

August - November 2019

Bumper issue of Living Well including your 4-page guide to the Wolverton Manor Garden Fair!

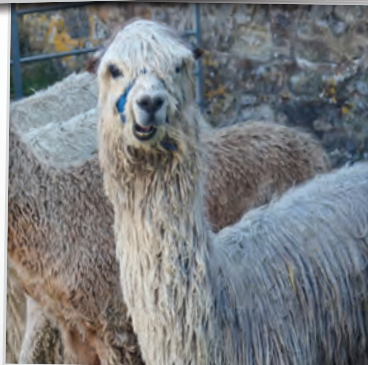
FREE!



Wolverton Manor Garden Fair 2019
Saturday 31st August &
Sunday 1st September



Country arts, crafts, Farmers' Market, stalls and demonstrations



Alpacas, donkeys, bats, dog and falconry displays!



Amazing Island and mainland nurseries and gardenalia stalls!

COLLABORATION & INSPIRATION

Helping Islanders get the right support, first time

DEMENTIA ON THE ISLAND:

Who cares for the carers?

CELEBRATING AGE FESTIVAL 2019

Get set for the biggest CAF ever, this October!

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

To keep yourself and those you love safe from scams, you can do the following:

- Become a friend against scams; visit **www.friendsagainstscams.org.uk** and view their short video
- Visit our website **www.iwasp.org.uk**
- If a group you attend would like a talk from us about Scam Awareness, contact us on **tradingstandards@iow.gov.uk** or call **823371**

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WELCOME

I love the summer, with the longer days and warm sunshine bringing out the best in our office garden, so carefully tended by our amazing Newport Men in Sheds ‘Shedders’.

Continuing on a gardening theme, we look forward to welcoming you on the weekend of 31st August and 1st September to the annual Wolverton Manor Garden Fair. Now in its 20th year, we have been the beneficiary for more than a decade. During this time, the fair has helped support the Charity’s development and continuation of services; as such, I want to share my gratitude for the continued support of Jane and Mark Patterson, the owners of Wolverton Manor, who open up their beautiful home and grounds for the weekend.

We really couldn’t do without such support. As a local Charity with a national name, I want to reassure you that all the money raised on the Island from fundraising events and our paid-for services, stays here on the Island.

In this edition, we highlight two amazing services; the Living Well Approach and the Digital Inclusion service. We also showcase the launch of the new ‘Digital at Home’ service, designed to make accessible some of the technology available that can help to give peace of mind and maintain independence at home. If you, or someone you know, might benefit then please do make an enquiry.

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

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THE LIVING WELL APPROACH

The Living Well Approach has been applauded as ‘Inspirational’ at a national conference, but just what is it, and how could it help you or someone you care about?

The Living Well Approach is a partnership of four local Island charities, funded by the Isle of Wight Council’s Improved Better Care Fund (iBCF). The main aims of our services are:

- To support people aged 18+ who are beginning to find things difficult, with a focus on those who are not eligible for adult social care.
- To talk to them about the difficulties they are having and explore options to prevent the situation from getting worse.
- Enabling the person to feel more included in their community and less socially isolated.
- To provide personalised support, wholly focused on the needs and wishes of the individual.
- To reduce pressure on services such as Adult Social Care, GP surgeries and hospitals.



We achieve this through Social Prescribing (connecting people to community groups and agencies), community-based assets, and by taking a ‘What Matters to Me?’ approach; learning what living well means to the person, and the goals they would like to achieve.

All 4 charities work together to provide a single point of access; this makes it easier for people to gain the right care and support, from the right person, at the right time, without having to ‘tell their story’ to multiple agencies.

3,008

people supported since the Living Well Approach was launched in November 2017

76%

of people feel their confidence to live well has increased

What difference has Living Well made to your life?



“The support has been incredible. They have helped me to plan and given me back my confidence. I dread to think where I would be without them”

“Your support, professionalism and care have been the only thing that have got us through the last two weeks. Thank you so much”

“I found the service extremely helpful in finding help for my Mum, and very supportive. I wouldn’t hesitate in recommending your services”

“They made us feel more confident about the challenges ahead. It has made a real difference to our lives and we cannot thank them enough”

Helping Islanders to receive the right care and support from the right person at the right time.



