

May - August 2019

FREE!



WHEN IS A SHED NOT A SHED?

The positive changes seen through Men in Sheds

COMMUNITY HEROES

The team of 4 who are shaping our communities

MEET ANNA

Find out how she's breaking down barriers

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That's the message from the Isle of Wight Against Scams Partnership (IWASP)

- Approx. 3.2m people fall victim to scams each year. That's 1 in 15 of us!
- Scams cost the UK economy between £5-£10 billion each year
- It is estimated that only 5% of crimes are ever reported

For advice and support:

w: www.iwasp.org.uk

t: 823000 (Trading Standards)

e: tradingstandards@iow.gov.uk

What would help you to stay independent at home?

- Help with your shopping?
- Transport to medical appointments?
- Assistance with your housework?
- Someone to walk your dog?
- A friend to chat to?



Our friendly volunteers and Support Workers can help with all of these, and much more

Contact us for an informal chat:
525282 / jay@ageukiw.org.uk

Registered Charity Number 1118711



WELCOME

Welcome to the second edition of our newsletter.

I confess I'm a sucker for sunshine! I always feel better as winter gives way to spring, and there's a positively 'sunshine' feel to our May edition of the newsletter because it puts a smile on my face to see the amazing, positive difference we are able to make. We really help to make lives better.

I particularly liked the Men in Sheds article. Funded by Ageing Better Lottery funding, I get a sense that the projects will continue even once funding has stopped because men get such value from attending; and hot off the press – watch out for our Isle of Wight Shed Fest event in July!

Also check out the work being done by Anna Murray, our co-ordinator for the LGBT+ Hate Crime and Domestic Abuse Support Service. If you, or someone you know, is feeling isolated or vulnerable, then please reach out to Anna to see how she can support you.

Finally, we need your support to maintain these amazing services so please read all about our fundraising activity, and get involved if you can.

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

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MEN IN SHEDS

What is 'Men In Sheds'? Think of 'Sheds' as a group of men working towards a common goal; a project which benefits both the men and the local community. More importantly, it's a place where men (primarily aged 50+) can get together regularly, produce something great and drink plenty of tea in the process!

Our Isle of Wight Sheds are dotted all across the Island, and each one offers 'Shedders' a different experience. So depending on your interests and skills, there will be the perfect Shed out there for you.

Meet some of our Shedders, and learn why they enjoy being a part of the Isle of Wight's Shed community:

John, Bembridge Shed

"It started with a meeting in the village hall last year. There was all sorts of chatter about where we could get a shed and what we could do and then it really took off from there.



"One thing we have done is to help people clear out their garages or houses, particularly if a partner has died, and someone wants to see that all of their equipment was going on to somewhere useful. Some of the equipment we are able to use here in the shed, while the rest is sent to Africa to help those in the developing world, so everything is used for good.

"Somehow or another, we all seem to form a team really easily. We've done different projects, with different skills and timescales, and magically it all just drops into place and we get stuff done. It is just magical being able to be part of a team like that."



Dave, Newport Shed

"I was a carpenter and general builder with my own business on the mainland, before retiring to the Island following a breakdown. I came over here for a quieter life but had a couple of incidents with my mental health and was referred to the sheds.

"I've now been coming to the Newport Shed for just over six months, I come here 3 days a week and then a day at the Sandown Aviation Shed. The sheds have had a really positive impact on my life and mental health. On a dark day the lads here cheer me up, without them I wouldn't be here.

"I'd say to anyone thinking of visiting a shed to take the courage and just go, you'll meet new people, you can drink as much tea and eat as many biscuits as you like and it's the best place to be. You come here, you're all equal and no-one is treated any differently to anyone else. You come in on a bad day and you leave here laughing and joking and you feel great."

Meet friends, make stuff, drink tea.



Steve, Shanklin Shed

“Once my wife and I retired to the Island I wanted something to do, I used to be a Postman, so I was used to being active, and my father was a carpenter, so I sort of had an inkling for woodwork. I’ve been with the Shanklin Men’s Shed for a year now.

“Coming to the shed has given me back the camaraderie I used to have when I was with Royal Mail. It’s chaps together, you know, in the same boat to coin a phrase, and we have a good laugh. The sheds have had a very positive effect on my life, very much so. Not only physically but mentally as well, they give me an outlook and something to get up for.”

