

CONTENTS

2 A MESSAGE FROM THE GOOD NEIGHBOUR SCHEME

We couldn't do what we do without the support of our Volunteers

4 WHAT IS THE LIVING WELL APPROACH?

Find out how AUKIW's partnership with 3 other charities could help you achieve your goals

6 VALUABLE NOT VULNERABLE

How to help create a world for all ages

8 FUN FAIRS AND FUNDRAISING

Celebrating the events that have helped raise vital funds for Age UK Isle of Wight



Well, how can we already be looking at the Autumn edition of the Living Well. This year has flown by with little ease in the requests for support from The Good Neighbour Scheme.

We currently have 197 volunteers spread across the island who are donating approximately 1000 hours of their own time per month. Assisting with a myriad of tasks such as befriending, transport, medication collection & delivery, dog walking, welfare checks and small tasks around the home.

To our existing volunteers, we are constantly amazed by you all and the magnificent support that you offer to deliver vital services in your local communities. During the last year residents accessing our service has risen dramatically, we have seen a month on month increase which we expect to continue to rise as winter hits.

Volunteers are some of the most valued members of our organisation, and play a pivotal role in supporting our Island residents. We know that this support lifts moods, reduces anxieties and loneliness and most importantly allows somebody to smile again!

But we could not do any of this without individuals like you!

So this brings me to our urgent request, could you volunteer for us? Or if you are already a volunteer, do you know of anyone that may have some time that they are able to offer to Age UK IW?

Our volunteering team can be reached by 525 282 or visiting www.ageukiw.org.uk where interest can be registered through our "Get Involved" page and one of the team will make contact to discuss the process further.

Volunteering has a huge effect not only the clients life but the volunteers as well. Have look at some of the quotes below to see how fulfilling volunteering can be.

Everybody deserves somebody and that somebody could be you or someone that you know!

Thank you.

Alli, Hannah, Sharon
The Good Neighbour Scheme



"I'm so glad I decided to be a befriender and would recommend anyone with spare time to try this rewarding occupation. Your clients will thank you!!"

"I wanted to volunteer to enable me to help people connect to the community when having to isolate. If I can make someone's day a little brighter then that makes me feel good too!"

"My reason for volunteering with Age UK is that it fulfils a role that draws upon experience from my previous work, and helping those who are most vulnerable is so rewarding."



"Volunteering with Age UKIW is extremely rewarding, fun and varied. It is always great to help others and you get to meet such interesting people too! I feel really supported by the caring GNS team who are always friendly, professional and very appreciative of the time I give. Our clients have a variety of needs which makes our work very varied and always rewarding."



"I try to help people and make their lives more enjoyable. The smiles you get are worth a lot and it makes you realise what a great job Age UK Isle of Wight are doing."

WHAT IS THE LIVING WELL APPROACH?

The Living Well Approach is a partnership of three local Island charities, funded by the Isle of Wight Council's Improved Better Care Fund (iBCF).

The main aim of the partnership is to:

- 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 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 three 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.

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.

Learning Disability Support - People Matter IW

Our Learning Disability Support Officers provide a wide range of help for people with learning disabilities and autism to access new opportunities and build social networks.

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.

Citizens Advice Isle of Wight

Citizens Advice IW can help you with a range of issues including: debt & money, employment, housing, immigration, taxes, benefits, family & relationships and utilities.

How can the Living Well Approach can help?

6000+ People

supported since the Living Well Approach was launched in November 2017



Living Well Case Study – Putting in place extensive support to maintain independence at home

Jane and Colin have been married for 44 years. They have one son David (38) who lives with them and has Down's syndrome. Jane lost confidence following a fall which meant she was admitted to hospital.

Once at home, the couple were referred to Living Well Support Officers who visited them to discuss what difficulties they were having. They supported them to install grab rails to help in the shower and a key safe for emergencies. They also supported them to make an application for Attendance Allowance and provided them with information about gardeners and cleaners to support them on a regular basis.

Jane and Colin now also attend chair based exercise classes, which is helping to build muscle strength and increase confidence. Colin mentioned that their son David was very lonely and did not often go out. With David's permission he was contacted by our Learning Disability Support Team who talked with him about his options for being more included in the community. David now attends a social evening in the local town hall, where he has made many friends.

"We did not know what support was available to us, but were finding it increasingly difficult to manage alone. Your advice and support has changed our lives for the better. Thank you!"