Anyone can contact Living Well for help and support:

One number: 525282 – ask for the Living Well Team

One email address: living.well.team@ageukiw.org.uk

We will complete an holistic assessment and will put one of our partners in touch with you, to work with you directly. These are:

Living Well Support Officers & Care Navigators - Age UK Isle of Wight

Living Well Support Officers and Care Navigators will take the time to listen to what is important to you and work with you to produce an action plan to achieve your goals.

Living Well Brokerage Support Service - People Matter IW

The Brokerage Support Service work alongside the person and their carer(s) to establish their needs and provide help in planning a care and support package.

Living Well Carers Support Team and Carers Lounge - Carers Isle of Wight

Based in the Carers Lounge at St. Mary's Hospital, the Living Well Carers Support Team offer personalised one-to-one emotional and practical support to all adult carers of adults.

Living Well Learning Disability Support - People Matter IW and Way Forward

Supporting people with learning disabilities and autism to access opportunities, explore housing options, promote independence and plan for the future.

SHARING OUR SUCCESS



Emma Lincoln selected for international mentorship role

Emma Lincoln, Age Friendly Island Team Leader, has become one of the first mentors for the International Age Friendly Environments Mentoring Programme, led by the World Health Organisation and the International Federation on Ageing. The programme sees mentors sharing their knowledge and experience of setting up an Age Friendly project, and supports mentees who are starting out on this journey.

Emma was one of only 16 mentors to be selected from 15 countries, and was matched to mentor Kate Edwards who leads on Age Friendly work in Stoke-on-Trent. Emma has been sharing the Island's successes, strategy and best practise, and Jack Wedderkop delivered Age Friendly Training to Stoke's Older Person's Steering Group. The mentoring is ongoing with Emma supporting them on their journey to Age Friendly City accreditation.



Active Minds Social Clubs get a boost with new activities

Clients at our Active Minds Social Groups have been enjoying a good old sing-song and dancing, thanks to instruments kindly funded by Ryde and Newport Parish Councils, and singing lessons paid for by a fundraising Age UKIW staff member. The friendly groups (designed for anyone who would like to keep their mind active) are enjoying regular visits from a professional singer who delivers teaching and advice on music techniques.

The groups have loved the lessons so far, with everyone interacting and engaging with the sessions, singing along, joining in with maracas, drums, tambourines and other instruments, and getting up for a little boogie! As well as music therapy, the groups have lots more fun activities planned over the coming months, including visits from a 'Pets as Therapy' dog, chess lessons and visits from the Fire Service.



Living Well Service works hand in hand with NHS

Elisha Downes, Living Well Support Officer, has been applauded for her work with St Mary's Hospital to reduce Delayed Transfers of Care and prevent patient readmissions. Elisha started work on Compton Ward in January 2019, with support from pilot funding from NHS England, with an aim to trouble shoot, problem solve and to look at innovative solutions to keep the discharge process in motion for each patient.

The pilot scheme was a massive success, with Elisha undertaking nearly 2,000 different tasks and supporting 345 patients to be safely discharged from hospital. She helped to smooth communication between all parties involved in the discharge process, including presenting and discussing options for support in the community, liaising with onward care providers and co-ordinating all information needed to get patients safely home.

ISLE OF WIGHT SHED FEST



On a gloriously sunny afternoon in July, Sandown Airport was transformed into a music-fuelled, rocket-propelled, Shed-Spectacular!

Isle of Wight Shed Fest 2019 was the brainchild of Lois Prior, Age UK Isle of Wight's Men In Sheds Co-ordinator, and was designed to be a celebration of the Men In Sheds movement, and to share the achievements of the Island's Sheds over the last four years. The free event offered a mix of live, local music, stalls, training, games and refreshments, plus a chance to learn more about Men In Sheds, and meet some of the Shedders from the Island and south coast.

David Walcock, from West Wight Shed commented, 'We've had a wonderful time today. What's great about the Shed is that it doesn't matter what your level of fitness is, or what your skills are, we all learn from each other, and we all do as much as we are able. We've got our new Shed now, so we'd love to see some new members join us'.

The event was opened by the Island's High Sheriff, Geoff Underwood, and festival-goers were treated to live music from both the Newport and Wootton Acoustic Music Sheds and the Boogie Woogie Sisters, amongst others. Training sessions and information were provided by Jigsaw Training and Development, IW Against Scams Partnership, IOW Prostate Cancer Support Group and the Southern Shed Network.

