and explore the world of virtual fundraising!

With tools such as Social media, video chat, live streaming and Just Giving it might sound cliché, but the possibilities to fundraise virtually really are endless! To help you out, we've come up with some ideas:

Host a virtual pub quiz!

Using video sharing tools such as Facebook Live, invite people to watch and answer questions as you put on your best game show host impression. We even tried this ourselves! Find out more on page 7

Donate your commute

Due to the "lock-down" many people are no longer spending money on things they normally would be. Encourage people to donate what they would have spent on their commute, morning coffee or lunch etc.

Digital Comissions

Are you a Photoshop whizz, digital artist, pro songwriter, poet or content creator? Ask for donations in return for your skills!

Donate for a vote

Offer a series of choices to your followers, such as 'which colour should I dye my hair?' or 'What funny task should my colleagues do?' Get them to 'buy' the ability to vote on an option with a donation. Record a video of you doing the winning choice!

"-Athon" Challenge

Running marathons, and cycling pedalathons are out, but that's not the only "athon" that can raise money! Maybe do a 'Step-athon', for every £10 you have to go up and down your staircase 10 times! Or a Push-up challenge, for every £5 donated do 50 push ups. Your friends can laugh as they tire you out, and donate money to a good cause too! Win-Win (for them anyway)

Online Raffles

Have people make donations in return for numbers in a raffle to win prizes. Draw the numbers using a random number generator on Facebook Live and let the winners know what they've won!

Silent Auctions

Using sites such as 32auctions.com, auction items that you might have found around your house since you did a bit of extra Spring cleaning. Donate the money that you raise to Age UK Isle of Wight.

Online Sports Tournaments

An excuse to online game? Say no more. There are whole host of ways to play some of your favourite sports from your living room. www.wgt.com is an online golf tournament that even allows you to play on real courses all around the world! Or if you're less of a landlubber and missing the sea the app Virtual Regatta Inshore is exactly what is says on the tin, a virtual sailing regatta! Invite people to donate to take part in the tournament. May the best person win!

Video Fitness Classes

Are you a yoga guru or pilates pro? Stream a class to those who donate, using a video sharing tool such as Facebook Live or Skype. People getting fit and raising money for a good cause? Win-Win!

Virtual Coffee Morning

Use video chats such as Skype or Zoom and host a coffee morning or even a book club. Encourage donations for taking part and helping to stay social whilst isolating.

Resources

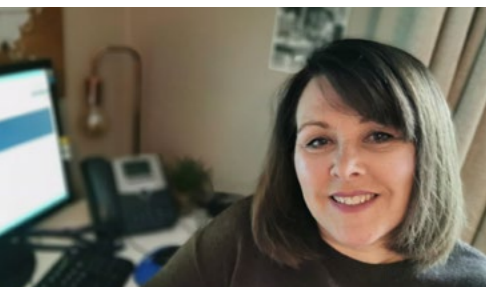
Picked your virtual fundraising method of choice? It's time to start collecting those donations! There are a variety of tools that you can use to help make your event a success:

- **Facebook** is a great place to start. You'll likely be able to find a lot of people you know who will be willing to support you there. Facebook also has access to tools such as Facebook live and you can collect donations too.
- **Video chat platforms** such as Skype, Zoom and Facebook messenger are great ways to get your family and friends together virtually and platforms to host your pub quiz, a virtual coffee morning or fitness class, or Step-athon
- **Just Giving** is a simple to use site that allows you to create a fundraising page and collect donations for Age UK Isle of Wight directly. Visit justgiving.com/ageuk-isleofwight
- **Youtube** will record and share the video evidence of your fundraising triumphs far and wide!

Lastly, a thank you from us all at Age UK Isle of Wight. It's generous people like you who make what we do possible. If you need some support with your virtual event, or you want to keep us updated on what you are doing, we'd love to hear from you! Email fundraising@ageukiw.org.uk. Good luck!

