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2020 Wrapped Up

2020. What a year! If you had asked people to make predictions in January about what 2020 might have in store: Prince Harry and Megan Markle stepping down as Royals, Elon Musk naming his son X Æ A-12 Musk, water being found on The Moon and of course the Coronavirus pandemic which saw the UK on 'lockdown' for much of the year, would probably not have been on their list!

For Age UK Isle of Wight, the Royal Family and water on the Moon didn't have much of an impact on us, but COVID-19 certainly did. With lockdown being announced, like most of the country, every member of our office staff had to begin working from home; 60% of our volunteers were no longer available to support with the increased demand that we faced as many were shielding and fundraising events that the Charity relies on every year for valuable income had to be cancelled, including Wolverton Manor Garden fair that raised £25,000 the previous year.

Like most of the world, and the people and organisations within it, Age UK Isle of Wight had to adapt and overcome these obstacles. This was achieved by:

- Recruiting, vetting and deploying 200 emergency response volunteers, within three months.
- Redeploying staff to contact all of our vulnerable clients, as well as the high volume of new referrals we were receiving to ensure that they would have support in place.
- Forging partnerships with all sorts of organisations, from Wightfibre to the Pop Up Soup Kitchen, from Care in the Garden to the Yarborough Inn. These partnerships meant that meals could be delivered, iPads were supplied to care home residents to keep in contact with family and friends, and geranium plants were dropped off on doorsteps to bring joy to isolated Islander's doorsteps.

Age UK Isle of Wight was able to provide free emergency response support across the Island to those in need.

Whilst many people are thrilled to wave 2020 goodbye, a new year doesn't always mean everything changes overnight. One thing is for sure, Age UK Isle of Wight will approach 2021 with the same dedication, hard work and with the needs of older Islanders at it's heart just as we have approached every year since 1973.



3118 welfare calls made between April & September

60% increase in demand when lockdown started



£53,612 worth of shopping delivered to older residents since April

1272 prescriptions were collected between April & September

3000 people supported to be safely discharged by our Hospital Team

We supported an average of 1362 people every month

1340 people helped at a time of crisis to remain independent



100% of our clients reported that they were treated with dignity & respect



6000+ hours of volunteering provided since January

How to Thrive in later life

Age UK Isle of Wight delivers a range of projects to support people aged 50 and over to thrive in later life, whatever their circumstances. These projects aim to address challenges in society, and in later life, and to address issues of equality and accessibility to support and services.

These projects break new ground for the charity so require an innovative approach to do things differently to support Island residents.



Thrive projects

Hi, I'm Kelly and I am really looking forward to developing a number of projects for older people here on the Island. My background is in education and recently I have been working on projects for a local conservation charity.

Through my role

as Thrive Project Officer I'll be working primarily on three projects for the Island community and will be looking for opportunities to develop new initiatives for the future, too. I will be working with HMP IW to support older prisoners to thrive by providing information and guidance and developing engaging activities to enrich their lives.

Another new project for us will involve developing a partnership with local churches to support bereaved older women. Thanks to the generosity of a 19th century benefactor, we will be able to provide widows of the community with much needed practical help.

Lastly, I will be picking up a project with the Islands LGBTQ+ community that supports those experiencing hate crime and discrimination.

If you would like to contact me to find out more about what I'll be doing, to get involved or if you might benefit from our services, then please drop me an email Kelly.wetherick@ageukiw.org.uk or call 07971 471289.

Digital Inclusion

Hi, I am Claire, the new Digital Inclusion Officer for Age UK IW. Previously I worked for the world's largest fine art and antique online auction marketplace, and prior to that I worked within the charitable sector delivering the Governments Work Programme to the Islands long term unemployed.



I have been working on various projects, including offering a reactive service to anyone needing support with digital resources, and I have had the opportunity to roll out a new product on a trial basis to 15 clients providing individuals with the ability to video call through the television. Moving forward I am looking at new and innovative ways to spark the interest of our clients to get them motivated to become digitally engaged.

As part of the Digital Inclusion project, Age UK IW run courses which include 1-1 tailored support, six week iPad café courses, six week PC/Laptop courses, community 'drop-in' support sessions, technical home support for hardware and software installation and support to make an informed decision on purchasing a device. During the Covid Pandemic all delivery is under review and may be delivered remotely. 1-1 support is provided by Age UK IW volunteers who are DBS checked, and come from a range of IT backgrounds ensuring that they are experienced in using various types of devices.

To find out more, Email digital@ageukiw.org.uk or call 01983 525282.