Men in Sheds is part of the Ageing Better Programme, funded by The National Lottery Community Fund.



.org.uk | Visit: www.ageukiw.org.uk

CELEBRATING AGE FESTIVAL 2019



Join us for the biggest and best Celebrating Age Festival ever! This October sees the festival celebrate its 5th year in style, with over 100 events taking place during October and with something to interest all Islanders.

Highlights include a Swinging Sixties Mystery Tour hosted by Southern Vectis; there will be music, singing, and most of all there will be tea and cake! Keeping on the transport theme, Havenstreet Railway are hosting The Age of Steam; an opportunity to take in the sights, sounds and smells of a bygone time, complete with an hour-long round trip aboard their wonderfully restored carriages.

Elsewhere there's everything from coffee mornings, film screenings, book groups, scrabble and card games or you can get creative at knit and natter groups, colouring clubs, painting lessons, photography groups and Arty Afternoons with Independent Arts.

If you fancy belting out a tune you can join one of the friendly choirs or SingAbout sessions across the Island, or get moving with a dance lesson. For those looking to get out and about there are health walks, Pitch Up at The Pubs, Zone Cricket and the amazing IW Buses, Beer & Historic Walks Festival!



Helen Lewis, Age Friendly Island Officer, commented: "In recognition of the richness and diversity of our local community, this year we decided to hold the Celebrating Age Festival over the whole month of October, with a bumper events guide packed full of regular and special one-off events. We hope to encourage people to get out there, meet people, try something new and discover all our beautiful Island has to offer."

Celebrating Age Festival booklets will be available from the beginning of September, keep an eye out for them in community locations or download a copy from www.agefriendlyisland.org

Get involved, have fun and enjoy the festival!

Your 4-page guide to
the Wolverton Manor
Garden Fair 2019



Wolverton Manor Garden Fair 2019

Saturday 31st August & Sunday 1st September
10am to 5pm Both Days

Wolverton Manor, Shorwell, PO30 3JS

Daily admission is £7.00 per adult | Children under 14 go Free
Advance tickets are £5.00. Available now from the IOW County Press Office,
Waterstones and The Village Shop, Brighstone.

Includes site map, exhibitors list and
show itinerary for both days!

With thanks to our exhibitors and advertisers

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Our Home Safe Service is expanding into

Gardening!

We offer the following:

- Lawn Mowing
- Weeding
- Strimming
- Hedge Cutting / Trimming
- Patio Cleaning
- All general garden maintenance

Simply relax and let us do the hard work

For any more information about Home Safe or our
Gardening Service, call (01983) 525282 or email
technician@ageukiw.org.uk

Please note we are unable to take garden rubbish away.