SPOTLIGHT ON: OUR AMAZING STAFF

It's hard to choose just one particular person to put a spotlight on, so we decided not to! Instead, we are going to take this as an opportunity to celebrate all of the staff at Age UK Isle of Wight. To those who are working from home, working in the hospital, and unable to work at the moment, thank you for what you do now, and all year round. Meet just a few of them below:



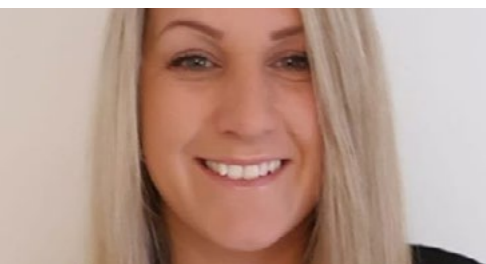
Karen, Homesafe Coordinator redeployed to support with the coordinating of volunteers



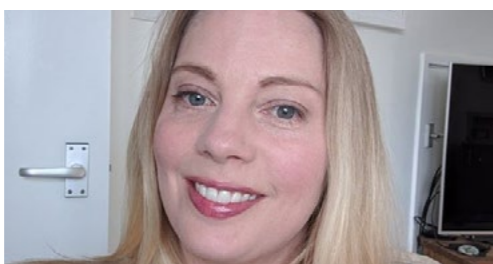
Richard, Activity Coordinator at the Community unit of St. Mary's hospital. Keeping patient's minds active before they return home



Jo, one of our Client Care Officers and arranger of 123 shopping calls across the Island in a week!



Elisha, Fundraising Manager sharing info via web & social media and writing bids & appeals making up income the charity has lost



Debbie, Living Well Support Worker, helping clients complete forms over the phone and referring them to the support they need



Jono, a HomeSafe Technician who has been delivering medication and equipment at this time



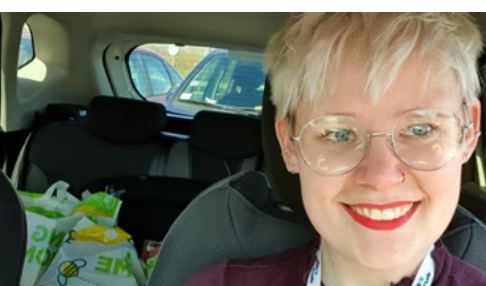
Karen, Kim W, Catherine, Kim M, Marcus, Tina, Nicki of the Integrated Discharge Team at the hospital



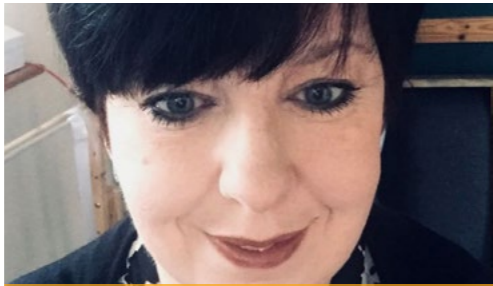
Corinne the Care Navigator collecting shopping for vulnerable Islanders currently shielding



Chloe of the finance team, payer of wages, government scheme researcher & volunteer supporter



Emmy, part of the marketing team, Editor of Living Well magazine and shopper for clients



Allison, coordinator of volunteers, answering calls from vulnerable people needing support



Katie, part of our information & advice team, answering our main line, taking a huge number of calls

