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SUMMER 2019

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Foreword from the Executive Director

An ageing society is a cause for celebration, but it also brings with it an increased demand for local services and funds at a time when we are experiencing severe funding cuts. More and more, local charities are looking for alternative ways to improve the lives of vulnerable older people. The arts and other creative activities are proving to be an effective way of connecting isolated and lonely older people with their local community.

There is a growing body of evidence that shows us the arts and being active have a positive impact on the physical and mental wellbeing of older people, including those living with dementia. Several studies have shown that older people involved in creative activities have better health, fewer GP visits, less medication usage, increased confidence and self-esteem as well as increased social engagement.

For people living with dementia, the arts can improve cognitive functioning, communication, memory and creative thinking.

Age UK Leicester Shire & Rutland provide several services for older people to help end loneliness and isolation, as well as creative activities at our resource centres that can help improve wellbeing. Besides keeping fit and having fun, older people will be able to make new friends and possibly discover artistic talents they never knew they had!

Tony Donovan

Executive Director, Age UK Leicester Shire & Rutland



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- Give independent information, support & befriending from prostate cancer patients
- Fund 2 local specialist nurses, in Diagnostics, Urology LGH & Oncology LRI

- Fund Life Saving Treatments
- Run Support Groups in Leicester, Birstall, Melton & African/African Caribbean Men's support group in Leicester.

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www.prostaid.co.uk

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Friendship that tantalises the

taste buds

The Food with Friendship project is proving to be a huge success. Run by Julia Day with the help of two fantastic volunteers, Sarah West-Sadler and Marion, the project demonstrates how easy it can be to prepare fresh simple meals and eat healthily.

This group of 8 men ranges in age from early 30s to the oldest member at 91. All have different stories to tell and all have bonded over a shared desire to learn more about food and new culinary skills. Marion has a wealth of experience volunteering for several charities over the years and says it has helped to build her

confidence and she has made lots of new friends. Sarah's background as a nutritionist has added an extra dynamic to the cooking lessons in that it also encourages those taking part to look after their health and wellbeing through healthy eating, although that doesn't mean they can't enjoy making cakes and biscuits, just everything in moderation.

Sarah has just started volunteering with Age UK LS&R and commented that "The personal wellbeing I get from volunteering is invaluable. I enjoy the interaction & sense of good that it does for my soul. It's different to working", Sarah continued, "as I don't feel any pressure to conform. This is not stressful and there is always a sense of fun. I'm not being paid, so there are no expectations of me other than my own. Doing this is simply about the enjoyment of food, cooking and helping other people".

Tony, one of the men in the group, said

“ It has certainly given me more confidence around the kitchen **”**

The recipes vary every week and the group gets a say on what they will cook each time. On the menu this week was a Greek Pasta Salad with Flapjacks for dessert. When asked what he thought of the salad, Ivan, another member of the group, said

“ Well, it's a far cry from meat and two veg! **”**

If you are interested in joining one of these courses or you know someone who may benefit, please contact Julia on 0116 223 7364 or email julia.day@ageukleics.org.uk If you would like to learn more about nutrition and how it can benefit your own health, visit Sarah's website at www.swsnutrition.co.uk



Loneliness

What is loneliness? Loneliness describes a sadness caused by a lack of company or friendship. It is often linked to social isolation which is a lack of social contact.

We often think of loneliness as an older person who lives alone, and this may well be true. However, this can be referred back to the saying that 'someone can feel lonely in a crowd'. This makes us think especially of care home residents: often surrounded by people, both other residents and staff, but can suffer from loneliness all the same. Loneliness is becoming more and more common, especially with an ageing population. The people most affected by loneliness are often the oldest members

of communities. Often, living alone and being bereaved can mean a person is more likely to be lonely. Women are more likely to be lonely than men. Those suffering from mental health conditions are also at increased risk of loneliness.

Loneliness can cause problems with physical and mental health, which means it is all the more important to recognise. Loneliness in older people can be linked with heart problems, strokes, cancer, depression and dementia. Loneliness may also be linked to

increased admissions to hospital or going into long term care. This means that being lonely can have a huge effect on your health.

The government is becoming more interested in loneliness and they have recently appointed a minister specifically to work on this. Their job would be to look further into loneliness and what causes it. If we know better what causes loneliness, then we can start to look at how to tackle it. The idea is that if we can reduce loneliness, we can reduce the health problems associated with it.

The University of Leicester are carrying out research to explore how older people experience loneliness and

social isolation; explore when and why loneliness and social isolation happen; discuss the acceptability and usefulness of existing and potential support and services aiming to alleviate loneliness and social isolation for older people; and identify what the desired outcomes of this support may be.

The study involves focus groups with older people and carers alongside identification of existing services in the area and interviews with service providers. The information from this study will feed into the development of new support services for lonely and socially isolated older people and their carers.

If you would like to get involved in this study please contact Kay Phelps at kp14@le.ac.uk or 0116 252 5435

For more information on Age UK LS&R's Loneliness Prescription Service, please phone Yasmin Shaikh on 0116 223 7367



SteadySteps

The highest risk of falls is in those aged 65 and above. It is estimated that about 30% of people aged 65 and above living at home and about 50% of people aged 80 and above living at home or in residential care will fall at least once a year.

Health and care partners together with Leicester-Shire & Rutland Sport and local districts are implementing a free postural stability exercise programme called Steady Steps across Leicestershire, Leicester and Rutland. Steady Steps is a 24-week programme tailored to those who have previously fallen or worry about falling and is designed to help improve

balance and stability. Delivered by Level 4 specialised Postural Stability Instructors, the classes are tailored to each individual's abilities and will progress in difficulty throughout the programme.

People are eligible for the Steady Steps programme if they are aged over 65, are at risk of falling (e.g. have a high fear of falling or poor balance) or have fallen less than three times in the past 12 months. Pre-booking is required for all Steady Steps courses and local inclusion criteria are applicable. Due to the nature of the programme there will be a final intake date for all programmes. The start dates for courses may vary across Leicestershire, Leicester and Rutland, for full details of all available courses including dates, times and locations visit www.lrsport.org/steadysteps

For more information contact: Leicester-Shire and Rutland Sport (LRS)
Name: Lucy Baginskis Sports Development Officer
Tel: 07395 794702
Email: l.baginskis@lrsport.org
Or visit: www.lrsport.org/steadysteps



Inaugural Twilight Games Championships



Following the successful delivery of the Twilight Games training programme, the Twilight Games Championships took place in September 2018 at Parklands Leisure Centre, Oadby.

Eight care homes and 48 residents from across Leicestershire and Leicester competed to claim the first ever title.

The opening ceremony saw residents eager to get the games started, as they came fully equipped with team names, flags, banners and mascots. Teams competed against each other in a round-robin styled fixture list in boccia, seated volleyball and audio basketball. Teams when not competing could also access a fun activity zone involving skittles and a beanbag target throw, ensuring residents had the choice to either

encourage other teams or get more practice in for the next competition.

Although a competitive day, the aim of the programme was to increase mobility, mental health and wellbeing and increase social activity for residents in their own setting.

“We from Cooper House had an amazing day at the Twilight Games Championships. We really do hope we will be doing it again in the future, it was brilliant.**”**

Tammy Tomlin, Care Home Co-ordinator



For more information about the Twilight Games, please contact Kate Scott at LeicesterShire and Rutland Sport, k.scott@lrsport.org



#SwitchedOff:

Help save free TV for older people

Following on from the article in the last edition of Engage, the BBC has announced plans to means-test the television licence for those over seventy-five years of age. From June 2020, only those who are claiming Pension Credit will be able to claim the concession.

This means that 3.7 million older people in the UK are set to lose a benefit, which has been granted to them since 2000.

When mobility issues mean you struggle to get out and about, the television helps you stay connected. When money is a constant worry, it is your way to escape. Additionally, when you spend your days alone, it gives you something to rely on, something to look forward to.

For over a million of the oldest people in our society, television is their main form of company. It is their window on the world and a human voice when they have not spoken to another person in days.

Television is a lifeline and now it is going to be taken away.

Now the BBC is removing the right to free television licences for the over 75s and it is the most vulnerable people in our society who will suffer. However, Age UK feels that it is not the BBC's fault. In 2015, the Government quietly pushed the job of providing free television licences to the BBC – without giving them the funding to do the job properly, or asking us, the public, whether this was right.

Who loses when free television licences are scrapped?

It is a common misconception that all older people are comfortably off these days.

In fact, nearly a third of over 75s are living in poverty or just above the poverty line. For them, paying a hefty extra bill would simply be impossible when they are barely scraping by as it is. Added to this, half of over 75s are living with a disability. Many of them rely on their television for companionship and entertainment and for those who do not have the internet – a considerable proportion of the oldest in our society – television enables them stay up to date with what is happening in the world. Removing access to free television for the over 75s would be a cruel blow to those who need it most, when they are already facing such huge challenges.