Reg Charity No. 1118711

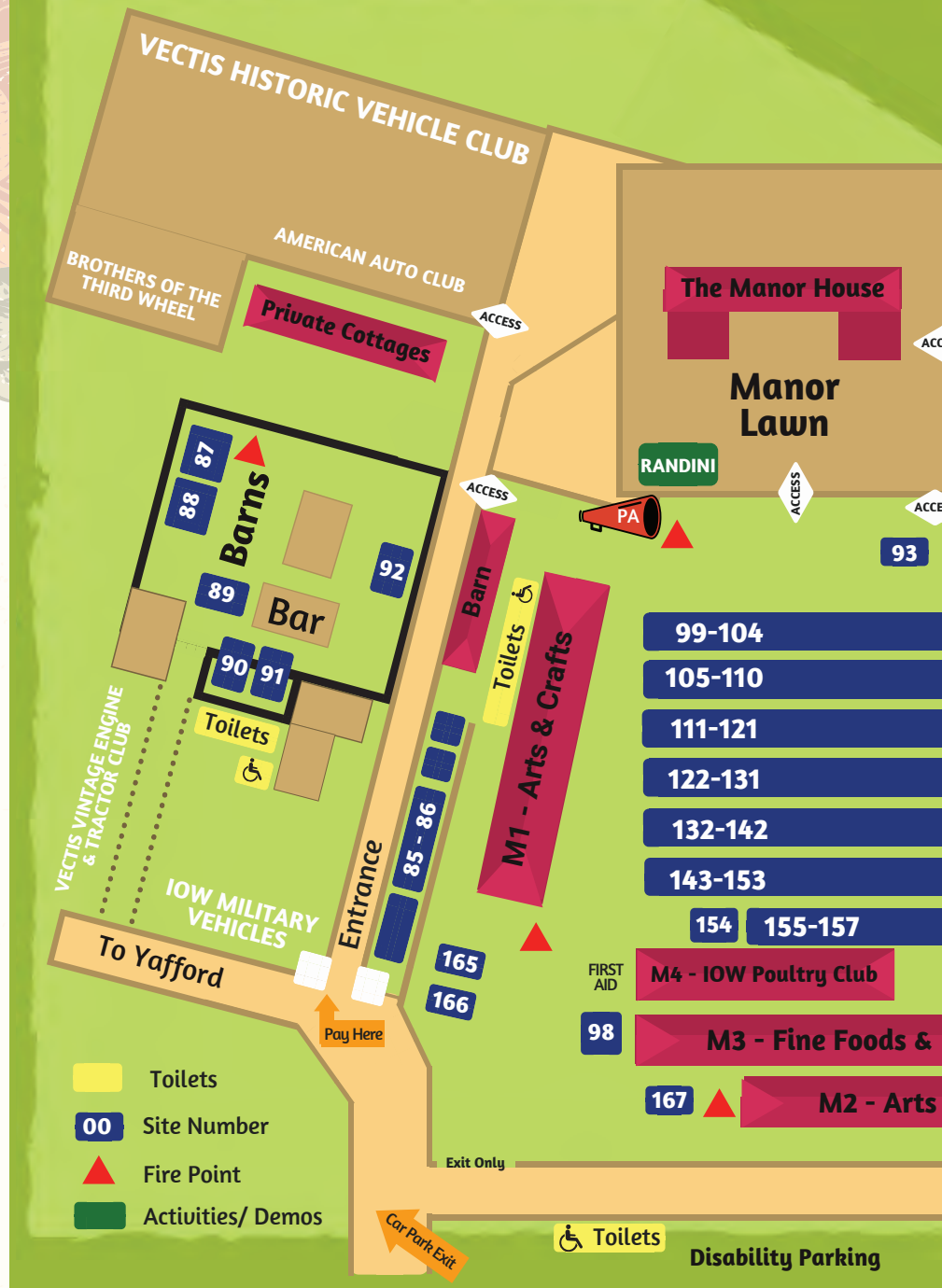
Exhibitor List 2019

Arts & Crafts Marquee 1

1. Seawind Services
2. Isle of Wight Calendar
3. Chilli Winter
4. Jasmine's Jewellery
5. Island Visions Photography
6. The Wight Pencil
7. Vicarious Glee
8. Commonwealth Family History
9. Windmill Woodturning
10. Homemade Jewellery
11. Magic Mosaic's
12. Crafty Days
13. Bramley Plants
14. Wight Pebbles / Thomas Kent Clocks
15. Teddy Tombola
16. Fine Art Prints & Cards
17. SB Card Creations
18. Mac & Lily's Island Crafts
19. The Lace Shop
20. Dig for Vintage
21. Exclusively by Christine
22. Available Light Photography
23. Valby Quilted Memo Boards
24. Christine's Knitwear & Cards
25. Whistle & Hound

Arts & Crafts Marquee 2

26. Sewing and Craft Items
27. Recycle & Bicycle
28. Lily Louise Allen Art
29. Jool's Jewels
30. Lilliput Wight
31. LBP Bespoke
32. The Singing Crafter
33. Amanda's Jewels
34. Doggy Bags & Bits
35. Greeting Cards
36. Rhe Amore
37. Compassion in Farming
38. Bohemian Betty
39. Kath Cave Antiques
40. Earthshine Glass Design
41. Dew Drop Cards
42. Cards, Crafts & Paintings
43. Dapplegrey Art
44. Sara's Spoons
45. Jewellery & Ceramics
46. Made by Rhian
47. Lino Cut Art Prints
48. Hellerslea Fabrics
49. Fun Finger Puppets
50. IW Spina Bifida and Hydrocephalus
51. Linda's Unique Boutique
52. Gardens in Miniature
53. Hessian Handle Co.
54. Maria Ward - Artist
55. DJG Wooden Crafts
56. Lucy's Crafts