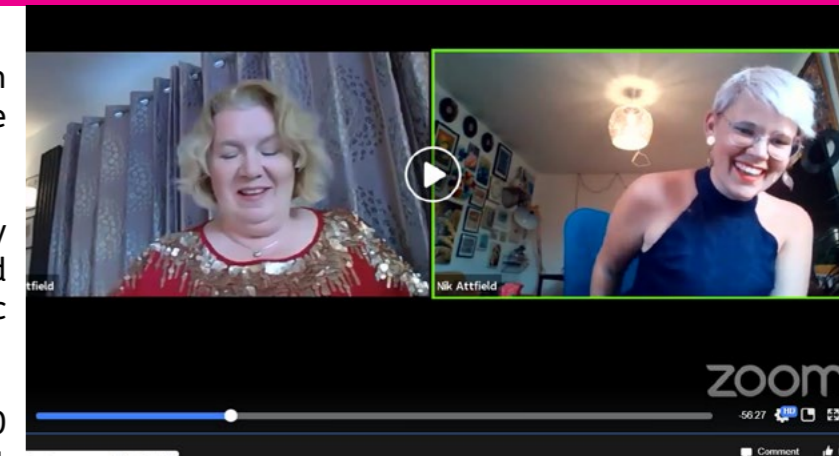
GOOD NEWS FROM AGE UK ISLE OF WIGHT

Quizzing Through Quarantine

Two of Age UK Isle of Wight's staff had their own go at one of the virtual fundraising ideas on page four, the Virtual Pub Quiz!

Using Facebook Live, the past few Saturday evenings have been filled with trivia, laughter and maybe a little bit of a booze (for that authentic pub feel of course...)

Our Pub Quiz Presenters have raised over £300 thanks to donations from their viewers, we just hope that they don't decide that the glamorous life of a game show host is for them and leave us for stardom! Thank you to all those who have participated and donated, and to Wight and Wessex Wines for supporting the events by providing the grand prizes!



Home Sweet Home

Age UK Isle of Wight and The Pop Up Soup Kitchen are working in partnership to ensure that people recently discharged from Hospital without a support system are able to shield safely, with the supplies that they need.

Bags filled with food and essentials are being distributed to patients via Age UKIW's Living Well Hospital Discharge team, with the contents provided by the Pop Up Soup Kitchen meaning that individuals can recover at home knowing that they do not need to venture out to get meals and other necessities.



Making Connections

A new team of organisations and businesses has been formed on the Island to help enable care home residents and those in hospital for non-Covid-19 reasons, to contact friends and family. The initiative, known as Connect Us, is to provide a supply of iPads to St Mary's and care homes, where staff will then help the patients and residents to connect with friends and family members via video.

Age UK IW are handling the liaison with hospital and care homes, whilst Wightfibre – as part of its connected communities project – are helping with technical set up. Nosy Marketing has designed the initiative brand and informative website, whilst EV Express will deliver the iPads to the care homes.

Age UK Isle of Wight's Nik Attfield is delighted with the progress so far: "At this time, many hospital patients and care home residents are missing contact with friends and family so finding a solution to help is really important. We hope to cover all Island care homes in the coming weeks."

One of the first care home residents to use the new iPads was Jeff Smith from Shanklin. Jeff was amazed at his first video call: "I couldn't believe it. It was great to see the family and learn what they have been up to over the past couple of months."

If you would like to know more visit www.connectusinitiative.org/



MY GARDEN, MY HAVEN

Spring has finally sprung, and for many of us our gardens are more important now than ever, it's the time to throw open our doors and windows, and get back out into the garden. For Lynda, however, the challenges she faces daily mean that enjoying the tranquillity of her garden would be almost impossible without the support of Paul, our Home Safe gardener.

I'm Lynda, my beautiful dog Jiggy and I love the outdoors. After breaking my back a few years ago, I've been unable to walk very well, and it's hard for me to lift and bend. Some mornings when I wake up, I just can't move, or it can take me a few hours to get myself up and about.

My house has a lovely long garden, with a stream at the bottom, but I was no longer able to manage it myself, and it became so overgrown. I was getting more and more stressed about it; worried about how I would manage, and whether my neighbours might start complaining. Worst of all, I could no longer get out in it, and enjoy it.

My Mum and Dad had been having small jobs done around their house by Age UK Isle of Wight, they told me that Age UK IW also offered a gardening service. Admittedly, I thought Age UK IW was for 'OAPs' only, but when I found out that I could use the service, I was really surprised.