Sign the petition to save free TV

Age UK believes it is the Government's responsibility to look after vulnerable older people. Keeping television free for them is a simple but vital way to do this.

That is why, together with organisations across the country, Age UK are petitioning the Government to take back responsibility for providing free television licences for over 75s. We need as many signatures as possible to make our case and show how important this issue is.

Add your name today at ageuk.org.uk/tvpetition or contact our telephone helpline on 0116 2992278

(11.00-4.00pm weekdays)

for further details or a copy of the petition

Because it's not just a licence. It's a lifeline.

Do you need a little extra help?

Age UK Leicester Shire and Rutland offers a variety of practical services to support you and help you to retain that all important independence.

All our staff are fully trained and DBS checked. We offer both male and female workers and have multi-lingual staff based across Leicester and Leicestershire. Our rates are very competitive and as a charity in receipt of no government funding, any surplus is channelled directly into the many free projects and services we provide across the county.

Personal Care

If attending to your own or your loved one's personal care needs has started to become more difficult, then our experienced team can support you at home.

We can provide short term assistance or a more permanent solution if you need it. Our friendly team can help you with getting in and out of bed, bathing and washing, using the toilet and dressing.

We can also help you to manage your medication, from a gentle reminder through to full support and we can support you to apply creams or eye drops if you are no longer able to do it.

If you require any advice, then please give us a call on
0116 299 2266

Domestic Help

When housework becomes more challenging, or if you simply no longer want to do it, our Domestic Services can help you keep on top of things. We can assist you with as much or as little as you need, whether that's a spring clean and de-clutter or just someone to help with the washing up. As well as general cleaning, our team is happy to help you with things like changing the bed, laundry, ironing and cleaning the windows. If you are starting to struggle with your food shopping then we can also help.

You can either prepare us a list and we will go to your preferred shop or we are happy to go shopping with you. We can also help prepare breakfasts, lunches or evening meals as well as sandwiches or snacks to allow you to maintain a healthy lifestyle.

Companionship

As we get older, we experience life changing events that can affect our confidence and opportunities to socialise. Our team can provide companionship when you need it most. Whether that's in your home or out in the community, doing the things you enjoy can really help with your mental wellbeing. If you feel you would benefit from some companionship, please give us a call to see how we can help.

Personal Assistants

New Service!

Because people are increasingly demanding a very personalised service, we are now offering a Personal Assistant service which can provide a complete home support service, including domestic cleaning and household management, shopping and trips out.

Personal Assistants can answer the phone, provide support with bill paying and correspondence, pension collection, shopping and organising your home.

Personal Assistants can also help you to access your local community and to take part in social and leisure activities that you enjoy. Our trained staff have the right skills, personal qualities and the time and ability to be flexible so that you choose how and when they provide the support. This means that you decide what the priorities are, what you'd like to do and how the time is spent.

Handyperson

It can often be hard to find a tradesperson to do the small jobs around the house and be confident that they are competent and will charge fairly.

Our handyperson service can help with the small jobs that most other traders will not undertake such as putting up shelves or curtain rails, installing handrails, repairing fences, fitting key safes and smoke alarms. We can also help with larger jobs such as decorating.

Our friendly team can provide you with a no obligation quote so that you have an exact and fair price for the work you need doing. We also have a business directory that can provide you with trusted reputable traders to contact.

Gardening

If there are parts of your garden that you are struggling to manage then help is available. Our gardening service can do as much or as little as you need. We provide help with the more physical tasks such as weeding, lawn mowing and hedge trimming or the smaller jobs such as pruning. Our experienced gardeners can give advice on the plants best suited to your garden or even help you to start a vegetable patch.





Maintenance Cognitive Stimulation Therapy

Age UK Leicester Shire and Rutland has launched a new service to support people who are living with mild to moderate dementia.

With increasing numbers of older people being diagnosed, there is a need to introduce services and support that engage as early as possible to help people live well and remain independent.

Maintenance Cognitive Stimulation Therapy (MCST) is a group activity that is proving to be very popular with people who are living with dementia. There is growing evidence to suggest that MCST can be as beneficial as drug treatments for the symptoms of dementia. Specifically, MCST can help with maintaining memory and mental abilities for longer. Weekly 2 hour sessions cater to groups of up to 8 people and are led by an Age UK member of staff who has been trained to deliver Cognitive Stimulation Therapy. These sessions also provide an environment where new friendships are made. Activities include:

- Discussions
- Word games
- Quizzes
- Physical activities
- Creative and musical activities

The sessions are also a lot of fun.

Age UK Leicester Shire and Rutland is currently providing weekly MCST sessions in Earl Shilton and Oakham. Because of the positive feedback that we are receiving from these pilot programmes, we plan to introduce new weekly sessions in Leicester and Melton Mowbray later this year.

If you would like to find out more about our MCST programme, you can visit our website:
<https://www.ageuk.org.uk/leics/our-services/living-with-dementia/maintenance-cognitive-stimulation-therapy/>
or contact Antony Massey on 01162992273 or by email antony.massey@ageukleics.org.uk

MCST Case Study

Derek is a farmer living in Leicestershire. His family had noticed that he was becoming increasingly forgetful and was experiencing episodes of confusion. His condition worsened and they took him to see his GP who referred him to the local Memory Clinic where he was given a diagnosis of early Alzheimer's Disease. His family reported that his condition was variable - some days he was very good but on others unable to remember his daughter's name.

Derek joined MCST sessions in Oakham in March 2019 and has attended regularly. Derek's wife, Eileen, stayed with him for the first few sessions to make sure he was able to settle but now uses the time to go shopping locally. Initially, it was a challenge to engage Derek in MCST activities as he had difficulty

with maintaining concentration and in expressing himself. After a couple of sessions, Derek settled and became comfortable interacting with staff, other participants and the environment.

Staff noticed that Derek became more engaged, noticeably more fluent and able to express himself better. He is now one of the livelier members of the group and really enjoys the sessions, coming in each week with a smile and ready to take part. Eileen has said that she has noticed a difference in Derek as a result of the MCST sessions. She has found him to be more alert, animated, motivated and confident. She commented "I definitely see a difference in him when I pick him up. He is happier and more chatty". She has also mentioned that he is starting to remember things from both the past and more recent events, some of which he has not mentioned for many years. Eileen feels that this improvement has had a positive effect on their relationship and that being present for the first session has given her an insight into how to engage and communicate more effectively with her husband.





Information & Advice

We are all excited about the launch of our two new services to support people living locally. One offers Independent Care Act Advocacy support to individuals living in Leicestershire, Rutland and the City of Leicester.

Meanwhile the Leicester Carers Support Service provides one to one support, information and advice, carers breaks, group activities and social outings to carers, over the age of eighteen, living in the City of Leicester. Staff working on the two new services would be only too happy to tell you more about the support they can offer, so please contact them on the telephone numbers given. The Information and Advice Team are still concerned about the number of older people living locally, who are unaware of the benefits that they may be entitled to claim. So please remember that we are more than happy to check the amounts that you are receiving to see if your income could be maximised.

For a benefit check, enquiries relating to information items on these pages or any other advice contact us on 0116 2992278 between 11 a.m. to 4 p.m. Monday to Friday. We look forward to hearing from you



Cheryl Clegg
Head of Information and Advice

Welfare Benefits • Housing • Social Care • Your Rights • Residential

Pension Credit Mixed Age Couples

From 15 May 2019, the rules have changed so both members of a couple have to reach State Pension age to claim Pension Credit. However, you can make a claim until 13 August 2019 as Pension Credit can be backdated by up to three months, provided you satisfied the rules of entitlement on 14 May 2019. Existing mixed age Pension

Credit couples at the date of the change can stay on it provided there is no break in their claim. Mixed age couples making a new claim after this change must claim Universal Credit until they both reach State Pension age. A mixed age couple is where one person is over State Pension age and the other person is under.

Top tips to avoid scams and fraud

All of us can be targeted by scams and they can be very upsetting with the impact being both emotional as well as financial. If you have unfortunately been the victim of a scam it is important to remember that you are not alone. Sadly, scams are becoming increasingly common and we can all get caught out. There are some steps however we can all take to avoid being taken in by scams:

- **Do not rush into anything.** If an offer seems too good to be true, it probably is.
- **Do your research.** Make sure a company is reputable by checking for a contact number and postal address and membership of a trade association.
- **Know who is on your doorstep.** Check before you open your door, and do not feel bad about

asking someone to leave if you do not know them. If someone refuses to leave, you can call the police.

- **Be wise to cold call scams.** Ignore unsolicited invitations such as letters, emails or phone calls offering a brilliant investment or saying you have won a lottery.
- **Be aware of new pension scams.** Rules allowing people to access their pension pots from age 55 have created opportunities for new scams. Be cautious of anyone claiming to know about loopholes, talks about overseas investments or says you can get your money before age 55.
- **Report it.** Do not feel embarrassed or ashamed if a scam happens to you. Unfortunately, it is much more common than people think.