Foods & Crafts Marquee 3

57. Brighstone Village Shop
58. Lymn Cheese
59. Mrs Bucket's Kitchen
60. IOW Honey
61. The Island Bakers
62. Nibble Nose
63. CFO Foods
64. Textile Workshop
65. Trophy Pet food
66. Avon Cosmetics
67. Woodcarving Work
69. Sight for Wight
70. Purrfect Portraits
71. Eclipse Clothing
72. IOW Country Markets
73. Herbs & Spices
74. Isle of Fudge

75. Mr C's Handcrafted Food Company
76. The Cake Smith
78. Strictly Hand Dyed
79. Earth Balance Craft
80. Eminence
81. Cowes Chiropractic Clinic
82. Pipsy Puffin Art
83. Jan's Silver Jewellery
84. Rosemary of Arreton

IOW Poultry Club - Marquee 4

Display & Demos - Marquee 5

- Embroiderers' Guild
- AUKIW Men in Sheds
- IOW Bus & Coach Museum
- IW Woodcarvers Club
- Prostate Cancer Awareness

The Wolverton Manor Garden Fair is kindly sponsored by:

Isle of Wight County Press

SECRET GARDEN OF BEMBRIDGE



Wolverton Manor Garden Fair 2019

supporting



112. Vintage Bird Feeders
113. Solent Garden Solutions
114. The Antiquary
115. Inspired By
116. Slab Fudge
117. Isle of Wight Pearl
118. The Borneo Pantry
119. Topsy Wight
120. Angel Creations
121. Lavender & Leeks
122. Friends of the Animals
123. Pallet Worx
124. AUKIW Independence at Home
125. Healthwatch
126. Victory Sisters
127. Isle of Wight Brainy Bunch
128. Roll Out the Barrel Trust
129. Russell & Co. Country Gifts
130. Claire's Gardening Services
131. Ability Dogs 4 Young People
132. R & J Trading
133. Wagging Tails
134. Vintage Mellie
135. Kids Bee Happy
136. My Funky Bags
137. Cora Wade Jewellery
138. Mala Kamala / Beespokely
139. Isle of Wick
140. A Little Bit of Pom Pom
141. Cowes Lions
142. Hampshire & IOW Wildlife Trust
143. Giraffe and Custard
144. St Valentines Liquorice
145. Naturezones
146. The Garlic Farm
147. Val's Collectables
148. Oscar Pet Foods
149. IOW Kidney Association
150. By the Sea Designs
151. Crafted by J & S
152. Mad Bag Lady
153. IOW Fostering
154. Undie Cut Fashion
155. JCWGVA - Lost Children
156. C & O Tractors
158. Cross Country Services
159. Old Pine: Furniture, Garden & Gifts
160. Island Sheds & Log Cabins
161. Beedz Needs
162. Amber J Maidment
163. Sienna Candles & Reed Diffusers
164. Pony Riding for the Disabled
165. R. Hunt Agricultural Engineers LTD
166. Ryde Lions BBQ
167. An Honest Crust
168. Premier Gardens
169. Over the Garden Wall
170. Vectis Searchers
171. Seaview Girl Guides
172. Shanklin Dog Obedience Group

Vectis Sunrise Rotary
 Hampshire & IOW Air Ambulance
 IOW Lace makers
 Royal Air Force Association

Outside Stalls

Age UK Isle of Wight
 85. Vintage Gardenalia
 86. Fry's Teak Furniture
 Hampshire & IOW Constabulary
 Hose Rhodes Dickson
 87. Latino Feast
 88. Gusto's Food & Drink
 89. IOW Guild of Spinners
 90. Massage & Holistic Facials
 91. Reflexology
 92. Vintage Tearoom
 93. Wight Henna

94. VeganBoys
 95. The Flying Coffee Machine
 96. Frozen Yoghurt & Fresh Fruit
 97. Fat Shaun's Hog Roast
 98. Calbourne Classics Ice Cream
 99. Hardy's Cottage Garden Plants
 100. Pocock's Roses
 101. Eddington House Nursery
 102. Highwood Nursery
 103. Meadowgate Nursery
 104. Floyd's Climbers & Clematis
 105. Gatcombe Gardenalia
 106. Grants Plants
 107. Olive Grove Gifts
 108. Care in the Garden
 109. IOW Cactus & Succulent Society
 110. The Secret Garden of Bembridge
 111. Meadow In My Garden



