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HAVE YOU FILLED IN THE CENSUS YET?

Census 2021, the digital-first census

The census is a survey of all the people and households in England and Wales that happens every 10 years. The information that the census provides helps to paint a picture of the society we live in and what our needs are now or will be in the future.

The information provided by the public during the census informs where billions of pounds are spent, for instance on things like roads, schools and hospitals. Charity and voluntary organisations often use census data as evidence to obtain funding, businesses to understand more about their customers and it allows future generations to see a snapshot of how we live now.

If you're the householder, you will have to answer a few questions about your household before moving on to questions about each individual. Anyone living in the household can fill in these questions on their own if they want to. You can also save the census and come back to finish it off later.

Whilst Census day was on the 21st of March, you still have time to complete it and should endeavour to do so as soon as possible. The following two pages should hopefully help to address any queries you might have.

What does Digital-First mean?

At the beginning of March you should have received a letter in the post with a 16 digit access code on it. This code can be used to log on to the Census 2021 website www.census.gov.uk, here you will find the questions. This is the default way people are encouraged to fill the census in.



What to do if you're unsure about completing the census digitally?

It is important that everyone takes part in the census, so if you are not sure how to complete it online or are not able to, there are a few options for you:

Your local Census Support Centre

The local Census Support Centre for the Isle of Wight is at the Independent Living Centre. Support is provided by People Matter IW's trained Census Support Advisors. Call Now: People Matter IW (01983) 241494.

If you need information, advice or guidance around the Census or if you need help with completing your online submission please phone this number. (At present, due to Covid restrictions, this service is available by phone and by pre-booked, face-to-face appointment only).

Open between 0900hrs and 1700hrs Monday to Friday until April 9th for Census related enquiries. After that 1000hrs to 1600hrs Monday to Thursday and from 1000hrs to 1300hrs on a Friday up until Tuesday 4th May. (Closed Easter)

Age UKIW's Digital Inclusion Project

Age UK Isle of Wight's Digital Inclusion Project is a service that helps it's clients to access vital digital services. We can teach you how to access the census online and even have a tablet loaning service if you don't already have the tools needed to access the internet. Call 01983 525282 and we will be happy to help.

Have someone else fill it in for you

The census may be completed on behalf of someone else if they are asking for help. Have the questions read allowed clearly to you, and ensure that any answers are repeated back to you to be certain they are correct.

How do I know my information is safe?

The Office for National Statistics have a strict security regime that follows government standards. It includes physical and digital security measures to protect the data. When the census statistics are published, they are completely anonymous and no personal information is included. You cannot be identified by census data and your personal census information is protected by law, it is a crime for anyone to share it.



Age UK Isle of Wight provide a wide variety of services, through more than 10 projects. It's understandable then that you might not be aware of some of the things we offer that could help you. So did you know that Age UK Isle of Wight:

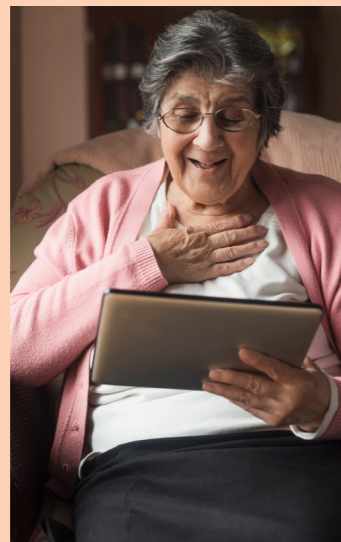


Provide support to help you stay independent and live well at home

The Just About You Service offers trustworthy support workers that can help with a range of tasks around the home.

These tasks include: cleaning and housework, laundry & ironing, meal preparation, help with pets and a sitting service.

Find out more [here](#) or by emailing JAY@ageukiw.org.uk

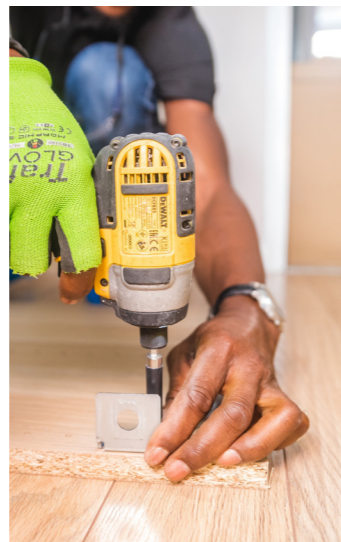


Help people use technology through the Digital Inclusion project

This service helps clients to access vital digital services such as video calling loved ones, attending virtual GP appointments, online shopping, accessing hobbies and activities available online and more!