When Paul first came to see me, he laughed, he wasn't put off by my garden at all, which was such a relief! He is so laid back, nothing fazes him.

My garden was totally covered in brambles and overgrown raspberry canes, but he completely cleared the top half, and made me a brand new gate, and now Jiggy and I have a usable, safe and relaxing garden again, I love it!

In the copse behind my house the buzzards nest every year, and I can watch them raise their young, there is also a pair of woodpeckers that I am able to spot through the trees. When I'm in my garden it's so lovely just to be able to sit there and relax.

Paul has been coming to me for around a year now; as well as the gardening, he also does some jobs around the house, he's fitted radiator reflector panels and he checks my smoke alarms for me, he does all sorts, things I know I just couldn't do myself. I know I could have just picked someone out of the yellow pages, but I wouldn't have got the security and peace of mind that I have with Age UK IW. I trust Paul; he feels just like an old friend now, he really makes me laugh.

Paul's support really has changed my life; I now have a lovely calm space where I can go and sit and chill out on my bad days



If Paul hadn't sorted my garden, I would have been so stressed out, my blood pressure would be through the roof, and I'd be worrying about upsetting my lovely neighbours. Having Paul's support through Age UK IW really has changed my life; I now have a lovely calm space where I can go and sit and chill out on my bad days. Even Jiggy loves it when 'Uncle Paul' comes to visit!"

Our Home Safe team can help with a range of jobs including:

- Gardening
- Powerwashing paths, patios and driveways
- Low level gutter maintenance and clearance
- The fitting of external handrails

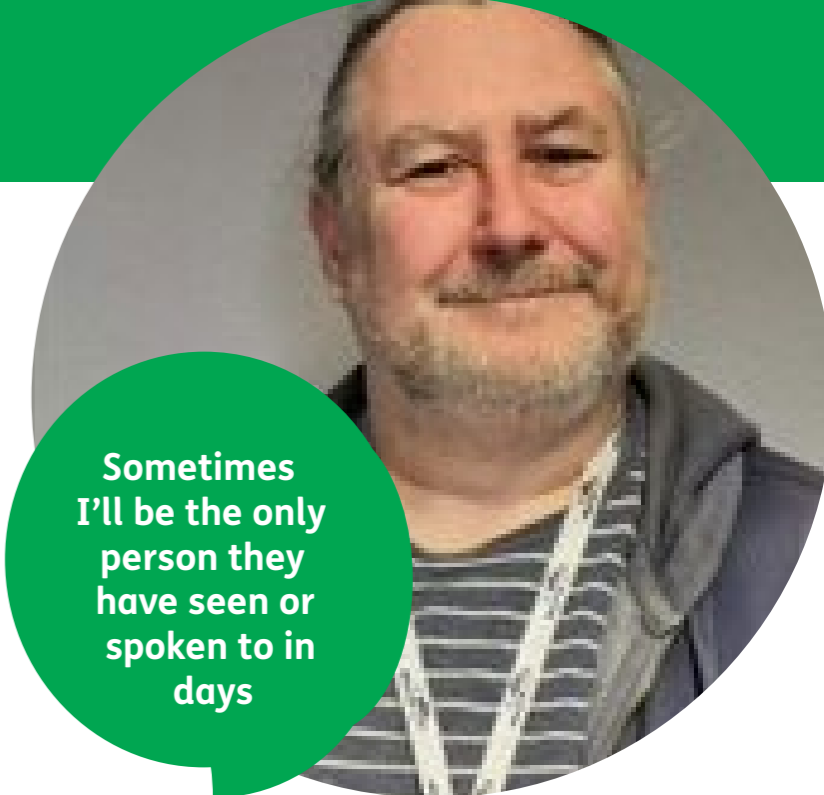
The Home Safe Service is open to all adults over the age of 18 living on the Isle of Wight. We don't charge for call-outs and we offer a very competitive hourly rate, plus you can have any mix of jobs in one visit.