Anyone can contact us in the following way:

- **One contact number-** (01983) 525282
- **One email address-** living.well.team@ageukiw.org.uk

76%

of people say they would have gone to their GP, Adult Social Care or the hospital without Living Well support

78%

of people feel their confidence to live well has increased



VALUABLE NOT VULNERABLE: A world for all ages

Traditionally across the month of October, in line with International Day of Older Person's on the 1st, Age Friendly Island (AFI) have organised the Celebrating Age Festival (CAF), working with organisations and local communities to run a diverse range of events.

The 2020 CAF was a victim of Covid and for 2021, it is time to think again.

In line with the World Health Organisation and inspired by Greater Manchester (who developed the phrase Valuable not Vulnerable), AFI are leading on a local campaign to start a conversation around ageism.

'Ageism refers to how we think (stereotypes), feel (prejudice) and act (discrimination) towards others or ourselves based on age.' WHO Global

Campaign #aworld4allages
Knowing where to start can feel overwhelming and we seek to reassure and give direction on how local communities and organisations can get involved.



The Age Friendly Island Forums across October will be facilitating discussions around ageism.

- Tuesday 12th October, Newport, 10:30am-12pm
- Tuesday 19th October, 3:30pm-4:30pm via Zoom
- Wednesday 20th October, 10am-11:30am West Wight
- Tuesday 26th October, 10:30am-12pm Ryde

If you would like to attend, please call Helen Lewis on 525282 or email helen.lewis@ageukiw.org.uk to book a spot.

Work for an organisation and want to start the conversation?

Visit the new pages on the Age UKIW website, launching end of September 2021. There are resources and examples of how locally organisations are tackling ageism.



Age UK Isle of Wight can



help you to stay independent at home

If you, or someone you know may benefit from any of the following services, then get in touch today!



Registered Charity Number: 1118711

Call (01983) 525282 or visit ageukiw.org.uk

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

FAIRS, FUN RUNS AND FREE FALLING



Reaching for the Sky!

This August, 15 Fearless fundraisers experienced an amazing adrenaline rush as they jumped out of a plane from over 12,000ft in a tandem skydive over Sandown Airport in aid of Age UK Isle of Wight!

The weather turned out to be perfect conditions in the afternoon, a clear and sunny day giving spectacular aerial views to all involved!

We are extremely grateful to all of the incredible fundraisers, some of which had to wait almost two years to do the challenge they signed up for.

Collectively over £7700 was raised, all of which stay on the Island helping Age UK Isle of Wight to continue to provide support and companionship to our older Island residents.



An eventful few months!

A Wonderful Weekend at Wolverton

The Islands largest Garden Fair returned for one of their most successful weekends yet!

The 21st fair, postponed last year due to the pandemic, once again opened its doors to many, offering entertainment and family fun across the weekend.

Jane Patterson (a patron of the fair's supported charity Age UK Isle of Wight) along with husband Mark, once again saw their manor fields filled with local attendees supporting this wonderful local event.

The fair hosted over 160 Island and mainland nursery, garden and craft exhibitors, Elizabethan re enactment & dancing, live falconry displays, dogs shows, magic shows, live music, classic car, bike, military vehicle and engine displays and much more!

The Wolverton committee are busy totting up the numbers and will confirm how much the fair raised mid october at a charity presentation and are hoping that this year will be a record for the event!



Painting the Town Rainbow

Age UK Isle of Wight's 3rd annual Powder Run & fun day, postponed last year due to Covid, once again opening its doors to the local community, offering entertainment and family fun last Saturday at Porchfield Cricket Club.

Colourful fundraisers turned out in their droves for the second Age UK Isle of Wight Powder Run on Saturday 25th September 2021, with over 200 people taking on the 2k backyard obstacle course, getting covered in every colour of the rainbow at their seven powder stations.

The event has raised over £2500 so far (with sponsorship still to come in) and ran alongside a family fun day, featuring a fun dog show & dog agility displays hosted by 'Barking Mad', also vintage fun fair amusements, BBQ, bar, cake by Calbourne Classics, Jules Ice Cream Van, Island Sweet Dreams, and a few local activity stalls!





Get your home ready for Winter

Our Home Safe service are offering **FREE** energy efficiency equipment to help you reduce your fuel bills this winter

If you or someone you know are over 65 and in receipt of low income or any means tested benefits, or suffering from any long term health conditions we can offer you and install for **FREE**.....

24hr plug socket timers
On/off remote control sockets
LED night lights
Energy efficient light bulbs
Door draught excluders
Letterbox brush flaps
Heat reflector radiator panels

Do you struggle to heat your home? We can also offer advice on getting a better energy deal.

Call (01983) 301693 and ask for the Home Safe Service or email technician@ageukiw.org.uk