What's on at the Wolverton Manor Garden Fair

Time	Location	Day(s)	Activity
11:00	Dog Ring 2	BOTH	Ability Dogs 4 Young People demonstration
11:00	Hare Garden	BOTH	South Coast Falconry display
11:30	Dog Ring 1	BOTH	Isle of Wight Gundog Club demonstration
11:30	Hare Garden	BOTH	Isle of Wight Bat Hospital, bat talk
12:00	Manor Lawn	BOTH	David Randini, Magic Moments
13:00	Main Hall	SATURDAY	'Meadow In My Garden' talk (£1 / children free)
13:30	Dog Ring 2	BOTH	Ability Dogs 4 Young People demonstration
13:30	Hare Garden	BOTH	Isle of Wight Bat Hospital, bat talk
13:45	Dog Ring 1	BOTH	Dog Agility, the public have a go!
14:15	Manor Lawn	SUNDAY	Last Orders, Irish band
14:30	Dog Ring 1	BOTH	Shanklin Dog Obedience, group display
15:00	Hare Garden	BOTH	South Coast Falconry display
15:15	Manor Lawn	SATURDAY	David Randini, Punch & Judy
15:15	By the Barns	SUNDAY	David Randini, Punch & Judy
15:30	Dog Ring 1	BOTH	Fun dog show, novelty classes for everyone
15:30	Hare Garden	BOTH	Isle of Wight Bat Hospital, bat talk
15:45	Manor Lawn	SUNDAY	Last Orders, Irish band
16:00	Manor Lawn	SATURDAY	Elizabethan dancing, everyone can join in

In addition, there will be Elizabethan dancing displays in the Manor throughout both days, times will be displayed at the garden entrance (£1 / children free).

With thanks to our exhibitors and advertisers



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October 2019

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and activities!

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something new and
celebrate with us!

**See page 8
for full details**

www.agefriendlyisland.org

TODAY - RIGHT THIS MINUTE in the third world, elderly women and men still have to collect enough water everyday, over long distances, just to survive, carrying it on their heads or shoulders in dirty jerry cans. Here at www.rotb.co.uk we strive to make their lives easier and bearable.



Please consider donating
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SPOTLIGHT ON JO

For some, a job is a job. Clock in... clock out... pay the bills. Here at Age UK Isle of Wight (AUKIW), we are incredibly lucky to have a whole host of committed staff who go above and beyond, in support of the work that we do for older Islanders.

Jo is one such example. Through her job in AUKIW's Independence at Home team, she helps to support hundreds of older people every month. In addition, she has run through plumes of dayglow powder, braved the icy sea and even jumped out of a plane to support the charity!

Tell us about your role at Age UK Isle of Wight

I joined AUKIW in 2017. I'd previously worked as a Children's Community Nursery Nurse, providing respite for parents of children with life limiting conditions, so with my care background, the job at AUKIW was a natural progression. I'm a Client Care Officer, matching clients with Support Workers who provide help around the home.

Getting to know the clients, their personalities and sense of humour is an important part of the job, and for me it's great, as I love chatting to people!

What do you find most rewarding about your role in the team?

I love knowing that I've done a good job for the client, and have been able to make their life that little bit better. For some clients it's difficult to admit that they might need some help, but I set up support when they are ready. Making connections and seeing people build their confidence to open up and seek help gives me a real sense of achievement.

Unfortunately, one of my clients passed away last year, it was someone I had worked closely with for a long time. At their funeral, their family thanked me for all of the support I had provided; their gratitude was overwhelming, and made everything worthwhile.



You are a champion fundraiser in your spare time! What is your main motivation?

AUKIW work really hard for local older people, I see this every day, and I am really passionate about giving something back. My son and I did the 'Penguin Plunge' in 2017, braving the freezing cold sea in Ryde in December! Last year he and I took part in the AUKIW Powder Run, we looked a sight by the end of it, but it was so much fun! This summer I jumped out of a plane, doing a sponsored tandem Skydive for the charity! It was on my bucket list, so I'm really pleased to have been able to tick this off.

Running a marathon is also on my bucket list. Without telling me, my twin sister put both of our names into the ballot for the 2020 London Marathon. If we get through, we'll both be running it for the charity, so fingers crossed!

Aside from your job and jumping out of planes, what else do you like to do in your spare time?