All profits from this service are reinvested into the Charity and used to provide vital services to vulnerable Island residents.

Please note that as per Government guidance the Home Safe and Gardening service is currently suspended. You can of course register your interest now for when it reopens.



Sometimes I'll be the only person they have seen or spoken to in days



Paul, Home Safe Technician

I'd been doing some jobs for Lynda's Mum and Dad; jiggling the house around a bit so that her Mum could sleep downstairs, rehangng some doors, putting up some shelves in their airing cupboard etc. so I was really happy to hear that they had recommended me and the Age UK IW Home Safe service to Lynda.

When I first saw Lynda's garden it was just like a jungle! It definitely needed a bit of pruning to say the least! She also had an old gate which had completely rotted away, and her dog kept running

through it. It's lovely to know that I've been able to make such a difference to Lynda, and to help provide her with a lovely garden again.

I've been working for the Age UK Isle of Wight Home Safe service for about a year now, and no two days are the same. One day I'm fitting an external hand rail and repairing furniture and the next I'm fixing a dripping tap and mowing a lawn!

I really enjoy what I do; I get to help such nice people, and I find it so fulfilling. Sometimes I'll be the only person they have seen or spoken to in days and I sometimes think that having a chat while I'm working is just as important to them as the job I'm coming along to do."



The Wightfibre Technology Stop

At WightFibre we want to help you get to grips with technology and learn how it all works. We now have a dedicated support advisor to do exactly this. If you are a WightFibre customer read on to see how we can help you, free of charge. If you have ever thought "I wish I could just call someone that will sort this out for me", now you can! Call us on 01983 24 24 24 and ask to speak to Digi-Dan, he will be more than happy to assist you.

● Troubled by Technology?

- Help with setting up a new email address - particularly after switching broadband supplier to us (for example from talktalk.net to a Gmail/Outlook account)
- Help to setup and connect devices to your WiFi
- Help connecting with family and friends through email and video calling services
- Support to help customers avoid becoming victims of scams
- Support to assist you in making informed choices about technology, and what will best suit your needs

● Stuck with a Smart Phone?

- Support to download and understand apps such as WhatsApp
- Help with learning how to use WiFi / mobile data
- Help with general day to day smartphone use, including texting, making calls, taking photos and using the internet

● Baffled by Broadband?

- Advice on how broadband might benefit those who have never had it before
- Help to educate customers on what it can enable them to do - for example shop online, connect with family and friends, look up information/advice on the web
- Help to understand what full-fibre is and the benefits of it

