

Living Well



Winter 2022

CONTENTS

2 A WARM WELCOME

Meet Age UK Isle of Wight's new CEO

3 WHAT WE HAVE BEEN UP TO

Touring supermarkets and delivering presents, find out some of the things we have been doing recently

4 WINTER SUPPORT HUB

Find out how Age UK Isle of Wight can help you stay warm and well this Winter

6 THE LIVING WELL PROJECT

Find out if the Living Well project could empower you to stay independent and reach your personal goals

7 DO SOMETHING BOLD

Could you abseil or skydive to raise money for Age UK Isle of Wight in 2022?



WELCOMING AGE UK ISLE OF WIGHT'S NEW CEO

It is with great pleasure that Age UK Isle of Wight announces the appointment of Rachel Mckernan as its new Chief Executive Officer. Meet Rachel and find out a bit more about her here!

Tell us a bit about your background, what did you do before joining Age UK Isle of Wight?

I joined from Barnardo's where I was their Assistant Director of Children's Services. This meant I had the pleasure of leading services to support children and families across Hampshire and Isle of Wight, including the Island's Family Centres, Family Support and Child Exploitation services. Prior to that I worked for Public Health with a lead for Mental Health and Wellbeing. This was when I first became aware of the amazing work of Age UK Isle of Wight.

What made you want to join Age UK Isle of Wight, what do you hope to achieve?

I started my health and social care career working in residential care with older people so I feel I have come back to my roots. My work then prompted me to study for my degree with the Open University, which I did whilst working night shifts and raising my family! I knew the pandemic had been really hard for older people but when I visited elderly relatives after the third lockdown it became apparent just how significant that impact had been. Two amazingly socially and physically active people had become isolated and frail due to the restrictions they had lived with. It was heart-breaking! When I then saw the opportunity with Age UK Isle of Wight it felt like a "calling" to use my experience and skills to ensure everyone can live their



best life on the Island. I hope to provide inspiring leadership for our amazing staff and volunteers, and listen to our clients and older residents to ensure we are developing and delivering services which really enhance their quality of life.

When you're not working, how do you like to spend your free time?

I have two cockerpoo puppies that take up a lot of my spare time! I read a lot and belong to a book group I helped set up 17 years ago! I am also completing a Masters with the Open University as I love to learn and put that learning into practice.

Is there anything you'd like to say to anyone reading?

Just a big "hello" and "thank you" for your support of our amazing charity, whether as a supporter, volunteer or by using our services. Life is challenging for so many people at the moment so please reach out to us if you need someone to listen and offer support, or if you would like to be that support lifeline for someone else. Take care and stay safe!

WHAT WE'VE BEEN UP TO

On the road recruiting volunteers

We popped up in Asda, Tesco's, Busy Bee and Aldi this December to promote our annual appeal entitled No One Should Have No One.



Our aim was to raise awareness of our many services that can support our older residents, and also to recruit some additional volunteers for the Charity in particular for the Good Neighbour Scheme and our befriending service to help Age UK Isle of Wight to combat local loneliness.

The appeal is for supportive donations of either time; offering Charity wide volunteering opportunities that can be done in person or from the comfort of your own home, or for monetary donations to help Age UK Isle of Wight to secure the future of our vital social isolation services.

The No One Should have No One appeal is kindly supported by Megan Baker Estate agents. There are many ways that people can support our charity, some even without it costing you a penny, to find out more, simply visit: www.ageukiw.org.uk

Spreading joy at Christmas!

This Christmas Home Instead Senior Care Isle of Wight once again ran their #BeASanta project that helped to deliver presents to nominated clients across the Island that might not have received a present.

Many people came together to support this wonderful project! Donations of presents were received from Lanesend Primary, Cowes Primary, Newport C of E Primary, Asda and Morrisons.

Utilita IOW supported the project, and along with Age UK IW staff and volunteers helped to wrap many, many presents and deliver them across the Island!



The first few months of the New Year can be some of the hardest. The weather is cold and evenings dark and the festive fun has settled, so it's important to take care of yourself. Here you can find here some ways that Age UK Isle of Wight can support you at this time.

Welfare Benefits

We offer free impartial advice and support on a variety of Welfare benefits and can advise you about the benefits that you may be entitled to.



Garden Maintenance

Outdoor spaces can become slippery and unsafe during Winter, we offer garden maintenance such as power washing and guttering clearance.

Help Around the Home

Our Just About You Service offer friendly & trustworthy support workers that can help you to maintain independence and live well at home. This can include carrying out tasks such as meal preparation, shopping and housework.