Contact Action Fraud on 0300 123 2040 to report it and get help.

Pressures Facing Carers

A new report, released for the recent Carers Week, reveals the worrying levels of anxiety and loneliness experienced by carers in the UK. **Getting Carers Connected** is a new report released in conjunction with Carers Week 2019 (10-16 June), supported by Age UK and calling for better support for the rapidly growing carer population.

Carers Week is an annual awareness campaign to recognise the contributions made by the 8.8 million unpaid carers polling suggests there are in the UK (that's 1 in 6 adults), an increase of a third from the 6.3 million estimated in the 2011 census. Previous estimates had suggested the number of carers would not reach 9 million until 2037.

Among the report's key findings, unpaid carers are:

- 7 times more likely to say they are often or always lonely than the general population
 - a third less likely to feel the things they do are worthwhile
 - nearly twice as anxious
- Statistics now show that more than two million of the unpaid carers in the UK are aged 65 and over – with almost 400,000 of these aged 80+. This is because of an ageing population and the significant rise in people living with long term conditions.

Free, confidential Information & Advice Helpline • 0116 299 2278 •

Age UK Leicester Shire & Rutland is now providing two new services:

Leicester Carers Support Service

Age UK Leicester Shire & Rutland launched our new carers service on 1st July 2019. We now provide support to all carers, over the age of eighteen, in the City of Leicester, either at our Carers Hub, based at Clarence House, 46 Humberstone Gate, Leicester or at other locations throughout the City.

The Leicester Carers Support Service offers information and advice, help with forms, advice on welfare benefits, benefit checks, group activities, carer's cafes, peer support groups and where required referral or signposting to other appropriate organisations. We offer a programme of group activities including crafts, café sessions, outings, talks, visits and relaxation sessions.

Members of our team can provide one to one support to carers whether they are new to their caring role and need help as to the range of services that are available or have been caring for someone for a long time.

Carers living in the City can access the service by appointment or just by dropping in for support and information.

We offer a programme of group activities including crafts, café sessions, outings, training sessions, talks, visits and relaxation sessions. For further information please contact: 0116 2220538 or carers@ageukleics.org.uk

Independent Care Act Advocacy Service

We can provide free and confidential Independent Care Act Advocacy to support and empower individuals, living in the City of Leicester, Leicestershire and Rutland, who have substantial difficulty in being involved in Local Authority care and support processes and who have no appropriate person to support them.

Under the Care Act 2014 local authorities are required to provide an independent advocate for any individual, who experiences substantial difficulty in being involved in their care and support assessment, care planning, review or regarding safeguarding issues.

Our advocates will work alongside individuals to help them understand the local authority process, access and understand information, communicate their wishes and views and make informed decisions.

The service operates on an open referral basis but, in the main, referrals are received from Leicestershire and Rutland County Councils and Leicester City Council.

To discuss a referral or for further information please contact: 0116 204 5110
Open: Monday - Friday:
09:00 - 17:00



Get personal advice and support that is right for you

If you're affected by dementia and live in Leicester or Leicestershire you're not alone. Our specialist services will help you:

- get tailored information and support whilst remaining independent
- feel confident and supported by our expert staff

The following services are available in Leicester & Leicestershire; Dementia Support, Advocacy, Side by Side, Dementia Cafes, hospital support and Carers Information Programmes.

For more information about support available for you get in touch today:
0116 231 1111
leicestershireandrutland@alzheimers.org.uk

Alzheimer's Society operates in England, Wales and Northern Ireland. Registered charity number 296645.




CHARNWOOD MUSEUM INVITES YOU TO



Heritage and wellbeing get-togethers for over 50s

There's tea, cake, heritage presentations and a chance to meet others from your local community.

PLACES MUST BE BOOKED

When? Monthly, 10.30–12.30. Starting Friday, 6th September, running until 10th January.

Where? Charnwood Museum, Granby Street, Loughborough. LE11 3DU.

How much? £3 per session.

How do I book a place? Email museum@charnwood.gov.uk or telephone on 01509 233 754.

How do I get there? Make your own way, or ask us about help.



Local History Cafés are a Midlands-wide initiative, aiming to tackle loneliness in communities.

Available weekdays from 11.00am to 4.00pm

Age UK Leicester Shire & Rutland Services and Projects

We have a wide range of services and projects which provide support to help you get the most out of later life and cope with any obstacles that life throws in your path. Whether you need help to continue living independently at home, are a carer in need of respite or simply want to take advantage of opportunities to keep fit and active, take a look at what we have to offer. You can call us for more information or visit our website at www.ageukleics.org.uk.

Information & Advice

Advice Line

Free, independent and confidential information and advice for people over 50, including practical help, suggesting ways to solve difficulties and giving you the details of others who may be able to help.

Contact: **0116 299 2278** Open: **Mon - Fri 11:00 - 16:00**

Helping You Live Independently

Day Care

Companionship and support for older people with a wide range of abilities and disabilities, including physical frailty, mental health issues and dementia. Free taster sessions are available.

Contact: **0116 222 0572** Open: **Mon - Fri 08:30 - 17:00**

Daybreak Community Groups

Groups meet in the homes of host carers to suit the needs of older people living in rural locations. They offer a more intimate setting and within a smaller group.

Contact: **0116 222 0572** Open: **Mon - Fri 08:30 - 17:00**

Home Care

A wide range of help and care to assist you to maintain your independence in the community and to stay living in your own home. Cleaning, laundry, ironing and shopping as well as meal preparation, pet care, support with medication, personal care and companionship.

Contact: **0116 299 2266** Open: **Mon - Fri 08:30 - 16:30**

Gardening & Handyperson Service

Our DBS checked team will help you with what you need, when you need it. From hand rails to curtain rails, and decorating to home security as well as mowing, hedge trimming, weeding, pruning and shed painting in the garden.

Contact: **0116 299 2266** Open: **Mon - Fri 08:30 - 16:30**

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follow us on:



@ageukleics



Age UK Leicester Shire & Rutland



@ageukleics

Support for Carers

Respite Care

Time for yourself to recharge your batteries or manage other aspects of your life. Our staff can provide the same attentive, thoughtful and compassionate care that you would provide yourself.

Contact: **0116 299 2266** Open: **Mon - Fri 08:30 - 16:30**

Carers Support Services (Leicester City)

Drop in groups, carers wellbeing breaks, information and advice, peer support and training to informal carers who are:

Asian carers over 60 years of age

Contact: Pratibha **0116 222 0538 / 07711 325 510**

Open: **Mon - Thurs 09:00 - 16:00**

Over 18 who care for someone with a mental health need, from all communities

Contact: Phillipa **0116 204 6447 / 07875 059 625**

Open: **Mon, Wed to Fri 09:00 - 17:00**

Over 18 who care for someone with a mental health need, from Asian communities

Contact: Ray **0116 204 6449 / 07715 960 175**

Open: **Tues & Thurs 09:00 - 17:00**

email: caringforcarers@ageukleics.org.uk

Rutland Carers Support Group

For anyone caring for someone with a long-term illness (e.g. M.S, Dementia, Stroke etc.). Meets monthly in Oakham with a programme of speakers and activities to cater to all tastes.

Contact: Amanda **01572 822 171**

Open: **Mon, Tues & Thurs 09:00 - 16:00**

Living with Dementia

Rutland Dementia Support Service

Our Dementia Support service in Rutland offers support for those living with dementia and their carers and actively promotes the wellbeing of those living with dementia through one to one support and group activities.

Contact: Yvonne Rawlings **01572 770324**

Yvonne.rawlings@ageukleics.org.uk

Open: **Mon, Wed & Thurs 09:00 - 15:00**

Tackling Loneliness & Isolation

Rutland Macmillan Volunteer Befriending Project

Support for anyone over the age of 18 who has been affected by cancer.

Contact: **01572 823 942 / 07711 325 517**

Men in Sheds & Women in Sheds

A place to pursue practical interests with a high degree of autonomy. Members share tools and resources to work on projects of their own choosing, at their own pace and in a safe, friendly and inclusive venue.

Loughborough Shed:

01509 211 603 Open: **Mon, Wed & Thurs 09:00 – 13:00**

Rutland Shed:

07540 413 805 Open: **Wed 11:00 – 16:00, Fri 10:00 – 12:00**

Lunch Clubs

A chance to socialise and enjoy a hot meal with friends on a weekly or monthly basis. Most dietary requirements and cultural preferences catered for. Contact: **0116 222 0572**
Open: **Mon to Fri 08:30 – 17:00**

Support in the Community

Community Resource Centres

A community focal point offering a range of services and activities such as classes and social activities, restaurant, information and advice surgeries, computer suite, hairdressing.