I love running and spending time with my husband and son. Weekends are family time, whether it's going for a bike ride together, walking the dogs, playing board games, or beating my son on the Xbox (I'm very good, and he hates it when I beat him!). I also spend as much time as I can with my family. Family means the world to me.

STAYING SAFE & STAYING CONNECTED

Whether you are a self-confessed technophobe or a lover of all things digital, Age UK Isle of Wight's friendly technical support teams have a range of products, services and support to help you stay safe in your home, and stay connected to your loved ones.

Through our 'Digital At Home' and 'Digital Inclusion' services, we can support Islanders with user-friendly gadgets, training, one-to-one support and drop-in sessions.



Video-calling your grandchildren in Australia, easily switching off your plugs before bed and watering your hanging baskets can all be done at the touch of a button; our digital team can show you how.

We offer a range of support and services including:

- 1-to-1 tuition in the comfort of your home
- Advice and installation of useful gadgets for around the home
- Digital workshops
- FREE digital help drop-in sessions (Ryde, Brading, Shanklin, Newport & Freshwater)
- Impartial advice on a range of technology, before you buy

Below are some examples of easy to use technological equipment that can help to give you peace of mind around the home. All of the below, and more, are available to be installed by our Digital at Home service.



Easy to setup up remote control sockets; no more bending to remove awkward plugs



Movement-activated nightlights; offering middle of the night peace of mind



Self adhesive battery operated lighting; for extra lighting without the need for wires

The difference our services make



Nicky Eaton, 75, Digital Inclusion Project client

“I first heard about the Digital inclusion Project when Daniel visited the Seagrove Silver Surfers group and was offering free group help. At the time my husband and I were quite new to Apple devices (phones and tablets) and were finding the switch from what we were used to a bit of a struggle. I knew I needed some more individual help than the group session could offer, so I rang Age UK Isle of Wight and booked Daniel in for a visit.

“We’ve now been having lessons with Daniel for about 6 months, during that time he’s taught my husband and I how to use our new phones and tablets. I’m 75 and coming to this new technology at my age could have been daunting, but Daniel has been great at explaining how everything works, answering all our questions and teaching us what we want and need to know.

“This one-to-one support has been great, being able to use our devices day-to-day more efficiently and confidently has made a huge positive difference to our lives. I would recommend the service to anyone wanting to learn more about technology.”

“I can now make better use of the camera function on my phone, and can capture and share important moments and memories”

“I now feel confident to check anything online, I’m no longer anxious while using the internet”

“Your course has opened up a whole new world to me. I am back in touch with my grandchildren, and I’m confident to stay more connected with friends and family”

Discover how our digital services can help you to stay safe and connected

All of our friendly staff and volunteers are experienced, and DBS checked, giving you the peace of mind you have come to expect from Age UK Isle of Wight.

If you would like to chat to one of our friendly digital For more information about how we can support you or a family member, contact us on 525282 or email digital@ageukiw.org.

DEMENTIA: Who cares for the carers?

Dementia. A small word, but one which can often have far reaching implications, not only for the person with dementia, but also their carers and loved ones.

In 2013, the Isle of Wight became the local authority with the highest percentage of dementia cases in the UK*, and with an increasing ageing population, the need for support for those with dementia, and their carers continues to rise.

Over the last four years, through the Ageing Better programme (funded by the National Lottery Community Fund), Alzheimer Café Isle of Wight and Carers IW have been working hard to provide dementia advice, information and support to Islanders.



Niall's wife Margery was diagnosed with Alzheimer's disease 3 years ago, here is their story:

“We found out about Carers IW and Alzheimer's Café purely by accident. We were attending an Older Voices meeting last year, and were told about a one-day seminar, held by Carers IW & People Matter IW, at which Maggie Bennett from the Alzheimer's Café would be giving a talk. We went along, and were overwhelmed by the amount we learned about Alzheimer's, and the various support available on the Island.

“We discovered that Carers IW have drop in coffee mornings and a whole programme based around supporting carers. We've been going along for a year now, and I've learned so much from the information and training they provide. I cannot speak highly enough of Carers IW, any time I pop in or give them a call with a question, they are able to help.