COVID-19 VACCINE INFORMATION

Covid-19 is in the headlines on every news station, your family and friends are sharing posts about it all over Facebook and since the vaccine roll out, suddenly it seems that everyone you know has become a conspiracy theorist or medical expert overnight and it's hard to know what to believe! Age UK Isle of Wight know how important it is that people make informed decisions so the next few pages will hopefully answer some of your questions about the Covid-19 vaccine.

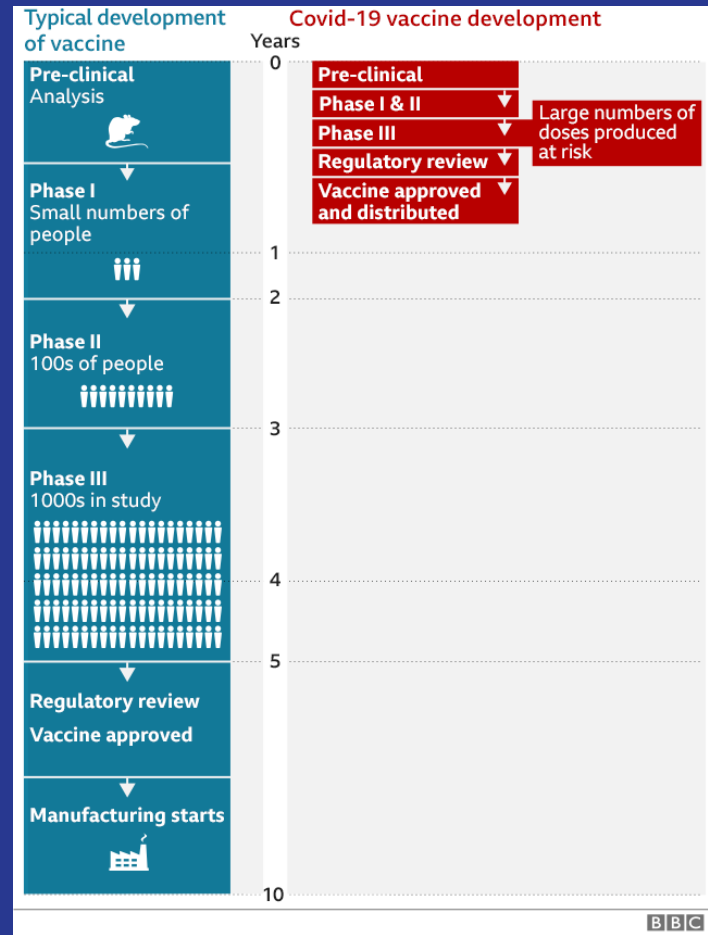
Vaccines normally take years to be developed, but the Covid-19 vaccine has been made available so quickly, is it safe?

Whilst it is true that most vaccinations normally take around a decade to be developed and released, no steps were skipped when creating the Covid-19 vaccine. A lot of resources were made available to ensure it be developed as quickly as possible given the severity of the outbreak but the trials have happened following the standard process. The diagram to the right by the BBC further explains the steps and time scales followed.

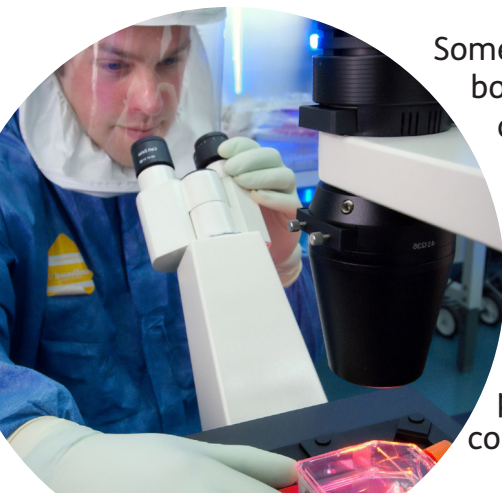
Is it true that the Vaccines contain Covid-19 and could make me ill with it?

Vaccines do not give you a disease, instead they teach your body how to recognise and fight the infection.

Neither the Pfizer-BioNTech, Moderna or Oxford-AstraZeneca vaccine contain Covid-19. The Pfizer-BioNTech and Moderna vaccines use pieces of genetic code to cause an immune response and the Oxford-AstraZeneca vaccine uses a harmless virus altered to look more like the coronavirus.



There is no evidence to suggest that any of the ingredients in these Vaccines should cause harm when used in such small amounts. Allergic reactions to vaccines are rare, and any approved vaccine will have the ingredients listed.



Some people may suffer mild symptoms after being vaccinated, but this is the body's response to the vaccine not the disease itself. These may include: a sore or 'heavy' arm where you had the injection, feeling drowsy, a headache or general aches, or mild flu-like symptoms.

What happens once I have had the vaccine, do I still need to wear a mask or socially distance?