Clarence House

46 Humberstone Gate, Leicester LE1 3PJ **0116 299 2233**

Gloucester House

3 Norman Way, Melton Mowbray LE13 1JE **01664 410253**

Earl Shilton Centre

Kings Walk, Earl Shilton LE9 7NL **01455 847666**

Digital Champions

Helping older people to get online confidently and safely to benefit from the advantages of digital technology that most of us take for granted.

Contact: **0116 223 7371** Open: **Tues - Thurs 09:00 - 16:30**

Macmillan Cancer Support Service

Support to older people who have been affected by cancer and their carers.

Contact: **0116 223 7370 / 0116 204 6440**

Open: **Mon – Thurs 08:30 - 16:30; Fri 09:30 - 14:30**

Last Orders

Promoting responsible drinking and giving people over the age of 50 easier access to various support services in relation to substance use. If you are concerned about your own or another person's substance intake please contact Hollie.

Contact: **0116 223 7366 / 07738 820 978**

Open: **Monday - Friday: 09:00 - 17:00**

Joining Forces

A tailor made service which provides the support you would like for veterans born before 1950, their families or people who care for Veterans.

Contact: **0116 261 4605 / 0116 261 4606**

Open: **Monday - Thursday: 09:00 - 16:30**

We also offer a Befriending Support to offer companionship and a listening ear.

Contact: **0116 299 2235**

Insurance Office

Helping Age UK make life better for older people by selling Age Co products and services.

Home Insurance, Car Insurance, Travel Insurance, Funeral Plans, Legal Services (Will writing) & Equity Release Advice Service

Visit our website www.ageukleics.org.uk

Pop in for friendly, face-to-face service at your nearest office

Age UK LeicesterShire & Rutland Insurance Office

Clarence House, 46 Humberstone Gate, Leicester LE1 3PJ

Tel 0116 254 5451 Open 9.30am–4pm Monday–Friday

Age Co Home, Car and Travel Insurance are administered by Ageas Retail Limited. Age Co Funeral Plans are provided by Advance Planning Limited, a subsidiary of Dignity plc. Age Co Legal Services offers legal advice and support through Irwin Mitchell LLP. Age Co Equity Release Advice Service is provided by HUB Financial Solutions Limited, and available to those aged 55+. Age Co insurance and Equity Release products are regulated by the Financial Conduct Authority.

^Not all Age UK offices offer Age Co products. Please phone before visiting. *If you call the 0800 number and your nearest office is not available, your call will be answered by Age UK Enterprises Limited or Ageas Retail Limited. Age UK Enterprises Limited trades under the trading name Age Co. Age UK Enterprises Limited is a trading subsidiary company of Age UK (registered charity, no. 1128267) and donates its net profits to Age UK. Products offered by Age Co Insurance Services are arranged by Age UK Enterprises Limited and arranged and administered by Ageas Retail Limited, both of which are authorised and regulated by the Financial Conduct Authority. Age UK Enterprises Limited Registered office: Tavistock House, 1-6 Tavistock Square, London, WC1H 9NA. Registered in England and Wales 3156159. MP8909V1DEC18

Helping you Stay Healthy and Well

Classes & Activities

If you would like to take up a hobby, try a different type of exercise class or learn a new skill - you can do all of this and make new friends at one of the classes and activities we run in a variety of locations across the City and two counties. Contact your nearest office to find out what is available:

Leicester	Clarence House Community Centre	0116 299 2233
Melton Mowbray	Gloucester House Community Centre	01664 410253
Earl Shilton	Earl Shilton Centre	01455 847666
Loughborough	Jeanette Silver	01509 260327
Coalville	Melanie Howell	01530 833000
Hinckley	Kate Webb	01455 619519
Oakham	Yvonne Rawlings	01572 770324
Uppingham	Amanda Bellamy	01572 822171



This is the Age of Creativity

We've been asked to write this piece as the Directors of two national organisations that work with creativity, culture, and wellbeing. Farrell runs Age of Creativity which is a national network of more than 1,500 professionals who all believe that creativity and culture supports older people to experience better health, wellbeing and quality of life. Victoria looks after the Culture, Health & Wellbeing Alliance – which is there for everyone who believes that creativity and culture can transform our health and wellbeing. The Alliance has 4,000 members including artists, clinicians, policy-makers, people who work in museums, or in local government, researchers, and so on – and of course people who have their own experiences of how creativity and culture have changed their lives.

In 2018, Age UK's Index of Wellbeing in Later Life

took evidence from 15,000 people over 60 and found that participating in creative and cultural activities had the biggest impact on wellbeing. Research published by the Arts Council in 2016, amongst people over 65, showed that 76% felt that the arts and culture were important to their happiness, 69% testified to it improving their overall quality of life and 51% maintained it helped them feel less alone. However, the research also showed that 38% of older people said that it is more difficult to attend or take part in arts and cultural events now compared to when they were younger. So, it is clear that older people want to engage and gain huge benefits from creative and cultural participation, but there are significant barriers that prevent a high number of people taking part.

In 2018, Age UK published Creative and Cultural Activities and Wellbeing in Later Life

exploring these barriers in more detail. Having someone to go with and access to transport were big factors, along with caring responsibilities and having information about what is going on locally. This report also explores the types of activities older people surveyed enjoyed doing most and this has helped to give us a bigger picture about the types of opportunities we need to increase locally. But older people have also given us a clear message in recent feedback: 'don't reinvent the wheel'. Individuals would rather have support to attend existing opportunities than for local Age UK's to create new groups and activities. To support this, Age UK recently published the Age UK 'Inspiration Pack' to support partnership working between Age and Cultural Sectors. We hope this document will enable more of these barriers to be addressed locally and increase the number of older people from the '38%' to have an opportunity to take part.

Age of Creativity works to bridge that gap and to help arts organisations across the country make sure that older people are able to enjoy involvement in creative work. They have been working with the Family Arts Campaign on Age Friendly Standards, for example – to make sure that older people feel welcome at arts venues. The standards look at buildings and facilities, and encourages arts organisations to build relationships with organisations, communities and individuals, considering what they programme and how they get their message out. But it's not just about access to art made by other people. We are also here to support older people to create culture, whether they are professional artists or just starting to think about

this aspect of their lives. Every May, Age of Creativity run a month-long festival celebrating older people as creative audiences, participants, volunteers and artists. This year's festival focused on intergenerational work, with over 380 events across the country. Thousands of older people took part in a wide range of activities, including singing for the brain, age friendly exhibition tours, relaxed performances, playwriting workshops, dance for Parkinsons, book groups and much more. We also ran training sessions for professionals, to encourage more creative opportunities, such as Dementia Friendly training for venues and digital arts courses for activity workers. To find out more about the festival and to sign up to get involved in the event in 2020, visit www.ageofcreativity.co.uk.

As part of the festival, Age of Creativity commissioned 64 Million Artists to create a pack of activities designed specifically for older people and have sent this to all the local Age UK branches to design activities for local meetings. 64 Million Artists works to catalyse our innate creativity, based on the belief that "everyone is creative, and when we use our creativity we can make positive change in our lives and the world around us". The Baring Foundation, too, have recently published a Treasury of activities for older people. The Foundation has been funding creative work with older people – and research into this field – for ten years, and has promoted this area of work very actively, based on the belief that as the Foundation puts it, "Everyone has a fundamental right to take part in cultural activities. Arts and culture also bring benefits in terms of personal health, happiness and wellbeing." Nationally,





there is real energy behind this work as we finally realise the massive contribution older people already make to our culture and start to support and acknowledge this more fully. You will see more of this work when BBC Music Day rolls around on 26 September this year; the main focus of the Day across all the BBC's platforms – radio, television and online – will be on wellbeing, and there is likely to be a particular focus on older people as makers, participants and audiences

Creativity is good for you, but you don't have to think in terms of health; it's also just about enjoyment, stimulation, community – whatever you want to get from it. It can be easier than you think, it can be free and it can be fun.

And if you're not sure what's happening near you, and you're interested in doing more creative activities or experiencing more theatre, or accessing more galleries and museums, you can get in touch with local arts organisations and find out whether they have any programmes tailored for older people. If they're not doing anything, Age of Creativity can help make new connections and make new work happen. We are currently launching an Age UK network and will be supporting regional touring this summer. So if there isn't anything inspiring you locally, encourage your local Age UK to get involved in working with us and with the creative and cultural organisations in your area – you might be surprised what's possible!