Dave, West Wight Shed

“I lost my wife in 2016 and decided to retire early and move over to the Island. I was at a total loss what to do with my life really, I didn’t know anyone, didn’t know any friends. So, I came down here one day and instantly clicked with everyone. Before retiring I had a non-active role, I was in private health insurance and I was a bit of a couch potato. I always did a bit of DIY when I could, but the shed was an entirely different thing for me.

“Life has totally changed for me. I’ve become more active doing things, learning new skills and meeting up with a great group of guys. The shed has totally turned my life around, it’s a great thing to get involved with and it’s been superb for me.”



Allan, Wootton Acoustic Music Shed

“My friend and I were in a band, we used to play mainly clubs and pubs but stopped. Now we come along here and we’re playing together again. I’d like to encourage some real beginners to come along. We all know people who have picked up a guitar and given up as it was too hard to progress. If they come along, it’s all laid-out and there’s always someone to help you.

“When you’re on your own in the house there’s no incentive to pick up a guitar, and five minutes later you’re bored and fed up and feeling down again. The shed is great, when you get together you’re playing for a couple of hours and you still enjoy it.”

Visit pages 14-15 for a full list of Sheds and meeting times

The Men In Sheds Project is supported by the National Lottery Community Fund as part of the Ageing Better Programme



SHARING OUR SUCCESS



‘Inspirational’ service applauded at national conference

Our person-centred Living Well service has been described as ‘Inspirational’ at the recent Better Care Fund National Workshop conference, and will be used to shape future services across the UK. Charlotte Price, Living Well Project Manager, was invited to speak about how the service is helping to support Adult Social Care and other statutory services on the Island.

Charlotte commented, “The success of Living Well truly inspired the audience. I came away from the conference extremely proud of the work that we have done, and recognising how far ahead of the curve we are nationally, in terms of supporting people promptly, and in turn avoiding crisis wherever possible.” Living Well is a partnership project between Age UK Isle of Wight, Carers IW, People Matter IW and the Way Forward Programme.

Tesco introduce Time for You Till

The Tesco Extra store in Ryde, working in partnership with Age Friendly Island, have opened a Time for You Till which offers shoppers the opportunity to shop at their own pace to meet their needs, with no pressure to rush.

Emma Lincoln, Age Friendly Island Development Officer, commented: “Going through a checkout, something most people will take for granted, can become stressful for older people, those with a medical condition or mobility problems. The opening of this till shows how making a small change to service delivery can have a real positive effect on people’s lives. I would like to thank Tesco and their staff for playing their part in creating an Age Friendly Island.”

Health and Wellbeing pilot launched using wearable technology

An inventive pilot scheme using wrist-worn technology was recently launched by our Digital Inclusion Service. Activity trackers (watch-like devices which monitor steps, exercise, sleep and heart rate), were loaned to a group of willing participants aged 50+, to see if they helped to improve health and wellbeing.

Participants completed a questionnaire at the start and end of the 12-week programme, and were monitored throughout. To encourage movement, personal ‘step’ goals were set and increased week on week. Data from the programme can be used to help shape future health and wellbeing programmes. Some of the early data shows positive changes in health and wellbeing, and a second trial working with another local charity is planned.

Time for
You Till

No Rush

Shop at your pace
to meet your needs

TESCO



SPOTLIGHT ON ANNA

For years, Age UK Isle of Wight has been helping to break down barriers for a more inclusive Island.

One area where we have been doing some exceptional work is in supporting the Island's lesbian, gay, bisexual, transgender (LGBT) and non-binary over 50s, through our LGBT Hate Crime and Domestic Abuse Support Service.

Anna has been the face behind the service since its inception in 2015. Her commitment and hard work have helped to support hundreds of people within the older LGBT community. We'd like to share her story:

What attracted you to the role at Age UK Isle of Wight?

Supporting the LGBT community is something I have always been passionate about. When this role was advertised by Age UK Isle of Wight, it was the first LGBT job that I'd ever seen on the Island. In my interview I realised how perfect a match the charity was for the work I was keen to do, in terms of volunteers and supporting the hard to reach clients that perhaps other agencies don't get to see.

What elements of the role do you find most rewarding?

Seeing the difference it makes to people's lives when they get acceptance of who they are on their journey towards their authentic selves, and watching their self-esteem begin to grow. Building self-esteem means that they are more likely to report hate crimes or incidences of domestic abuse that they might be facing at home. Helping people to achieve this, to move on and to thrive is so rewarding.

Is there a specific part of the project that you are most proud of?