We also offer an iPad and tablet home loan service for those without technology.

Find out more [here](#) or by emailing digital@ageukiw.org.uk



Carry out jobs around the house you have been meaning to do

Our Home Safe service is a series of trusted technicians that can carry out jobs to help keep you safe and comfortable at home.

They can provide support with a range of tasks, including gardening, supplying and installing hand rails, low level electrical and plumbing jobs and more!

Find out more [here](#) or by emailing technician@ageukiw.org.uk



Provide volunteer support through the Good Neighbour Scheme

Built of volunteers working within every community on the Island, low level support and friendship is provided to some of the Isle of Wight's most isolated older residents.

Volunteers can provide support with befriending, shopping and outings, small tasks around the home, transport and more!

Find out more [here](#) or by emailing GNS@ageukiw.org.uk



● Mr. K has been struggling recently since his partner left and he moved out of the family home. This had taken both a financial and emotional toll on the client. Mr. K had no close friends to talk to and recently suffered a fall in which he hit his head on the pavement and has totally lost his confidence since then.

The client was referred to an Age UKIW Care Navigator who established the client's limited resources. The Care Navigator then arranged a Fridge Freezer to be provided by Help Through Crisis and supplied food vouchers to be used in a local supermarket. Age UKIW's Digital Inclusion service supplied a tablet to Mr. K to enable him to search for jobs and a referral was made to the Footprint Trust for advice on reducing his energy bills.

"I feel relieved that I now have working white goods, it has made a big difference to my daily life" - Mr. K.

● Mrs. S called in to get support with using a tablet that was her husband's so that she can attend Parish Council meetings via Zoom. As the pandemic was stopping family being able to visit at Christmas her daughter purchased a new tablet and had it delivered to her mum. The daughter made contact with Age UK Isle of Wight asking for support with setting up and showing how to use the new tablet. The client was very surprised by the gift and we worked together to ensure she could access her emails, use Zoom and Whatsapp. The client was able to video call her family at Christmas and is now a regular attendee to the Parish Council meetings.

In addition client also has a new smartphone which we also set up and showed her how to use. The support is ongoing as the client occasionally comes across things she needs help with but she knows who to call when these arise.

● Mrs. G referred herself as her husband had been unwell in hospital and she was concerned about caring for him, having medical issues herself.

An Age UK Isle of Wight Care Navigator spoke to the client about benefits and applied for Attendance Allowance to support their care needs and the client was awarded it in November 2020. The client was assisted with finding care for her husband, alleviating stress.

"I cant believe I can get benefits, it has made such a difference to my life, I don't know what I would have done without the help" - Client

● Mrs. T lives with her husband, daughter and grandchildren. Mrs. T has medical conditions that affect her breathing, speech and swallowing and her husband has his own health conditions too. As a result, the client's daughter cares for Mrs. T, her husband and her children.

A benefits check was requested as well as housing needs and support for Mrs. T daughter. Referrals were made to Adult Social Care for a care needs assessment as well as respite and support. A referral was made for occupational therapy equipment and adaptations, and signposting to Carers IW and Supporting People.

As a result of this support, carers are in place twice a day to relieve the daughter, equipment and adaptations are in place, Carers IW are supporting the daughter and husband and Supporting People are helping with housing needs.

"Thank you for all your support, it is so much better having care in place. I can spend more time with my children now and mum appears much happier." -Mrs. T's daughter.



Spotlight On: INFORMATION & ADVICE

One of the vital services that Age UK Isle of Wight provide is the Information & Advice service. Providing free and confidential information and advice for older people, their families and carers, our Information & Advice service has had a positive impact on so many Islanders in a variety of ways. Find out more about the service here:

Information and Advice can be offered on almost any topic! Including:

- Housing
- Caring and care options
- Utilities advice
- Leisure and Social Activities
- Help with budgeting
- Relationships and family
- Consumer rights
- Blue Badge and other Application forms

We also offer a specialised Welfare Benefits service to ensure that you are receiving all of the support you are entitled to.

£2,223,058 worth of benefits were awarded to Islanders in 2019/20 thanks to Age UK Isle of Wight's Information & Advice team.



“The difference to my life with Age UK Isle of Wight’s support has been a real surprise- with so many issues I find myself alone and unsure how to cope. I know I can get guidance and understanding from someone on a human level.”
- Mrs. G

“When you are unsure we are grateful for all your help. The cheery voice at the end of the line. You can hear the smile. Fills you with confidence.” Mr. J

Get in touch using the details below:



Katie, one of our I&A Assistants

FUNDRAISING FOR YOU

Join the Big Knit!