Puzzle Page

Solutions can be found on page 23

Quick Quiz

Test your knowledge with our Quick Quiz

1. What was Saigon renamed as in 1975?
2. Who was the last Apollo astronaut to walk on the moon?
3. How did Louise Brown make news in 1978?
4. Praxis was a 1978 novel by which authoress?
5. Gregory Riding and Terry Service are protagonists in which 1977 Martin Amis novel?
6. TVC15 was a track from which David Bowie album?
7. Who co-starred with Martin Sheen in Badlands?
8. Tufty Fluffytail promoted which Government information advertisement campaign of the 1970s?
9. Which member of the Royal Family was the subject of a kidnap attempt in 1974?
10. In which year did the Afghan-Soviet War start?
11. Who did Virginia Wade beat in the Wimbledon final in 1977?
12. Which West Indian cricketer scored 302 against England at the Oval in 1974?

Sudoku

The game of logic

Place each of the digits 1 to 9 in each row, column and 3x3 box. There is only one solution.

	9	1	2			8	3	
					6			
	2				9		4	7
	5				3		8	
6			4	1				
1			8				9	5
	6		9				2	
		2	3					4
8	3			4		1	6	



A group of elderly women in Leicester are gaining independence through yoga classes.

The class, led by 86-year-old Rambhaben Shah invites women from all corners of the South Asian community to join in - and it's making a real difference.

Every Wednesday the ladies meet at Mayflower Methodist Church in Ethel Road, Evington to socialise, exercise and learn together.

Mrs Shah had been part of an old people's club in Leicester known as the Asian Towers Club before founding the Prem Group 18 years ago, where the yoga sessions take place.

Since it was founded, she has dedicated her time to making the club a vital part of the womens' lives. Several activities are held for the women throughout the week, including lunch clubs and English lessons. But it is the yoga classes that are most impressive. Most of the women involved are over 70 years old and live alone.

Her daughter, Shilpa Rasaiah said: "This group is mainly her life."

Shilpa, who sometimes attends the sessions said she had seen a huge improvement in the women's wellbeing:

“Honestly these people are amazing, I've seen them all get fitter and stronger.”

Her mother, the leader of the class, had a major knee operation only eight months ago but is already fully recovered and practices yoga at ease.

According to research by Age UK, the sharpest decline in physical activity is most likely to occur between the ages of 75 and 84.

The oldest member of the group recently passed away at the age of 101. Ramiben Patel started yoga in 1996 when she would take part from the comfort of a chair.

Her daughter-in-law Ila Patel told LeicestershireLive: "In the beginning she wasn't as confident, but after a while she got more comfortable and her mobility was really good."

At 100-years-old, Ramiben was joining in with yoga on the floor. "She could walk without any help and all of her activity helped her stay longer," Ila said.

Groups such as those run by Rambhaben are crucial to keeping the elderly active and just as importantly, sociable.

Pratima Talati from Evington has been attending the classes with the Prem Group for nine years. Five years ago she had a heart attack and the classes helped her to regain strength and confidence.

The 82-year-old said: "When I come and see all these people I feel happy but when I'm just sitting at home I get depressed."

Jayaben Kothani started to attend the classes after her

husband passed away four years ago. Her health has since deteriorated but she still has the energy to take part in the yoga session. Mrs Kothani said:

“My health is not good, I have a carer twice a day but I enjoy it here, I feel better and I get to meet all of these friends”

The Prem Group is predominantly South Asian women but the members are all from different backgrounds. A group like this is rare because South Asian communities are often divided by specific, cultural background.

You might expect a yoga class to have a specific dress code, but not this one.

Prabhaben Tailor, 74, wears a saree to the class along with many of her friends who she heard about the class from. "The yoga is lovely, I have so many friends here and I do the yoga steps at home too, it makes me stronger," she said.

As well as being the group's leader, Mrs Shah is a friend to all of the women who come to her class. She has provided a safe space for the elderly women to gain confidence and independence, who might otherwise be housebound.

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EngAGE Business



special guest Mrs Barbara Nice (this year's Britain's Got Talent semi-finalist) who will be bringing her show to Clarence House.

Tickets will be available from the Leicester Comedy Ticket website from 1st November. If you're looking to raise your organisations profile, this could be an amazing opportunity, why not sponsor our event and be part of Europe's biggest comedy festival?

Our corporate supporters have also been very busy, Will Rudkin, Dave Middlemiss, Alex Moran and Nick Kent have taken part in the Samworth Brothers Charity Challenge, their training efforts have paid off coming 2nd overall and raising £3800.75.

Our local Madrasa – The Nasihah Centre have been encouraging their students to raise money for charity and we were the grateful recipients of £1000.00 and Barratts

Community Fund Scheme donated £1000.00 - this all helps us to deliver vital services to older people living locally.

Our Golf day was another success with 22 teams taking part and we were privileged to have the company of Steve Walsh for the day.

We are delighted to welcome **Merchsmith**, producers of custom branded merchandise based in Leicester to our Business Club.

This year's Leicester Marathon takes place on Sunday 6th October, why not consider taking part- you can enter a relay team or run the hole marathon individually while raising money for older local people in need of valuable services. For more information please contact Nikky Miles 0116 2237346 or email nikky.miles@ageukleics.org.uk

With the summer months upon us it may seem strange to be thinking about next year already, but here at Age UK Leicester Shire & Rutland we are always looking at how we can raise our profile, building on successes and trialling new opportunities.

We are really excited to be more involved in next year's Leicester Comedy Festival. On 8th February 2020, we are proud to announce that we will be holding our very own Comedy Show with

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arriva
a B&Q company

CURVE

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www.mobile-mobility.co.uk

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care home with nursing

BIG DIFFERENCE COMPANY

We would like to say a big thank you to all of our members and supporters without whom we could not provide our services to older people.

Donate to Age UK Leicester Shire & Rutland using Virgin Money Giving

Please help us to continue to provide valuable services and support to local older people in Leicester, Leicestershire and Rutland.

You can easily sign up to donate online via Virgin Money Giving



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Age UK Leicester Shire & Rutland



Steady Steps




A rejuvenating exercise programme helping to develop strength and balance

Are you over 65?

Do you feel unsteady on your feet?

Have you previously fallen or worry about falling?

Would you like to improve your balance?

SESSION DETAILS

Starting Tuesday 16th July 2019;

Moirs Village Hall - Tuesday 10.30am-12noon

Don't worry if you miss the start date, you can still join the course within the first six weeks.
Venue is fully accessible and refreshments are provided.

SESSION LENGTH: 1 hour
DURATION: 24 weeks
BOOKING IS ESSENTIAL

For more information and to book your place please contact:

NAME	Emily Rodbourne
EMAIL	emily.rodbourne@nwleicestershire.gov.uk
TELEPHONE	01530 454755

www.lrsport.org/steadysteps





To face the challenges we see in Leicester, Leicestershire and Rutland and to deliver our plans to meet them, health organisations have created Better Care Together - a Sustainability and Transformation Partnership (an STP). The partnership is working closely with local authorities too.

Stretch and Strengthen

These classes provide participants with the opportunity to take part in gentle seated exercise whilst meeting some new people. The benefits include increased flexibility, strength and balance, which all help to promote prolonged independence.





Starting 10th May 2019:
Ibstock Palace Community Centre - Friday 11.45am-12.45pm £3

Starting 12th July 2019:
Castle Donington Methodist Church - Friday 11.30am-12.30pm £3

For more information and to book contact Emily Rodbourne on 01530 454755 or email emily.rodbourne@nwleicestershire.gov.uk

CURVE for Everyone



Fiddler on the Roof | Photo: Pamela Raith

Curve is proud to offer a programme of accessible performances throughout the year, including:

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RP

DF

TT

CAP

AD



To find out more about our Access Performances or other services we offer, contact us at contactus@curvetheatre.co.uk or **0116 242 3595**

TICKETS 0116 242 3595
WWW.CURVEONLINE.CO.UK
CURVE THEATRE, LEICESTER













Supported using public funding by
ARTS COUNCIL ENGLAND

Curve Theatre Leicester Theatre Trust Limited is a registered charity (no. 283900). We gratefully acknowledge and appreciate the continued support of our supporters and the wider community.

Time to Get Smart!

You have probably heard about Smart Meters, some good things, some not-so-good and perhaps some things that are plain confusing!

In support of



smartenergyGB.org

Age UK Leicester Shire and Rutland, Age UK Notts and Age UK Derbyshire have partnered up to work with Smart Energy GB to make sure that older people across the East Midlands have access to the truth and facts about Smart Meters and are able to make an informed decision about whether to choose to have one fitted.

Smart Energy GB is the campaign for a smarter Britain. It's their task to help everyone in Great Britain understand smart meters, the national rollout and how to use their new meters to be cleaner and greener with their energy use.

Between now and the end of October 2019, Age UK Leicester Shire and Rutland will be engaging with groups of older people across Leicester, Leicestershire and Rutland to make them aware of the benefits of this new technology, answer their questions and hopefully, dispel some of the myths that have grown around Smart Meters.

Here are some details to help you decide.

What are they?

A smart meter can be fitted at no extra cost

and replaces your current meter. This is coupled with a handheld in-home display unit that shows you your home energy consumption.