The transgender work we have done has been really positive. I wanted to find a way to engage with the trans community, so I set up Trans Pamper events with the help of a lady



who worked for a cosmetic company, and a local hairdresser specialising in real hair wigs. People receive advice on hair, skincare and makeup, and for some, they are able to see their authentic self for the first time. During our first event, I think everyone cried at some point!

Historically, LGBT people have not always had good relationships or experiences with the police, so I'm pleased to be working closely with the police to build these links. We are supporting people with new connections and finding a bigger safety net and larger community to be a part of.

Outside of Age UKIW, can you tell us some little known facts about you?

Hmmmm well, I love spending time with my family, and I'm a big fan of ice hockey (more so when we had an ice rink on the Island!), my nephew used to play as a junior at quite a high level!

I also have an African pigmy hedgehog called Holly who is one seriously angry hedgehog, apparently all hedgehogs are angry, but she is really grumpy! A hamster called Beasty (plus part-shares in a couple of others!), and two Siamese cats called Dalai and Mo.

FOOTLOOSE AND FANCY FREE

Being comfortable on our feet can make a real difference to how we feel every day. Whether you enjoy running around town or simply love a nice amble; ensuring that your toenails are cut regularly can reduce the risk of falls, and keep you safe on your feet. Our professional Nail Cutting Service allows you the freedom and comfort to get on with your life, while removing the discomfort of cutting your own nails.

Our regular nail cutting clinics operate from 10 convenient, community locations across the Island, all based within GP surgeries. Clients receive booked appointments every 8 weeks, and their own personal nail kit. Our team of friendly nail cutters and office based co-ordinators work together to ensure that you receive the best quality service.



Above: Jo, Linda, Claire and Erica - some of our friendly Nail Cutting Team

For those who are beginning to have difficulties cutting their own toenails, our service is invaluable. Mr and Mrs P. told us of their reasons for using the Nail Cutting Service:

“I’m 90 and my wife is 89. As we’re getting older we are starting to struggle with some day to day things; I have arthritis, which is preventing me from doing so much these days. We saw the advert for Age UK Isle of Wight’s nail cutting service at the doctors one day, we made some enquiries, and we have been having our toenails cut by them for just over a year now.

“Our nail cutter Mandy, is a lovely person, we go every few weeks and we have a good old chat. It’s ideal because the appointments are at our doctors surgery, and they are able to fit me and my wife in straight after each other, making it really convenient for us. We always feel so much better after our appointments.”

Our Nail Cutting Clinic locations are listed below:

<p>Freshwater Brookside Health Centre, Queens Road</p>	<p>Cowes Cowes Medical Centre, Newport Road</p>
<p>Newport Dower House Surgery, Pyle Street</p>	<p>Newport Medina Healthcare, West Street</p>
<p>East Cowes East Cowes Medical Centre, Church Path</p>	<p>Wootton Medina Healthcare, Brannon Way</p>
<p>Ryde Tower House Surgery, Rink Road</p>	<p>St. Helens St. Helens Medical Centre, Upper Green Road</p>
<p>Sandown Sandown Health Centre, Broadway</p>	<p>Ventnor The Grove House Surgery, Albert Street</p>

Our Nail Cutters enjoy providing the service as much as our clients enjoy the comfort they receive from it:

“I have been in the care industry for almost 25 years. In my role as a Nail Cutter for Age UK Isle of Wight, I love to see the relief on the clients’ faces when they first put on their shoes as they get ready to leave their appointments. It gives me satisfaction knowing how important my job is to those who cannot manage to do this themselves.”

Mandy – Nail cutter

How else could the Independence at Home Team support you?

- General DIY and gardening
- Fitting internal / external grab rails and other home adaptations
- Walking your dog
- Getting you to and from your hospital appointments
- Matching you with a Befriender
- Helping with housework, shopping, meal preparation and outings
- A sitting service, providing respite for carers
- 1-to-1 home-based Memory Therapy
- Active Minds Social Clubs, held in Newport, Ryde and Lake

FUNDRAISING UPDATE



The Big Knit is Back!

We are asking if you would pick up your knitting needles once again, to help Age UK Isle of Wight reach our target of 8,000 hats!

For every hat knitted, we receive 25p, so 8,000 hats equals a potential £2,000 which would help us support older Island residents.

This year we have an exciting new range of patterns from beginner to advanced, as well as the addition of crochet hat patterns!

To receive your FREE big knit pack, contact Paula on 301343 or email fundraising@ageukiw.org.uk

Local solicitors raise over £4,000!

Our Will Writing Scheme this March raised an incredible £4,125!