What is the Big Knit?

The Big Knit is the campaign that has been running since 2003.

Age UK runs it in partnership with Innocent Drinks where we ask you to knit little woolly hats which then go on the top of their smoothie bottles.

How does the Big Knit help?

For every smoothie sold, Age UK Isle of Wight receives 25p to help us provide much needed services and support to our older residents.

The money we raise from the Big Knit helps us be there for older people who have no one else to

turn to – so those little hats really do make a big difference!

How do I get Involved?

We'd love you to knit lots of lovely little hats for this year's Big Knit and whether you're a knitting novice or a purling pro, it couldn't be easier.

We have a range of knitting patterns from beginner to advanced that you can either download from our website or we can post a free pack to you. Let us know if you want crochet patterns too!

How do I hand over my hats?

Our office is based centrally on Newport high street, once your little knitted creations are ready, drop them off or post them to:

Age UK Isle of Wight, 147 High Street, Newport PO30 1TY

Sending your hats back

If you've bought a hat on a smoothie and would like to send it back to be used again, you can pop it in the post to us or pop it in our letterbox when you next pass.

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 2021!

Ticket something off your bucket list whilst raising some much needed funds for local charity AgeUK Isle of Wight!

Participants must be over 18 (or over 16 with written parental consent). There is a weight limit of 95kg clothed (above this weight at Club Chief Instructors discretion).

All participants can secure their place with a £80 payment, plus commit to raising a minimum sponsorship of £400.



Hose Rhodes Dickson

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 and Red Squirrel have partnered up to offer you unmissable views across Portsmouth harbour, the Solent and the Isle of Wight - There is no better reason to experience life on the edge!



This adrenaline-filled challenge to abseil down the spinnaker tower is on Saturday 5th June 2021. Participants must be over 18 (or over 14 with written parental consent). Weight limit: 21 stone clothed. Participants can secure their place with



Red Squirrel a Property Shop

a £50 payment, plus commit to raising a minimum sponsorship of £200. For those that fundraise £300+ your £50 payment will be returned.

THRIVE TV

Age UK Isle of Wight is embarking on an exciting, free activities programme which will offer new social opportunities to combat the effects of the pandemic and boost wellbeing.

By connecting with us, people will regain social skills and develop new networks. Each week we will deliver an exercise class or similar activity to encourage being active.

Our content will cover aspects of heritage, wildlife, poetry, and creative writing, to name but a few, so that our audience will be keeping their brains active by learning something new. Helping us to create and deliver the activities will be our volunteers and we will offer new volunteering opportunities and encourage everyone to be supportive during interactive sessions.

The key to wellbeing is mindfulness; we will take time to notice the contributions of everyone, celebrate the learning journeys that our audience takes and promote an inclusive ethos.

The programme

Our programme will build from an initial three sessions each week, depending on uptake. An example schedule is included below:

	Monday	Tuesday	Wednesday	Thursday	Friday
09:00					
10:00	Be Active		Nature Watch		
11:00				Animal Therapy	Island Heritage
12:00		Cooking			
13:00					
14:00					
15:00				Crafts	
16:00					
17:00					

Sessions will be available via Zoom and you can also watch at your leisure on our YouTube channel. As well as through the **Kraydel Konnect** system.

There will also be a monthly fully interactive activity session, whereby we will supply a pack of resources for use within the session.

The launch

Launching on the 1st April, videos will be uploaded on Konnect devices and available online on YouTube. These first clips will be tasters of typical activities such as a nature walk, a tour of a local heritage site and a practical craft session.

Live Zoom sessions will begin on the 19th April with links and instructions to join the session on the Age UK Isle of Wight website.

Be Active

The content for this session will be about getting people active. This will include chair exercises, walking tours, gentle classes, and the importance of just getting up and out of the chair correctly.

Cooking

This content for this session will be varied in terms of demonstrating campfire cooking, baking and input from local food outlets and producers.

Nature Watch

This session will work with local conservation charities to talk about local wildlife and conservation projects including Forestry England.

Animal Therapy

Working with local animal charities, this session will be about their work and how interacting with animals can have a positive impact on wellbeing. There will also be sessions on staff pets and a chance to talk about participants own animals.

Craft

These are likely to form the basis of the interactive sessions. Our first session will be about beach art and making crafts from natural materials. Input from local craftsmen will also be included.

Island Heritage

Tours of local heritage attractions will take place with experts talking about the stories and people of these special places.

Kraydel Konnect

This video calling system is a way in which you can take part in the activities on offer. If you do not have the skills or resources to access our online programme then we can support with this easy set up on your own TV screen. You do not need to already have an internet connection.