Can everyone get one?

We're all entitled to a smart meter as part of the rollout. Some of us will have to wait longer than others to get our new meter, but you can ask your energy supplier directly to see if yours can be fitted now. How soon you can get your smart meter depends on your energy supplier, where you live, your current meter type and what kind of home you live in.

Do I have to get one?

The government requires energy suppliers to offer smart meters to all homes and small businesses across Great Britain by 2020.

Despite some of the energy companies saying 'you need to upgrade' the truth is, it is your choice. You can upgrade and there are potential benefits to doing so.

What are the benefits?

- No more estimated bills: Your remote, wireless in-home display unit shows you what gas and electric you have used and how much this is costing, in pounds and pence.
- Knowing how much you have spent can help with budgeting and to save energy on items that are using electricity and

don't need to be on e.g. a TV on standby, lights on in a room when no one is using it.

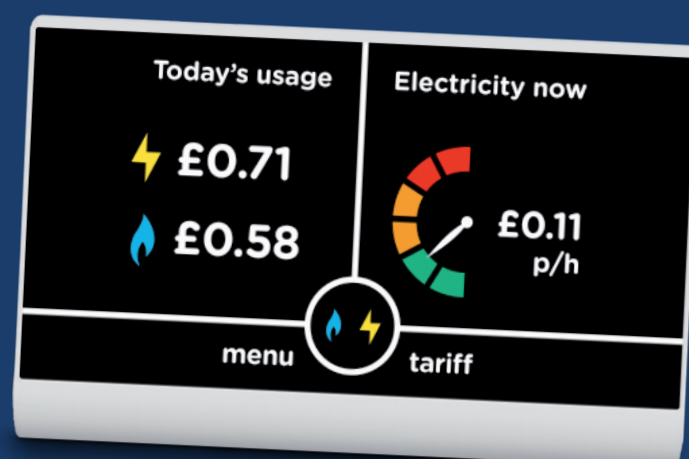
- No more meter reads: Going down into the cellar or squeezing yourself into cupboards to get the meter reading will be a thing of the past, as the readings are automatic. This means you'll only be paying for electricity you are using, rather than those annoying estimated bills that can sometimes be way off
- Greener energy supply: Smart meters will play

a key role in the creation of a new smart grid. Our energy supply could be greener because the smart grid will be able to supply more reliable, efficient and low-carbon energy to households and help us all to manage our valuable resources more efficiently.

How do I get one now?

You can get more information about Smart Meters and how to get one fitted on the Smart Energy G.B. website: www.smartenergygb.org

If you would like more information about the engagement events that will be taking place across Leicester, Leicestershire and Rutland, please email: Getsmart@ageukleics.org.uk Details will also be available on our website: www.ageuk.org.uk/leics and on social media www.facebook.com/ageukleics www.twitter.com/ageukleics www.instagram.com/ageukleics



Choosing care?

Free, specialist help is available

A free, independent service

We have been helping individuals and their families to arrange care in their own home and choose care homes for 20 years.

All the information you need

We provide you with all the information you need to make an informed choice about the best care home for you or your relative. We can also arrange packages of care in your own home. We can help you if you are paying for your own care or have social services funding.

How our service works

You will be given your own dedicated adviser who will:

- 1 Discuss your individual needs.
- 2 Carry out a search for suitable homes or care services within your area.
- 3 Collect & accompany you on care home visits.
- 4 Provide advice and support throughout the entire process



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Shining brightly across the county

What is it?

Lightbulb is a countywide scheme which helps people remain independent in their own home. The project, rolled out across Leicestershire back in October 2017, involves all district/borough councils, Leicestershire County Council and local health organisations. The scheme has won three awards for the way it has helped to transform the lives of the service users taking advantage of Lightbulb.

Why is it so good?

It works to stop people going into hospital by preventing accidents and falls by adapting homes. It also advises people on energy tariffs, benefits and smoke alarms. The one-stop shop is designed to cut "red tape," a reduced waiting time for housing adaptations, fewer people involved in each case and a big reduction in

delivery cost. It has already saved the NHS over £435,000 and overseen a reduction in service usage of 66% due to the adaptations and help. Typical cases include a person with mobility issues caused by Drop Foot, Arthritis and respiratory problems, who was reluctantly looking to move into supported living. Due to the advice and practical support of the Lightbulb service, and with one point of contact to coordinate everything needed, suitable minor and major adaptations were installed. They were delighted to be able to remain in their own home, and stay connected to their local community, which is so important to their overall wellbeing.

How is it funded?

All partners fund the project relevant to the demand for the service in their area. Blaby District has 13% of the business and funds 13% of the cost of the service.

Did you know?

A reduction of just one fall for every 17 residents saves the local health and care economy £21,000 per year.

Case Study

Bob Pallett of Blaby is an amputee who has lived in his house for 50 years. Health problems have made life in his home increasingly difficult. A fall in the shower saw Bob referred to Lightbulb. His assessment ensured Bob was given a bed lever, combi toilet frame and self-propelled shower chair. He was also assessed for a through floor lift.

If Lightbulb had not helped, it's likely Bob would have had further falls, spending more unnecessary time in hospital. He may also have been forced to leave his home. The adaptations meant Bob and his wife can remain safe in the house they've been in for half a century.

What county residents have said...

"Thank you, a bath lift may seem such a simple thing, but it has made such a difference to my life!"

"Thank you for the adaptations that you fitted at my 93 year old mother's home, she has mobility issues and is a blue badge holder.

They have been a god send. It was really great to have all this sorted by one team and the Housing Support Coordinator who visited my mother sorted everything out."

"Lightbulb got me all the help I needed and I only had to deal with one person."

Could it help me?

Find out about help and adapting your home by contacting Leicestershire County Council on **0116 305 0004** or visit www.leicestershire.gov.uk/adult-social-care-and-health.

Answers & Solutions

from page 17

1. Ho Chi Minh City
2. Eugene Cernon
3. She was the world's first test tube baby
4. Fay Weldon
5. Success
6. Station to Station
7. Sissy Spacek
8. Road safety
9. Princess Anne
10. 1979
11. Betty Stove
12. Lawrence Rowe

5	9	1	2	7	4	8	3	6
4	7	8	5	3	6	9	1	2
3	2	6	1	8	9	5	4	7
2	5	7	6	9	3	4	8	1
6	8	9	4	1	5	2	7	3
1	4	3	8	2	7	6	9	5
7	6	4	9	5	1	3	2	8
9	1	2	3	6	8	7	5	4
8	3	5	7	4	2	1	6	9



Joining Forces

Did you know that Age UK Leicester Shire & Rutland have a project for anyone who served in the military or cares for someone who served in the military and was born before 1950? The project is called **Joining Forces and helps and supports older veterans to connect with other veterans, get out and about in their community and live independently in their own home.**

Our Independent Living Co-ordinators can visit you in your own home to give impartial information, advice and support on anything from applying for Attendance Allowance, obtaining medals, helping you to get to medical appointments to introducing you to other veterans, applying for a holiday with the Royal British Legion or funding aids and adaptations for your home with our partner organisation SSAFA. And it doesn't stop there..... Veterans and their spouses, family member or carers are invited to join us at our monthly Coffee Mornings, just turn up any time for a warm welcome and free refreshments. Many new friendships have been formed, as well as a few reunions, and all who attend appreciate the

camaraderie that is evident at all Coffee Mornings. For more information on our coffee mornings, please go to the What's On section on page 27

Joining Forces also holds a variety of events, outings and Christmas meals, recently visiting the Shuttleworth Collection and The National Memorial Arboretum. By the time this article goes to press, veterans from the Charnwood area will have enjoyed a hopefully sunny day out at the seaside. The outings are subsidised and represent excellent value for money as well as affording everyone the opportunity to enjoy a day out or meal together.

Many Joining Forces events coincide with special dates and none more so than the



recent event for D-Day 75 at St Martins Great Hall next to Leicester Cathedral. World War 2 Veterans, including D-Day Veterans, attended a special lunch to commemorate that incredible day, 75 years ago, which changed the course of World War 2 and ultimately led to the liberation of Europe. There was not a dry eye in the house when Renee, a former member of the French Resistance, awarded Arthur, a D-Day Veteran, his Legion D'Honneur. Arthur was not aware he was entitled to this medal, the French highest Order of Merit, until he became involved with Joining Forces who supported him through the application process.

Our veterans come from all walks of life and whether you did National Service, had a long career in the military or served during conflicts and war, as long as you were born before 1950 – you are eligible for the services of the Joining Forces Team. Our service covers the whole of Leicester City, Leicestershire & Rutland.

Contact:

**joiningforces@
ageukleics.org.uk**

**Telephone
0116 2614606**

Lifelong companions and how to protect them

Like it or not, life is unpredictable. From the very moment you are born there are unexpected twists and turns that bring you to where you are today.