Through the generosity of our local participating legal firms (Wheelers Solicitors, Glanvilles Damant Ltd, Walter Gray & Co. Solicitors and Diana Deacon Ltd) giving their time in lieu of donations to Age UK Isle of Wight, we have been fortunate enough to beat last year's total by £1,000!

We would like to extend our warmest gratitude to everyone who supported the scheme this March.

Run through the colours of the Age UK Isle of Wight Rainbow!

After an amazing first year, which raised over £2,000, our Powder Run is back and brighter than ever!

On Saturday 7th September, Porchfield Cricket Club are hosting our Powder Run as part of their annual fun day!

You can run (or walk!) through our fun filled family friendly 2km colour course, in waves starting from 2pm. £10 entry for adults, £5 for children (13 & under).

All pre-registered participants get a rainbow pack and a medal!

We welcome people raising additional sponsorship to help generate more funds for our services. 100% of all funds raised stay on the Island, helping us to provide more companionship and support to older Islanders in need.

To sign up today visit our website or email fundraising@ageukiw.org.uk



COMMUNITY NAVIGATORS

For many of us, popping out for lunch with a friend or visiting a relative for coffee is a regular part of life, something that we take for granted.

However, for a growing number of Islanders, loneliness and social isolation is a very real problem, with some finding it increasingly challenging to get out and about.

Through Age Friendly Island (funded by the National Lottery Community Fund, Ageing Better Programme), the Community Navigator Project delivered by Wight Home Care supports older Islanders who would like to be socially involved, through community activities.

The team of four Community Navigators engage directly with Islanders in their homes, villages and towns. They set up new groups and activities based around the interests of the locals, as well as helping to connect people with existing social opportunities. Members play an essential part in planning new activities, and in keeping them sustainable for the future.



Above: Pitch Up at the Pub at The Portland Inn, Gurnard

Some activities set up by the team include:

- Pitch Up At The Pub (various locations)
- Games Lounge 50+ (Freshwater)
- Off Key Community Choir (Shanklin)
- Blokes, Bacon Butties and Banter (Freshwater)
- Beginners Bridge (Freshwater)
- Coffee, Cake and Chatter (various locations)
- The Everything Café (Ventnor)
- Fun With Fabrics (Ryde)
- Youth Club for Grown Ups (Brading)

Contact your local Community Navigator to find out how they can help connect you to social opportunities in your area, or point you in the right direction of other useful services:



West Wight
Dale
07736 151626
dale@communitynavigators.co.uk



North Wight
Rachael
07840 053827
rachael@communitynavigators.co.uk



South Wight
Nina
07736 151630
nina@communitynavigators.co.uk



East Wight
Judith
07736 151632
judith@communitynavigators.co.uk

Turn the page to read how Judith and the Community Navigator Project helped to make big changes to Val's life.

THE FIRST CONNECTION: VAL'S STORY

Sometimes, remarkable things can happen as a result of the smallest of actions. Here we meet Val; her story is a great example of how one first connection can change someone's life, and in turn, how the ripple effects can positively impact others.

Meet Val. In 1996 she and her husband, Roy, moved to the Island, a place where they enjoyed many happy holidays with their children, when they were younger.

After settling easily into Island life, Roy unfortunately had a bad fall. He pulled through despite warnings that he wouldn't make it through the night, however, his health later deteriorated, and Roy sadly passed away in 2016 aged 92.

"When Roy passed away, I didn't know which way to turn. When you lose someone after 46 years, it's like a whole other world."

Val then suffered a heart problem, leaving her unable to drive for 6 months. She was grieving, lost and became socially isolated. A local resident recommended the Community Navigator Project (funded by the National Lottery Community Fund and delivered by Wight Home Care), and put Val in touch with Judith, the Community Navigator for that area.

"Judith was very kind; she spent a lot of time with me after Roy passed away, she would chauffeur me from place to place so that I could get out". Judith encouraged Val to go along to the local quiz that she organised, and a new world started to open up to her; she started looking forward to connecting with new people in her community and making new friends.

"I regularly go to the quiz, which is hilarious! It's really brought me out of my shell, when I get to the door, it almost feels as if there is a basket with a big sign that says ANXIETIES COLLECTED HERE."

Val recently joined Judith's 'Youth Club for Adults', and found the courage to go along to other community groups.



“We meet old friends and make new ones, and as I make my way home afterwards, I’m always in a more positive mood, knowing I can cope with whatever day to day situations are ahead” Val

She encourages others to join these groups too, including her friend, Paula. In doing this, Val feels she is giving back to her community, and helping others who are encountering their own personal struggles or have become socially isolated.