“We also attend the Alzheimer's cafés in Newport and Cowes every month, and have tapped into a whole new social circle. We have tea and cake and sandwiches, and we get to meet other people who are, to coin their slogan 'All in the same boat'. Through talking to other people who are going through the same experiences, you learn how to care for your loved one. Margery and I have gained so much through the Island's volunteer-led services, tapping into their knowledge and support has made a huge difference to Margery's life, and to mine”

* NEPHO (North East Public Health Observatory)

Ageing Better Isle of Wight

Carers IW and Alzheimer Café Isle of Wight are part of the Ageing Better Programme on the Isle of Wight, a programme set up by The National Lottery Community Fund.

To discover all of the Age Friendly Island projects:

Visit: www.agefriendlyisland.org

Call: 525282 and ask for Ageing Better



FUNDRAISING UPDATE

Taking to the skies to raise money for local older people!

We'd like to say a massive thank you to the incredible 18 brave fundraisers, aged from 20 years old to 72, who took on tandem skydives in aid of Age UK Isle the Wight (Age UKIW)!

The thrill-seeking fundraisers enjoyed unparalleled views of the Island as they jumped from 12,000ft over Sandown Airport. One jumper, Kristi Martin, said:

"This charity is very close to my heart. After losing my grandad last year, I was completely heart broken.

"I wanted to raise money to give back to the charity that just keeps giving to others, and to help those whose needs are a lot greater than mine."

Elisha Leachman, Fundraising Manager at Age UKIW, said:

"It has been an inspiration to see so many fundraisers take on this massive challenge for Age UKIW, it's been our most successful year ever. We had jumpers across the ages, even our amazing sponsors at Red Squirrel Property Ltd took the leap! Each of them has been amazing and I want to thank them all for their bravery and support."



Join our spooktacular screening of Hocus Pocus!

Celebrate Halloween with us at an exclusive showing of the 90's cult classic, Hocus Pocus, starring Bette Midler, Kathy Najimy, and Sarah Jessica Parker.

Our showing of the spooky family comedy (Rated PG) is on Sunday 27th October at 4.30pm in the Deluxe Screen at Cineworld Cinemas, Newport. For a donation of £10 Adult, £5 Children (Under 14) or £25 Family (2 Adults & 2 Children) you will receive admission to our screening and a fun-filled Halloween pack.

100% of all funds raised from our Halloween spooktacular screening stay on the Island supporting our 'No One Should Have No One' campaign.

Spaces are limited, book yours today at www.ageukiw.org.uk or call (01983) 301343.

Sign up for the Powder Run today!

Join our Powder Run on Saturday 7th September! You can run (or walk) through our fun filled family friendly 2km colour course from 2pm. The event is kindly hosted at Porchfield Cricket Club as part of their annual fun day.

Entry is £10 for adults, £5 for children (13 & under). All pre-registered runners get a rainbow pack and a medal.

To sign up today visit www.ageukiw.org.uk or email fundraising@ageukiw.org.uk. We will also be taking registrations on the day from 1pm.

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	12 th September, 10:00 – 12:00
NEWPORT – Lord Louis Library	10 th September, 14:00 – 16:00
RYDE – All Saints Church	5 th September, 14:00 – 16:00
SANDOWN – Sandown Library	5 th September, 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

Celebrating Age Festival - 100+ diverse events and activities throughout October 2019. Meet people, try something new and celebrate with us! See page 8 for full details.

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 Wednesday of the month, 10:00 – 12:00
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 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

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.

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, Furrongs	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
TOTLAND MEN'S SHED – Turf Walk, Totland	Thursdays, 10:00 – 14:00
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

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
Wolverton Manor Garden Fair – Wolverton Manor, Shorwell, PO30 3JS	Saturday 31 st August and Sunday 1 st September 10:00 – 17:00 both days (see pages 9-12 for full details)
The Age UK Isle of Wight Powder Run 2019 – Porchfield Cricket Club	Saturday 7 th September, 14:00 (see page 17 for full details)
Exclusive Halloween Showing of Hocus Pocus – Cineworld Newport (Deluxe screen)	Sunday 27 th October, 16:30 (see page 17 for full details)

Contact: To find out more about our fundraising activities and events, or to volunteer, contact Age UK Isle of Wight on (01983) 525282 or email fundraising@ageukiw.org.uk



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ISLAND HOLIDAY HOMES

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We've been established for nearly 30 years and have grown to become the Island's leading independent estate agent.

Working out of six Island offices we are also a member of the 'Guild of Property Professionals' providing a network of over 800 agents across the UK.

Our marketing strategies work. We sell more property than any other agent on the Island.