It is not yet known whether being vaccinated means you can no longer pass the virus on, or how long the immunity lasts. As a result you should continue to follow safety guidance to prevent the spread of Covid-19.

Answering your frequently asked questions

How do I know if I am eligible for the Covid-19 vaccine?

Coronavirus vaccines will be made available to everyone at some point. While we don't have enough information yet to know exactly when that might be, we do know it's going to require patience as not everyone's going to be able to get vaccinated at the same time.

To make sure those most in need of a vaccine receive one as soon as possible, the Joint Committee on Vaccination and Immunisation (JCVI) has advised the Government to prioritise certain groups. Once these groups have been offered their vaccine, the JCVI will set out the priority order for the remaining adult population.

The initial priority groups are set out below, starting with those considered high priority:

- Older adults that are a resident in a care home and their care workers.
- Everyone aged 80+ and all health and social care workers.
- Everyone aged 75+.
- Everyone aged 70+ and all those considered clinically extremely vulnerable and were previously advised to shield.
- Everyone aged 65+.
- Everyone aged 16-64 with an underlying health condition which puts them at higher risk of becoming seriously unwell
- Everyone 60+.
- Everyone 55+.
- Everyone 50+.

If you are eligible for the vaccine, you will be sent a letter from the NHS and will then be able to arrange your appointment to receive the first dose.

My second dose of the vaccine has been delayed, should I worry?

All types of vaccines approved for use in the UK require two doses to be fully effective. If you have already had your first dose, it is likely your second appointment will be postponed for another few weeks in order for the government to prioritise as many people as possible getting their first dose.

This is because evidence shows that the first dose of the vaccine gives significant protection in the short term. Everyone who received their first dose will receive the second within 3 to 12 weeks.

If you have any more queries or concerns, you can visit our website at ageukiw.org.uk to see our comprehensive Coronavirus information hub.

Alternatively, you can contact us on 01983 525282 or by emailing info@ageukiw.org.uk.



Sources: BBC, WHO, CDC, Age UK, Medical News Today

PANDEMIC INFORMATION HUB

Age UK Isle of Wight have worked hard to collate any useful information with regards to the Coronavirus pandemic so that it is available to the public in a manageable way. On these two pages, we have highlighted some of the key questions that we have been asked during the pandemic.

What if I can't do my shopping?

If you are not able to go out for essential supplies because you are self isolating or shielding and can't get support from others, you can use the following options for support:

- Age UK Isle of Wight have collated a list of all of the major Island supermarkets, their contact information and support they have on offer including whether they provide home delivery, click and collect or priority shopping hours. You can find it on our website at ageukiw.org.uk
- You can call our helpline on 01983 525282 and we can advise you on the local support available. Community aid groups have been created in response to the Coronavirus and offer help to those in need in the community. Most of these can be accessed via social media such as Facebook or Twitter.
- Vulnerable people and frontline health and social care workers can self-refer into the NHS Volunteer Scheme to get support for shopping, medication delivery and check in and chat calls. This includes those who are over 70 with underlying health conditions and all those with particular conditions such as heart disease and diabetes. To self-refer you can call 0808 196 3646 (8am-8pm).



How can I access my money during lockdown?

If you would normally go to the bank, an ATM or the Post Office to handle your money but no longer can because you are self isolating or shielding and can't get support from others, support is available in the following ways:

- You can find a list of all major banks, their contact information and services they are providing to support you on Age UK Isle of Wight's website. It includes whether you can have cash delivered to your door or allow third party access to your account as well as a variety of other options. You can find this information at ageukiw.org.uk
- UKFinance.org.uk have collated a series of alternative options should you not be able to access your money in person. Some of these options include: gift cards or prepaid cards which allow someone else to shop on your behalf, using cheques, currency home deliveries and Post Office Payout Now which allows a code to be sent to you that can be used by someone else to collect cash from the Post Office.
- Age UK Isle of Wight can provide support should you have problems accessing online shopping or banking. You can get in touch by calling 01983 525282 or emailing digital@ageukiw.org.uk.

Answering some of your common questions

How can I stay active at home?

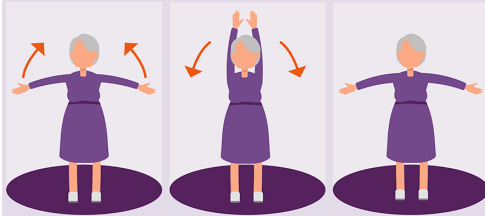
Many people are having to spend more time at home than they normally would. This can make it harder to stay active and have an effect on our motivation. But we've put some exercises together, with the help of Stephen Macconville, fitness lead at Nuffield Health, that you can do at home.