My Will

Take Colin Thackery, the 2019 Britain's Got Talent winner. Just a few short months ago, Colin had not envisaged winning the chance of performing to the royal family or winning a prize that would increase his personal wealth by a whopping £250,000! The unexpected has thrown a twist into the mix for Colin, albeit a pleasant one.

It is not always possible to plan for the unknown, but we can plan for what fits our circumstances best for now. As a Wills and Trusts specialist, I meet people every day and help them to make provision in their Wills that represent their wishes and feelings of today.

Take Mrs Jones. She is a 76 year old woman. She is a retired head teacher. Her husband passed away ten years ago. She has 1

daughter and 4 grandchildren. She enjoys painting and has 2 dogs, Rosie and Jim. Mrs Jones' pet dogs mean an awful lot to her. Mrs Jones came to me to review her Will and her main concern was what would happen to her dogs in the event of her death. It was hugely important to her that her dogs were taken care of if she were no longer there. Her daughter was not an animal lover and Mrs Jones felt that Rosie and Jim would be a burden to her.

After some advice, Mrs Jones made a Will giving Rosie and Jim to her long term friend along with a sum of money towards their upkeep. The rest of her estate was to pass to her daughter and grandchildren. Two years later, Mrs Jones called in to see me again. She was pleased to tell me that things had changed and she was now in a relationship

with Mr Willows, a long term friend and had been for just less than a year now. Mr Willows had become very fond of the dogs, Rosie and Jim and there was even talk of marriage between the two. Mrs Jones had read that marriage can effect the validity of a Will and indeed she was correct. A Will is automatically revoked by marriage unless the Will is made in anticipation of marriage taking place and has specific wording in it to reflect this. We reviewed her Will and agreed that a new one should be made. The new Will was made in anticipation of her marriage and left Rosie and Jim to Mr Willows instead. Regardless of when a Will is made it ought to be reviewed at times of change. This could be a change in relationship, a change in wealth, a change in desire or need of a beneficiary. The family may have grown or there may now

be a beneficiary who is not to be included or even one that needs to be added in.

Making a Will to suit your current wishes is by far better than not making one at all and leaving fate to the Intestacy Rules (the order in law which determines what should happen to your estate after your death if you do not have a valid Will). It is better to make provision that suits you now, safely in the knowledge that if your wishes change again, you can make a new Will at that time.

For advice and assistance please contact Lisa Franklin at Smith Partnership on lisa.franklin@smithpartnership.co.uk or, alternatively call: 01162472004

What's On

Age UK Leicester Shire & Rutland have several resource centres across the county where you can sign up to lots of different activities.

Community resource centres offer a space geared (but not limited) to the over 50's. The centres each have facilities, services and activities which meet the needs of the local area. Each one has carer-supported day care in a separate, private area alongside community areas which offer classes, activities and lunch clubs or a restaurant. All of our resource centres offer a range of activities, services, support and facilities which respond to the needs of local older people. They are open to the public and free for you to visit. The centres are accessible, welcoming, safe and offer a place for people to meet, eat, learn, get active and socialise.



Clarence House

Clarence House is our largest community resource centre situated in the heart of Leicester City. Currently we have exercise classes available every day we are open.

- Yoga
- Zumba gold
- Line dancing
- Tai Chi (including a beginners class)
- Keep fit
- Get walking, keep walking
- Line dancing (for absolute beginners, beginners and improvers)
- Seated exercise
- Gentle exercise

You can also get active and learn or pursue a hobby with our modern sequence dancing and carpet bowls groups. Our art room hosts several activities across the week including: drawing & watercolour painting, card making and Leicester Art Zone. If you are looking to learn a

new skill we can offer guitar lessons and Spanish lessons – or our writers group could give your creative writing a boost! If you would like a more social activity, you could try our Knit 'n' Natter group, the whist group or come along to the Friday Bingo mornings.



Earl Shilton

Earl Shilton Centre has provided a welcoming environment for older people for many years. Located on Kings Walk, with plenty of parking close by, the centre has lots to offer.

We have a range of exercise classes across the week which offer something for everyone who would like to get fitter.

- Line Dancing
- Tai Chi
- Zumba
- Walking for Health
- Mature Movers gentle exercise
- Gentle exercise group

We also have a weekly tea dance and a short mat bowls group (membership required) which brings a more social aspect to getting active. Weight Watchers also meets at the centre each week. If arts and crafts appeal to you, please come along to one of our popular groups:

- Barwell Crafters (Tuesdays)
- Painting & needlecraft workshop (Wednesdays)
- General crafts workshop (Thursdays)

For those looking to learn new skills or hobbies, we have a free, weekly computer drop-in and Guitar lessons suitable for starters to improvers.

Our regular social events are the Friendship Club, which offers speakers, entertainment, outings and new friendships, the Friday coffee morning and the daily (weekdays) lunch club.



Gloucester House

Gloucester House is the place for older people in Melton to go to for advice, help and support with access to the whole range of information from the charity. We have a range of exercise classes across the week which offer something for everyone who would like to get fitter.

- Tai Chi
- Pilates
- Yoga
- Sequence Dancing
- Steady Steps
- Mature Moves

We also have weekly table tennis sessions, ballroom dancing lessons and sequence dancing each week. Slimming

World also meets at Gloucester House three times a week.

For those looking to learn new skills or hobbies, we have a free, monthly IT & Biscuits digital workshop, a Scrabble club and lip reading.

Our regular social events are the Tuesday Coffee Shop, Evergreen Social Group, Knit and Natter and the over 55's drop in club. We also have a monthly lunch club on the second Thursday of the month.

For more information on activities at all our resource centres, please visit our website www.ageuk.org.uk/leics/



Events coming up...

Anyone who has served in the British Armed Forces including National Service, as well as their spouses/ carers are welcome to attend our Older Veterans Coffee Mornings and enjoy free refreshments and good company.

Older Veterans Coffee Mornings - Coalville

Location:

The Hermitage FM Café
Memorial Square
Coalville
Leicestershire LE67 3TU

Time: 10am – 12pm

Dates: 12th August, 9th September, 14th October and 11th November 2019

For more information, please contact Jill on 0116 261 4605 or email joiningforces@ageukleics.org.uk

Older Veterans Coffee Mornings - Hinckley

Location:

The Green Rooms
– Masonic Hall
St Mary's Road
Hinckley LE12 1EQ

Time: 10am – 12pm

Dates: 21st August, 18th September, 16th October and 20th November

For more information, please contact Michaela on 0116 261 4606 or email joiningforces@ageukleics.org.uk

Older Veterans Coffee Mornings - Oakham

Location:

The Common Room
St John & St Annes
St Annes Close
Oakham LE15 6AZ

Time: 10am – 12pm

Dates: 6th August, 3rd

September and 1st October.

For more information, please contact Michaela on 0116 261 4606 or email joiningforces@ageukleics.org.uk

Older Veterans Coffee Mornings - Leicester City

Location:

New Walk Museum & Art Gallery
53 New Walk
Leicester LE1 7EA

Time: 11am – 1pm

Dates: 19th August

Location:

Curve Theatre
Rutland Street
Leicester LE1 1SB

Time: 11am – 1pm

Date: 4th September

Location:

Age UK Leicester
Shire & Rutland
Thorncroft
Edith Murphy Suite
244 London Road
Leicester LE2 1RH

Time: 10am – 12pm

Date: 15th October

Location:

Palmers Garden Centre
St Johns
Enderby
Leicester LE19 2BS

Time: 10am – 12pm

Date: 7th November

For more information, call Jill on 0116 261 4605 or email joiningforces@ageukleics.org.uk

Older Veterans Coffee Mornings - Melton Mowbray

Location:

Gloucester House
3 Norman Way
Melton Mowbray LE13 1JE

Time: 10am – 12pm

Dates: 15th August, 19th September, 17th October and

21st November 2019

For more information, call Michaela on 0116 261 4606 or email joiningforces@ageukleics.org.uk

Older Veterans Coffee Mornings - Blaby

Location:

Council Chamber
Council Offices,
Desford Road
Narborough LE19 2EP

Time: 10am – 12pm

Dates: 28th August, 25th September, 30th October and 27th November 2019

For more information, call Michaela on 0116 261 4606 or email joiningforces@ageukleics.org.uk

Older Veterans Coffee Mornings - Melton Mowbray

Location:

Gloucester House
3 Norman Way
Melton Mowbray LE13 1JE

Time: 10am – 12pm

Dates: 15th August, 19th September, 17th October and 21st November 2019

For more information, call Michaela on 0116 261 4606 or email joiningforces@ageukleics.org.uk

Older Veterans Coffee Mornings - Loughborough

Location:

Loughborough Library
Granby Street
Loughborough
Leicestershire
LE11 3DZ

Time: 10am – 12pm

Dates: 14th August, 11th September, 9th October and 13th November 2019

For more information, call Owen on 0116 299 2235 or email joiningforces@ageukleics.org.uk

Gloucester House Lunch Club

We provide a warm welcome and a freshly cooked 2 course lunch meal for anyone who would like to meet up and have lunch with other people and engage with the local community. £6 per meal – 11:30am – 1:00pm

Dates: 8th August, 12th September, 10th October, 14th November and 12th December
Please call Rhonda on 01664 410 253 for details.

