

NEWSLETTER

Winter 2023 Edition



A message from our CEO, Teri Stephenson

Hello and Happy New Year to you all and welcome to the Winter edition of our newsletter. I hope that if you celebrate Christmas, that you had an enjoyable time with your loved ones. The Christmas period, as always, has been busy for Age UK Lancashire with an increase in referrals and call outs to our Hospital After Care and to our Information and Advice teams ensuring those that need us received our support and care.



The new year sees the start of new challenges, and I am excited to see the return of Age UK Lancashire's Canoe Challenge 2023. This is one of the highlights of my year, and I look forward to seeing many of you on the Lancaster Canal in March. As well as the Canoe Challenge, Age UK Lancashire will be hosting a number of services and day activities over the coming months for the community, including our Will writing clinics, our day clubs which aim to tackle loneliness, support those with dementia and provide respite for carers, and our 0300 helpline service is available throughout the week.

We are working closely with other organisations such as Lancashire Fire and Rescue, Victim Support, Electricity North West, and Cozy Homes to provide information and support for older adults in Lancashire to stay warm and safe this winter. More information on this can be found on our website.

Finally, I want to thank you all for continuing to support Age UK Lancashire and helping us with our mission of everyone living their best later life.

Thank you for your Donations

Thank you to everyone who donated or made a box of kindness for our Big Give Appeal in December. With your help, we raised an incredible **£3,557.26** which included over 80 boxes of kindness being delivered to help tackle loneliness and support those who are vulnerable.

The money raised will be used in our crisis fund which is there for those who desperately need our help and support.



Christmas Tree Collection Success

Thank you to everyone who donated their Christmas Tree. We collected **74 trees** in the Ribble Valley area which raised over **£615**. That will go towards the vital services we deliver in Lancashire. All the trees have been delivered to the Ribble Rivers Trust who will use the trees to help prevent localised flooding and protect the river banks from silt build up. Thank you to our super volunteers without whom we wouldn't have been able to collect the trees.



WHAT'S ON THIS WINTER

The Canoe Challenge is back for 2023!

Our annual canoe challenge is back for 2023 and it is the perfect challenge to kickstart the year. On **Saturday 25th March**, take in the beautiful Lancashire countryside along the Lancaster Canal by rowing 25 miles from Preston to Lancaster. There is also a shorter route of 12 miles, from Garstang to Lancaster.

No registration fees, just a request to raise £150 for Age UK Lancashire. Row with a friend to make it twice as fun! Or why not race against your colleagues and make it a competition?

[Visit our website to register today!](#)



Book your Will writing appointment today

Throughout February Age UK Lancashire alongside its partner Solicitors will be hosting several Will Writing clinics. The clinics are available to anyone and by booking through Age UK Lancashire, you will receive a half price deal of £75.

Please call 0300 303 1234 to book an appointment.

1st February - Joseph A Jones, Lancaster
1st February - Farnworth Solicitors, Nelson
3rd February - PHH solicitors, Lytham St Annes
7th February - Smith Sutcliffe Solicitors, Burnley



More clinics will become available throughout the year and to keep up to date please check our website. You can also write your Will for FREE with [bequeathed online](#).

Other Events this winter

- **Haslingden Winter Lunch & Information Day:** Tuesday 31st January, 11am-2pm at Haslingden Community Link, Rossendale.
- **Trinity Church Hub, Lancaster:** The first Tuesday of the month at Trinity Hub in Lancaster.
- **Carnforth Memory Hub:** Every second Monday of the month, 2-4pm at the County Hotel in Carnforth. This is for those living with memory issues and their carers.
- **Bay Information Hub:** Every first Friday of the month alternating between Lancaster & Morecambe (contact us for more information).
- **Virtual Dementia Hub:** Fourth Tuesday of the month, 1pm.
Contact thedementiahub@ageuklancs.org.uk for joining information.

COST OF LIVING SUPPORT

Cost of Living Support from Age UK Lancashire

Our website is updated with all the information and links that will help you with cost of living support. This includes information on the support available for the rising cost of energy bills, insulation and boiler grants and how to cope in case you have a power cut.

We also have information on how to sign up for the Extra Care Register (formerly the Priority Services Register).



Cost of Living Information pack

We can send you our packs which include useful information including a benefit check form, that can be completed and returned to us, so we can carry out the check for you. As well, the pack includes central and local Government support packages and how to save energy.

Request a Cost of Living information pack by calling our team on 0300 303 1234 or email advice@ageuklancs.org.uk.