Home Energy Assessments

Our Home Safe Service is offering free assessments and home energy efficiency equipment to help you reduce your fuel bills this Winter.



Bad Weather Plan

Don't get caught out this Winter, Age UK Isle of Wight can help you to make a plan for when the weather is at its worst.

Befriending

It can be harder to get out and about to socialise in the colder months. We offer a telephone befriending service to help keep you connected.

Safety Adaptations

Icy weather can make steps dangerous but our Home Safe Service can help with the supply and installation of safety adaptations in and around your home, including hand rails, bannister rails and key safes.



Daily Respite Service

Are you a carer? Would you like the opportunity to pop out to go shopping, to run errands or to socialise? We can help.

Home Safe Service



Now Available

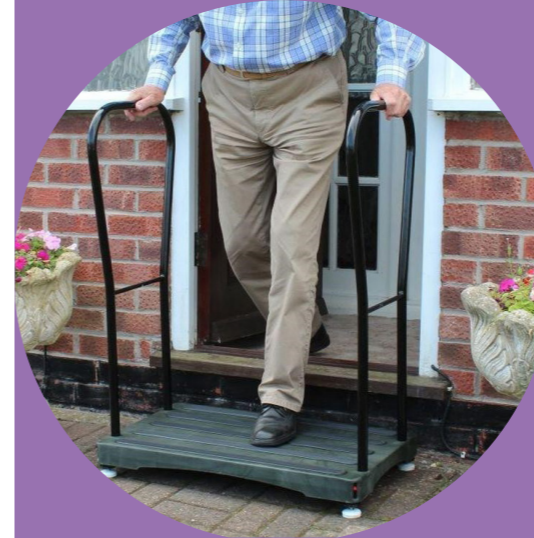


Outdoor Grab Rail

The Grab Rail has been designed for use on the outside of your home. Its dark Moss Green colour gives it a discreet, non-clinical appearance. It also features slip resistant rings that provide a safe grip, even when wet. This rail can be fitted at any angle to support you entering and exiting your home.

Angled Grab Rail

The Grab Rail is specially designed to provide support and stability for those unable to take full strain through the hand, the grab rail is angled to support the arm whilst the hand grips the other part to increase leverage and support, it is also ribbed for extra grip and is perfect for use in bathrooms.



Bigfoot Half Step with or without Handles

The Bigfoot Half Step is designed to meet the need of people who find the height difference between a door and the ground outside too much in one go. The step halves the height allowing the user to be steady on the large surface before attempting the next step to the ground, there are four over-moulded feet which grip firmly against the ground & offer adjustability, so that the step can be made level on uneven ground. It also comes supplied with a security fixing kit for the best stability and prevent it being removed. We can supply and fit with three different options:

- 1. Step only
- 2. Step plus one handle
- 3. Step plus two handles

Please call Sharon or Karen for more information on 01983 301693 or Email technician@ageukiw.org.uk

COULD THE LIVING WELL PROJECT HELP YOU?

Hello from the Living Well Team! In the last month we have supported hundreds of clients to access support to help them stay safe and independent in their own homes. In the same month we processed around 170 referrals and received over 1400 calls.

We provide low level support to try to prevent a client's situation from worsening. Some people do not know they may be eligible to access Living Well support, which could help them with grab rails and hand rails, debt & paperwork, accessing the community and more. The Living Well team will assess the referral and signpost to the right service to carry out the support needed, this could be Age UK Isle of Wight, Living Well community support, housing, Citizens Advice, Adult Social Care, and other support services. All have one objective, which is to support clients to stay safe and independent in their own home.

If you're wondering if Living Well might be able to support you, here are some examples of enquiries we have received:

Question from Geoff: I am struggling with my paperwork & finances, can I ask for help?

Answer: Yes of course, all requests for support from Living Well will receive a call back where someone will discuss with you your needs and how to access the right support, even if it is not us, we will direct you to the right service.

Question from Shirley: I don't know if I am eligible for any benefits, how would I find out?

Answer: The Living Well team will discuss your needs or concerns, we can also carry out a benefits check to see if you are receiving all your eligible benefits, and if not, we can support you to apply for them.

Question from Lea: I'm isolated with very little human interaction, I feel very lonely can you help me?

Answer: Yes we can call you back, listen and discuss what you need, then we can signpost to whichever support option you agree to. This could be accessing the community, supporting you to join and attend a group, join online clubs, visit libraries or community centres, look at having a Befriender and offer support numbers to call when you feel you need to talk to someone.

Question from Clive: I am really struggling with self-care now I am on my own, can you help?

Answer: We will discuss your concerns and needs, a Care Navigator will work with you to share what options are available and listen to your wishes to see what would suit you best. Nothing takes place without your agreement and consent.