Stair Stepping

- Stand in front of a staircase or step and step up with your right foot, then up with your left
- Then step back down with your right, then back down with your left. Try to repeat 10 times or for a period of 20-60 seconds
- Take a rest before changing the leading foot
- If you need a little support, hold on gently to the railing, or gently touch the wall with your finger tip
- If this is comfortable, to increase difficulty, hold some weight in each hand such as a bottle of water
- Try to perform these 2-5 times, take a break for 40-60 seconds before repeating again.

Wall Snow Angels

- Stand with your upper back, head, bum and heels against the wall
- Start with your hands out to the side with your palms facing outwards
- Whilst maintaining contact with the wall, slowly raise your hands above your head, stretching as wide and as high as possible
- Slowly return to your starting position and then repeat – aim to complete 5-10 times
- Perform this 2-3 times, take a break for 40-60 seconds before repeating again.



Wall Push Ups

- Stand at arm's length in front of a wall which is safe
- Lean forward slightly and put your palms flat on the wall at shoulder height
- If you are just starting out have your feet closer to the wall
- If you want more of a challenge have your feet further back from the wall
- Keep your feet planted as you slowly bring your body towards the wall, aiming to keep your body straight
- Gently push yourself back so that your arms are straight again
- Aim for 5-10 slow repetitions
- Perform this 2-5 times, take a break for 40-60 seconds before repeating again.

Can I still access health services?

Other illnesses and treatment don't go away just because of the pandemic. If you become unwell you can still speak to your GP or if you need urgent medical help, whether or not you have Coronavirus symptoms, you should contact 111 or call 999 in an emergency.

You may find that appointments you have may take place over the video or via video consultation instead of face to face, or that if your appointment is face to face you will be asked to attend alone unless it is necessary to bring someone. Some appointments may be rescheduled as circumstances change.

If you have symptoms or have been asked to isolate, you must let your doctor or clinician know in advance of the appointment.

Of course, these are just some of the questions we receive. If you have any more queries or concerns, you can visit our website at ageukiw.org.uk to see our comprehensive Coronavirus support hub or contact us on 01983 525282 or by emailing info@ageukiw.org.uk.

Information is correct as of 13/1/2021

#Be a Santa

This Christmas Age UK Isle of Wight partnered up with Home Instead Senior Care to help to spread Christmas cheer amongst older isolated Island residents! Age UK Isle of Wight nominated isolated older residents to receive gifts from the #BeASanta project.

The global #BeASanta gift giving scheme sees local businesses and people from local communities come together to help spread Christmas cheer amongst older people. By reaching out to our local communities, they help older people who might not otherwise receive a gift at Christmas time.

How it worked:

- Home Instead partnered up with AgeUKIW to identify older people who may not receive gifts.
- Local businesses and retailers are contacted to facilitate the purchase of gifts, either through Christmas tree gift 'drop off' points or enabling the team to collect gifts at one location.
- Home Instead's team of elves arranged for the gifts to be wrapped and delivered them all in time for Christmas.

Local schools also got involved to help to support this wonderful project! Newport C of E Primary donated gifts as part of their reverse advent calendar. Lanesend Primary gave time to their students to draw pictures, write poems and Christmas letters to pass on to those alone to let them know that someone was thinking about them this festive season .

2020's #BeASanta project enabled a staggering 350 donated gifts to be delivered to those alone this Christmas time.



How you can get involved in 2021

Did you make a New Years resolution? Have you kept it? If you're looking for some ideas of what you could achieve in 2021, Age UK Isle of Wight have some suggestions!

Donate some of your free time

We are appealing for volunteers to come forward to help to support with shopping and prescription collections Island wide. High volumes of calls from those shielding and self isolating are coming through daily and many of our volunteers have had to shield themselves, leaving our current volunteer base depleted.

If you can spare a some time to help to support older residents in need with vital food shopping and medication collection and delivery, please apply today at: bit.ly/AUKvolunteer

Want to help but cant leave the house? Age UK Isle of Wight run a local befriending scheme, currently in its highest demand and is in need of volunteers to help to relieve local loneliness.

You can become a telephone befriender by visiting: bit.ly/3oZp368

Get crafty and learn something new!

The Big Knit is the campaign that Age UK runs in partnership with innocent drinks where we ask you to knit or crochet little woolly hats which then go on to their smoothies. For every smoothie sold, Age UK Isle of Wight receives 25p. Patterns for all abilities are available, why not learn something new from the comfort of your sofa?



Donate to a good cause

Could you become a regular giver with the money you have saved by not commuting to work? Have you become a pro Virtual Pub Quiz host since lockdown and could raise some money on behalf of AgeUKIW? Your support can help us to make a difference this 2021.