Keep warm this winter with Lancashire County Council



With the help of the Voluntary, Community, Faith and Social Enterprise (VCFSE) sector, Lancashire County Council is developing a network of warm spaces which residents can visit to keep warm, access information and advice or to simply spend time with others.

There are now more than 150 venues registered on their online directory, ranging from village halls to church centres and community cafes. Their registered spaces offer a variety of facilities and amenities, from free refreshments and craft activities to entertainment and access to digital equipment. To find your nearest warm space and what it can offer, visit Lancashire County Council's website (lancashire.gov.uk).

All of Lancashire's libraries can help with access to their website as well as support you with developing your digital skills, should you wish to. As registered warm spaces, our libraries are also providing free warm drinks, spaces to sit, free computers and internet access, charging points for digital equipment and a full range of events and activities. All our library staff are also well experienced in providing information, advice and signposting for any concerns you may have.

Each warm space has been asked to sign up to the Lancashire Warm Spaces Charter. The Charter was developed so that you are aware of what to always expect when you step into a registered warm space. The Charter revolves around seven core principles – a warm welcome, no judgement, respect and dignity, accessibility, safety, confidentiality and information.

You can visit Lancashire County Council's Information Hub to find out more information about how they can support with the cost of living crisis and the challenges faced in winter months. See the full range of available support via lancashire.gov.uk/costofliving.

WE'RE HELPING OLDER PEOPLE IN LANCASHIRE



Meet Bryan!

Bryan Moscrop, a veteran living in Lancashire, was united with his veteran's badge thanks to Age UK Lancashire's 'Removing Barriers' service.

'Removing Barriers' supports older veteran, their family members and carers to provide practical support over a 12-week period. This includes support at home, helping with access to social events and finding opportunities for them to be more active.

During the time spent with Bryan, he mentioned a Veteran's badge that he didn't receive after his service and so our team were determined to get Bryan his deserved badge and did some research and were able to put an application in for the veteran's badge.



Shortly after the 12-week period, Bryan unfortunately ended up in hospital and on discharge he was then supported by Age UK Lancashire's Hospital After Service (HAS) team. On his arrival home, he found on his doorstep the badge that the Removing barriers team applied for.

Tracey Barclay-Smith, a HAS worker at Age UK Lancashire, saw the pride in Bryan's face when he finally received his badge and letter. To make sure it had its pride of place on the mantel piece, Tracey sourced a frame for his letter. Following that, Bryan received a regular carer who was a Veteran, and upon spotting his badge and letter they bonded over their experiences. Bryan was forever thankful to the Removing Barriers team and the impact this has had on his life.

Connecting Veterans through their Community!

Thanks to funding from the Armed Forces Covenant Trust, Age UK Lancashire is delighted to provide a new service to support veterans in Lancashire. For more information on this programme please contact advice@ageuklancs.co.uk.

iSupport for Dementia Carers Study

Do you provide unpaid care for a friend or relative with dementia? Share your experiences and take part in the first study in the UK to investigate the benefits of an online support programme for carers. 'iSupport' is an education and self-care website for carers of people with dementia, developed by the World Health Organisation (WHO).

A research team, led by Bangor University, need your help to investigate whether iSupport is effective in reducing stress, and in improving resilience and knowledge of dementia.

[Find out more about the study and taking part.](#)

HOW YOU CAN HELP US THIS WINTER



Make a Donation

Each year we **support and engage with over 11,000 older people** to remain independent and stay connected to their local communities.

Without our support many would struggle to find the support that they need, potentially leading to severe consequences. In 2022 we **answered over 10,000 calls**, providing useful information and helping older people with benefit claims and advice.

To continue our work and to extend our reach, we are dependent on the generous support of the people of Lancashire. Help us to continue making a positive difference for older people and make Lancashire a great place to grow old.



Scan me to make
a donation of £5

WE NEED YOUR STAMPS

Did you know that we can turn your used postage stamps into funds to support the services we deliver in Lancashire? Each of our 8 charity shops are collection points, or you can use our freepost envelopes to send back to us when its full of stamps. A really simple but impactful way to support us! Contact us for a pre-paid envelope or drop your stamps off at any of our shops or offices.

VOTE FOR US

We have been chosen as one of three local charities for Asda's Foundation Green Token Challenge. Those with the highest number of votes will win £500. Here is what you need to do:

1. Please follow this link to vote for us www.asda.com/green-tokens
2. Vote for Age UK Lancashire!