“Judith made this happen, she is a great encourager, and she has so many good ideas. The words ‘Thank You’ never sound adequate for all that she has done for me. I look forward to the next ‘adventure’ that she has in store for us all!”

View Val and Judith’s video in full at www.agefriendlyisland.org

Judith, Community Navigator

“I first met Val about 3 years ago. We had a bit of a chat and I found out a bit about her, what she’d been up to or hadn’t been up to. I found out what she fancied getting involved in, and we decided to have a few adventures together!

“It’s amazing how these connections develop, after a while, Val started bringing other people along to the quiz, and introducing people to other activities; she’s a good promoter!

“To anyone thinking of getting involved in a local project I would say, give it a go. It might be difficult to take that first step, but you will find lots of like-minded people who will look after you and make you feel welcome.”



Paula, Val’s friend, shares her story



“I’ve known Val since she and Roy moved to the Island, they were so supportive when I lost my first husband, they helped me with everything.

“I remarried, but sadly Derek became ill. Val was there for me again, coming to the hospital with me regularly, and later supporting me when he passed away. Our friendship grew stronger; I would say that we are more like sisters than friends.

“Val encouraged me to go along to a quiz that she goes to, which is run by Judith. I went along and I now I really love going. I make new friends of all ages and backgrounds, and have got to know so many people from the village that I only knew by sight before. Since then, Val has helped me to get involved in a Teapot Club, and a local Ladies Group, she has helped me so much, and really brought me out of my shell.”

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	23rd May, 10:00 – 12:00
NEWPORT – Lord Louis Library	14th May, 14:00 – 16:00
RYDE – All Saints Church	16th May, 14:00 – 16:00
SANDOWN – Sandown Library	16th May, 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	1st and 3rd Wednesday of the month, 10:00 – 12:00
FRESHWATER – Our Place Café, West Wight Sports Centre	2nd and 4th Tuesday of the month, 10:00 – 12:30
NEWPORT – Lord Louis Library	3rd Wednesday of the month, 10:30 – 12:00
RYDE – Ryde Library	2nd and 4th Wednesday of the month, 10:30 – 12:00
SHANKLIN – Shanklin Library	2nd and 4th 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 and ask for Dan or email digital@ageukiw.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

We will also be running FREE open mornings at our Active Minds Social Groups during Dementia Action Week, so feel free to pop along to try out your local group:

LAKE: 21st May, 10:30 – 12:00 | **NEWPORT:** 20th May, 10:30 – 12:00 | **RYDE:** 23rd May, 10:30 – 12:00

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

Age UKIW Men in Sheds

Learn things, make things, drink tea! A place where men (primarily aged 50+) can get together, produce something great and drink plenty of tea in the process (see pages 4-5)
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 Scout Hut, Mitten Road	Tuesdays, 14:00
BRIGHSTONE MEN'S SHED – Brighstone Grange Care Home	Mondays, 10:00 – 12:00
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 – 16:00
SANDOWN 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
WEST WIGHT MEN'S SHED – Turf Walk, Totland	Thursdays, 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

Win 2 pairs of tickets to the Wolverton Manor Garden Fair! Saturday 31st August & Sunday 1st September

Keep your eyes peeled for the next issue of Living Well, which will feature a Wolverton Manor Garden Fair pull-out!



To celebrate the iconic fair's 20th year, we are giving away a pair of tickets to two lucky winners!



To enter the competition, and to sign up to our Living Well newsletter, 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:

Closing date for entries is the 12th July 2019. Winners will be contacted after the draw on the 22nd July 2019. For full terms and conditions please visit www.ageukiw.org.uk

Charity Begins at Home

1 in 6 Island homes are occupied by someone aged 65+ living alone

By 2026, the number of Island residents aged 85+ will increase by 40%

For every £1 you give, 78p goes directly on our local service delivery to help older, vulnerable Islanders

Age UK Isle of Wight are a local independent charity, supporting older Island residents to improve their quality of life and to live well, independently.

So, if you give local, it stays local!

Fundraise:

Sign up to support, or volunteer at events to help raise much needed funds



Donate:

One off donation, become a regular giver or leave a gift to us in your will

Call: 525282 | **Email:** info@ageukiw.org.uk | **Visit:** www.ageukiw.org.uk

Like us: Facebook/AgeUKIW | **Follow us:** Twitter/@AgeUKIW

Registered Charity Number. 1118711