Clarence House Afternoon Tea & Entertainment to celebrate our Great British Summer

Come along and enjoy home cooked food, raffle prizes and the traditional sing-a-long

Dates: 8th August 2019

Time: 1pm – 3pm

Purchase your tickets by phoning 0116 299 2233



Age UK Leicester Shire and Rutland hosted their 20th Annual Charity Golf Day at Lingdale Golf club, Woodhouse Eaves.

The always popular event saw 22 teams, made up of local businesses and corporate supporters competing for the charity shield. The teams were joined by Leicester City legend Steve Walsh, who hosted the event and helped keep morale high despite the wet weather conditions on the green. After a fiercely fought competition, Sharman Fielding emerged as the days winners, scoring a fantastic 84 across the 18 hole course. The day then culminated with

Age UK Leicester Shire & Rutland's 20th Anniversary Annual Charity Golf Tournament

a rousing afternoon auction, followed by bingo and a raffle. Commenting on the day, Steve Walsh said:

“Pleasure to be here, a great day for a great cause. Can't wait to see everyone again next year.”

In total the day raised almost £8,000. All of the money raised will help directly fund local

services for older people, helping to combat the growing issue of loneliness and support those living with long-term conditions such as Dementia within the community. Nikky Miles, the event organiser, is delighted with the day's success:

“We are absolutely delighted at the almost £8,000 raised at the Charity Golf day, our highest total

ever. It was great to see everyone rallying round to support the work we do as a local charity, and we are so grateful to everyone that made it possible.”

Due to the events continued popularity planning has already started for the 21st annual tournament, which is set to take place in June 2020.

Fiona Cairns Ltd Fundraiser

In June this year, the newly formed fundraising team held their first official fundraising event; an afternoon tea with Fiona Cairns. It was a well-attended event with nearly 60 people coming along to meet the Fleckney based baker who has famously made cakes for the royal family including the wedding cake for the marriage of Prince William and Catherine Middleton.



Attendees were treated to a talk from Fiona Cairns about the rise of her bakery and the challenges she faced with her nerve-wracking debut bake for the wedding at Buckingham Palace. After the talk all the guests were given a plate of five different sandwich fillings and a mini quiche along with a tea or coffee. Afterwards each person was able to

choose from a selection of cakes and biscuits made by Fiona Cairns herself. There was also opportunity to buy a signed copy of Fiona's baking book and the chance for a short meet and greet with the lady herself. At the end of the afternoon there was the obligatory raffle too.

At the next planned afternoon tea, we are hopeful to have Reverend Richard Coles attend as a speaker. If you would be interested in coming along to hear about his life and dancing then please contact Age UK LS&R for further details on 0116 299 2233.

Thank you to...

- **Barratts** community Fund for their generous donation of £1000
- **Hastings Direct** for their support with Bucket Collections and an Afternoon Tea.
- **Nasihah Centre** for a generous donation of £1000 Samworth Brothers for completing the Samworth Challenge and raising £3800.75
- **Wyevale Garden Centre** for many donations of goods including the Bistro Set Wilkinsons for donation of vouchers



Volunteers Week Celebrations

As part of Volunteers Week in Rutland, we held a coffee and cake morning for our volunteers. Volunteers attended from all the projects in Rutland including the Macmillan project.

The event was attended by Troy Young, Age UK LS&R's Assistant Director, who thanked all the volunteers for their time and commitment. Barbara Thomas (Macmillan project) also spoke about the benefits of volunteering. Guests were given a small plant as a token of appreciation.



A Bug's Life

Age UK Leicester Shire & Rutland's Men In Sheds project is doing its bit for the environment by building 2 Bug Hotels for the Lands End Clothing

company in Oakham. The Insect Houses will form part of a Nature Garden that the company is developing to encourage local children to learn about nature.



A woman with long dark hair, wearing a dark green jacket, is seated and playing an acoustic guitar. She is looking towards a young child with curly hair, wearing a red shirt and a blue scarf. The child is sitting on a blue surface and looking up at the woman. The background is slightly blurred, showing other people in a room with large windows.

- Children's activities
- Social groups
- Digital support

www.vistablind.org.uk

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**T: 01572 717254 W: laundeabbey.org.uk
E: info@launde.org.uk**

Silver Sippers

First and Third Wednesday of each month 10:30am - 12:30pm

Silver Sippers is a social group for older lesbian, gay, bisexual and transgender people, who meet in a friendly environment over a cup of tea or coffee and slice of cake and a chat at The Leicester LGBT Centre.

New members welcome.

Enquiries at info@leicesterlgbtcentre.org

Telephone 0116 254 7412

For this and other services

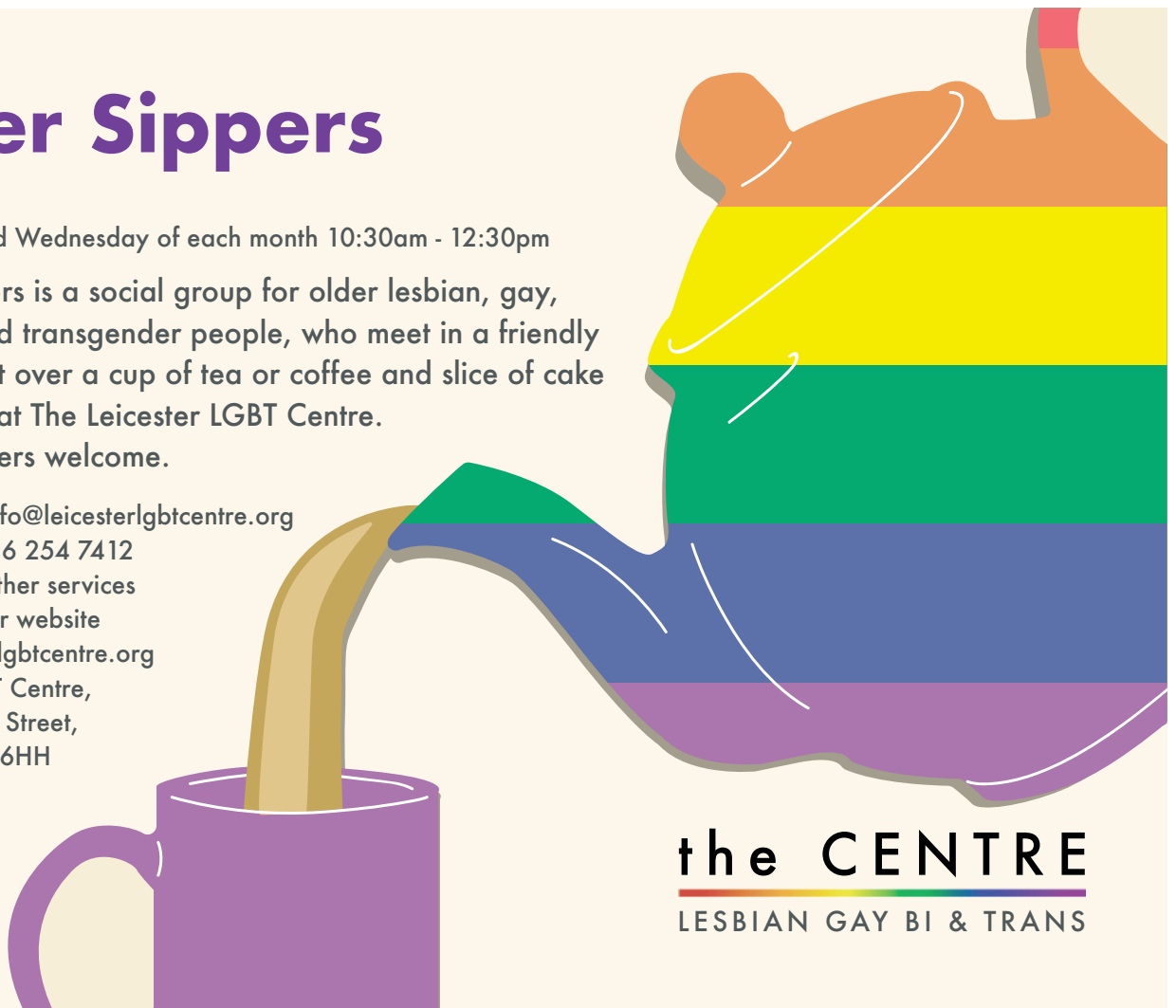
please visit our website

www.leicesterlgbtcentre.org

Leicester LGBT Centre,

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