Question from Claire: I have just received notice on a flat I have lived in for 11 years, I have no money or family and don't know what to do?

Answer: Yes, we can help you to access the support you need from experienced, qualified professionals.

Question from Dave: I have had an operation and cannot walk my dogs, I can't afford a dog walker, can you help?

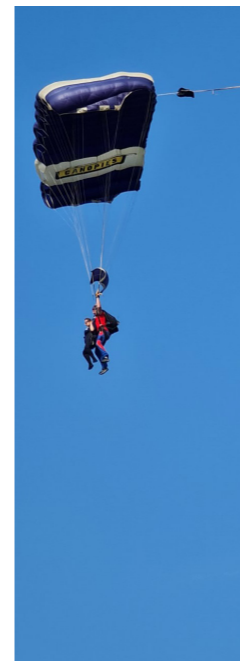
Answer: Yes we can direct you to support for dog walking and, with your consent, we can carry out a benefits check to see you are receiving all your entitlements. If not we can help you apply for all eligible benefits.

Question from Sam: I live alone, am virtually housebound and can't get around the house easily, its making me miserable, can you help?

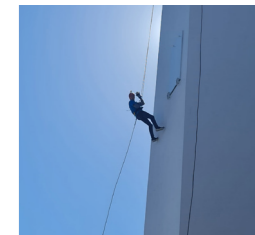
Answer: Yes, we can help with aids and adaptations around the house, organise a fire safe & well check to reduce any risks and fit fire alarms. With your consent we will look at the whole picture to see if there is any way to improve things.

If in doubt, give us a shout!
Call 01983 525282

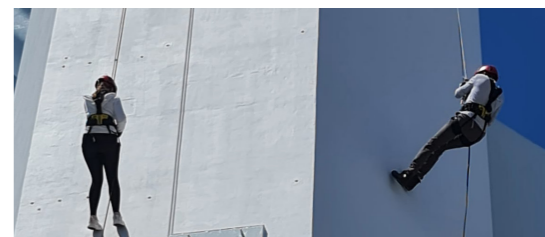
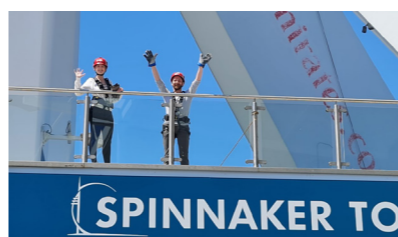
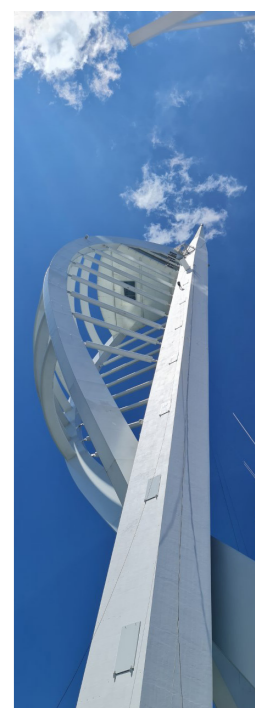
DO SOMETHING BOLD THIS YEAR!



See the Island like you never have before..... from over 12,000ft! Jump in a tandem Skydive over Sandown airport for Age UK Isle of Wight this August 2022! Tick something off your bucket list whilst raising some much needed funds for local charity Age UK Isle of Wight! Participants must be over 18 (or over 16 with written parental consent). All participants can secure their place with a £80 payment, plus commit to raising a minimum sponsorship of £400.



Experience an amazing adrenaline rush and take on a 100 metre descent down the side of Portsmouth's iconic landmark, Spinnaker Tower! Age UK Isle of Wight offer you unmissable views across Portsmouth harbour, the Solent and the Isle of Wight this June 2022 - There is no better reason to experience life on the edge! Participants must be over 18 (or over 14 with written parental consent). Participants can secure their place with a £50 payment, plus commit to raising a minimum sponsorship of £200.



To sign up to one of our Age UK Isle of Wight Challenges simply visit www.ageukiw.org.uk or email fundraising@ageukiw.org.uk today!



Change Lives
Change Your Own
Volunteer



Volunteering is a great way to meet new people and enrich your sense of purpose in life.

Our volunteering opportunities include:

- **BEFRIENDING:** Face to face and telephone
- **TRANSPORT:** for medical appointments or leisure
- **SHOPPING:** with or for our clients
- **PRESCRIPTION COLLECTION**

To make a difference contact the Good Neighbour Scheme:
Call: 01983 525282 Email: GNS@ageukiw.org.uk