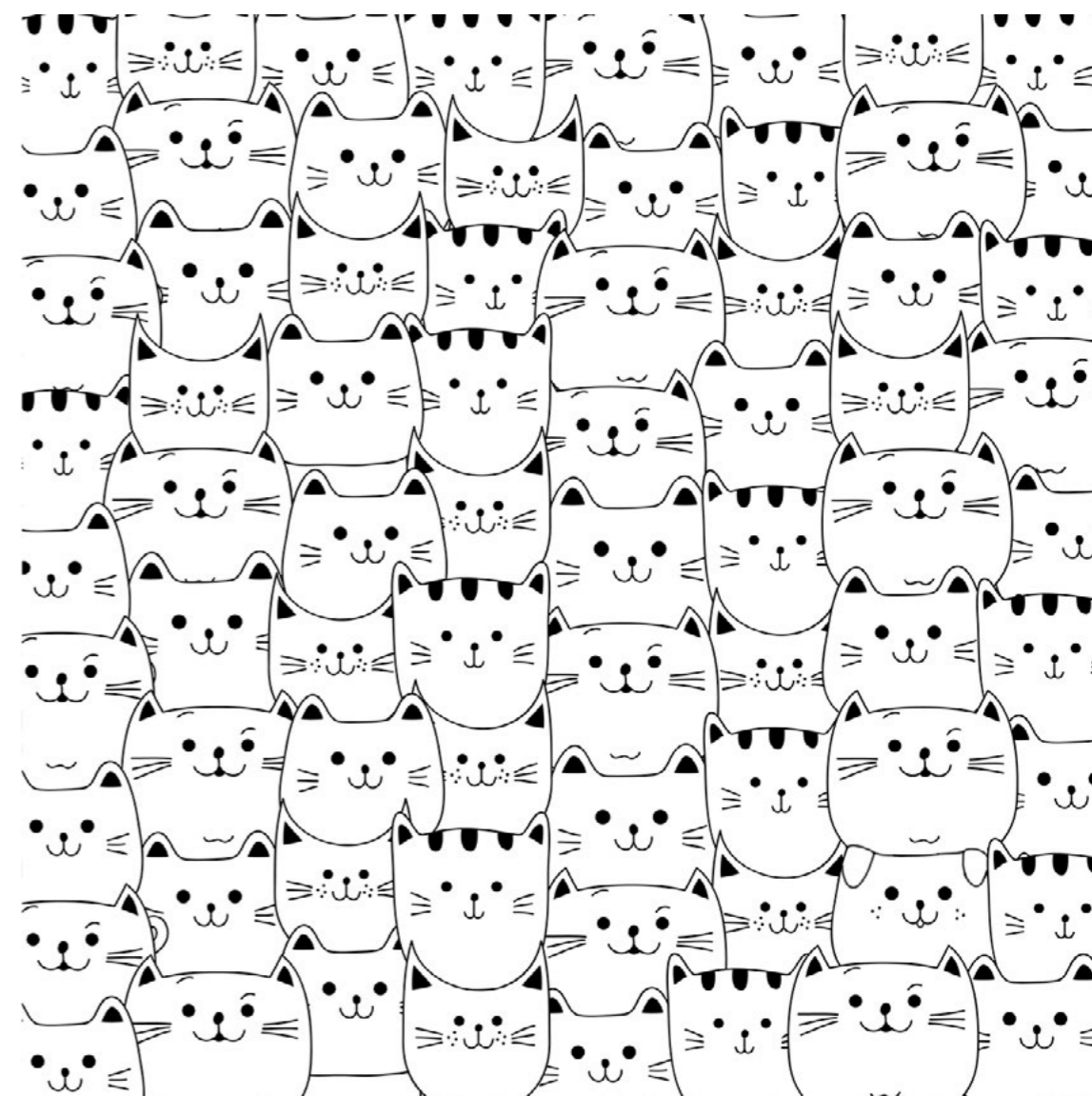


PUZZLE TIME

Battle the boredom that social distancing brings with some puzzles!

Find the imposter

There is an odd one out in this picture, can you find it?



Riddle me this

Can you work out the answer to these three riddles?

1. David's parents have three sons: Snap, crackle and what's the name of the third son?
2. What has 13 hearts, but no other organs?
3. A window cleaner is cleaning a window on the 25th floor of a skyscraper, when suddenly he slips and falls. He had no safety equipment and nothing to soften his fall, yet is not hurt. How?

More puzzles, and answers overleaf

PUZZLE TIME

Continued

Anagram Expert

Each series of letters is a rearranged Isle of Wight place name. Can you guess them all?

1. **BLAY AMU**

2. **STEIPLELE VCOH**

3. **ACKCLHBGI ENAGN**

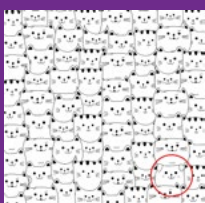
4. **RUBBQ AAYER**

Guess the movie

Can you work out the which famous movie series we are thinking of from these 4 images?



Answers



1. David
2. A pack of cards
3. The window cleaner is cleaning the inside of the

1. Alum Bay
2. Steephill Cove
3. Blackgang Chine
4. Quarr Abbey

The Lord of the Rings trilogy