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Age UK Leicester Shire & Rutland would like to thank its advertisers for supporting EngAGE and allowing us to produce this magazine at no cost to the charity.



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Foreword from the Executive Director

We are living longer than ever before and the age profile of our society is changing rapidly. The number of people aged 65 and over will increase by more than 40% within 20 years, and the number of households where the oldest person is 85 and over is increasing faster than any other age group. These changes have profound implications for each of us, as well as for government, business and civil society.

For many of us there is much to look forward to in later life. People in their early to mid-70s are more satisfied with life than any other age group. Most people in later life report feeling connected to their communities, families and friends but huge inequalities exist.

However, as we get older, the steady accumulation of a lifetime of advantages or disadvantages, together with differences such as in our ethnicity, in where we live, and in our income, results in vastly unequal levels of health, wealth, happiness and security in later life. And there are worrying trends for the future. For example, earlier progress made in reducing pensioner poverty is beginning to reverse.

While the twentieth century's advances in public health, nutrition and

medical science have given us the gift of longevity, so far this century we have failed to respond with sufficiently radical action to ensure everyone enjoys these extra years.

The challenges faced by increasing numbers of older people will have dire consequences for the NHS, care services and for public spending. Ageing is inevitable, but how we age is not. Our current rates of chronic illness, mental health conditions, disability and frailty could be greatly reduced if we tackled the structural, economic and social drivers of poor health earlier.

The fact that we are living longer is a great achievement but making the most of these extra years requires fundamental changes across society. Without a radical rethink from the Government, businesses and charities, more people risk missing out on a good later life. There is much to gain if we take action now, but also much to lose if we fail.

Tony Donovan
Executive Director,
Age UK Leicester
Shire & Rutland

(source: www.
ageing-better.org.
uk/state-of-ageing)



Contents List Spring 2019

- Food with Friendship. . 06**
Lunch will be provided, providing you make it!
- Volunteering 08**
One of our volunteers tells us about her experience Volunteering for our book shop in Oadby.
- Campaign – Not just a box in the corner. 09**
Why Free TV Licences for People over 75 Matter.
- Home Care 10**
Do you need a little extra help? Age UK Leicester Shire and Rutland offer a variety of practical services to support you.
- Information and Advice 12**
Latest news items and information on changes to Pension Credit and Housing Benefit rules.
- Our Services & Projects. 14**
Get the most out of later life with the wide array of support we offer locally.
- Mods of Leicester 16**
A new book, an exhibition and a two-week festival about the 1960s Mod scene in Leicester and Nottingham will all take place this year.

- Puzzle Page. 18**
Get your thinking caps on for our Sudoku, quiz and wordsearch.
- EngAGE Business 19**
Corporate fundraising news.
- FUNdraising. 21**
Information on fundraising activities you can get involved with.
- Transport. 23**
Age UK Leicester Shire & Rutland's accessible transport can help you regain your independence.
- Answers and solutions for puzzle page. 23**
How did you do?
- Retail. 24**
Why using a Charity shop helps the environment.
- What's On. 26**
Activities & events happening around the city and counties.
- Women in Sheds. 28**
What is a shed and how can you get involved?

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News Round Up. 29
Looking back over the first few months of 2019 & a thank you to our supporters



Food with Friendship

Lunch will be provided, providing you make it!

For many people the satisfaction of enjoying a well-prepared meal is taken for granted.

Meals have often been prepared by a family member such as a parent or spouse. An experienced hand in the kitchen can make putting together a nutritious meal appear effortless. These cooking skills have often been learned over time, and if the kitchen has been a place of mystery it may be daunting to start trying to reproduce recipes for the first time. When caring responsibilities change and an older man needs to start preparing meals for himself and his

family, there may be the temptation to resort to ready meals and fast food. This may help in the short term, but in order to maintain a healthy diet, learning new skills and being shown how to prepare fresh food has the potential to be enormously beneficial for both carer and the loved ones being cared for. Here is where Age UK can help. With funding from the Bupa UK Foundation, we will be running 10 week courses for groups of older men with caring responsibilities.

We will demystify the culinary arts by providing opportunities to learn new culinary skills, try new recipes and dishes, whilst also learning about the importance of nutrition and healthy eating in later life. For these carers, the sessions will also provide respite from their home commitments and an opportunity to develop new friendships in a warm and welcoming environment, with the added bonus of taking home some delicious meals to share.

Nutrition Facts:

- General nutrient requirements and healthy

- eating guidelines apply to older people. However, energy requirements fall with advancing age due to a decrease in basal metabolic rate and often decreased levels of physical activity.
- The ability to synthesise vitamin D by the skin decreases with age. Older people are therefore recommended to take a supplement containing 10mcg of vitamin D daily as well as regularly eating food sources of the vitamin (for example oily fish and fortified breakfast cereals).
 - Good nutrition and regular physical activity play a protective role in a number of age-related conditions including cardiovascular disease and cognitive decline and can help to protect oral and dental health, and bone and joint health in later life.
 - Both malnutrition and obesity are prevalent in the older population.

Food with Friendship courses will run consecutively across the city and county with the first sessions starting in Oadby on the 18th of April, Thursdays, 11-2pm.

Please contact Julia Day on 0116 223 7364 for more information

The Loneliness Prescription Service

Loneliness can be a cause of poor health and is frequently associated with an increased risk of stroke, cardiovascular disease, high blood pressure, high cholesterol and obesity.

Age UK has been at the forefront of raising awareness of the negative effects of loneliness through initiatives such as the 'No one Should have No one' campaign.

In 2015, Age UK Leicester Shire and Rutland launched the Loneliness Prescription Service as part of the Leicester Ageing Together programme which mainly focused on five specific wards in Leicester. This phase of the project ended in December 2018.

Funding to continue and expand the Loneliness Prescription Service has been secured through a bid to the Big Lottery Reaching

Communities Fund. The new service will expand across Leicester city and aims to work with GP surgeries and health professionals to identify people who are socially isolated or at risk of becoming socially isolated.

The service is supported by a team of very loyal and dedicated volunteers who work tirelessly to support socially isolated people in the community. The project will continue to involve some of the volunteers who were involved in the project's initial phase and new volunteers will be recruited to support the service to expand on its successes to date. The service works with people who are over 50 years

of age by supporting them to overcome social isolation and connecting them to local groups, educational courses, an exercise class and lunch clubs. The service also supports people to make connections in their communities to form meaningful relationships as well as a telephone befriending service that will support people who would benefit from regular on-going contact.

It is predicted that by 2030 the number of older people will have trebled and therefore it is absolutely paramount that as providers of services and as a society we all have a moral duty to tackle loneliness.

For more information, please contact Yasmin Shaikh on 0116 223 7367



Loneliness and Social Isolation in Older People

The University of Leicester is carrying out some 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 a bigger study to develop 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 kp14@le.ac.uk or phone 0116 252 5435

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 or 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

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

Gain more than you give

Anne Musson, who has been volunteering for our Book Shop in Oadby for the last 7 years tells us about her volunteering journey.



“When the shop first opened, I spotted an advert in the shop window promoting that they needed volunteers - I went in to collect an application form straight away! I had been looking to get involved in something different since our family knitwear business closed down, and so the thought of volunteering in the book shop seemed interesting and ideal.

I volunteer for 3 hours every Monday morning and am responsible for sorting donations, restocking the shelves, and serving customers. I really enjoy working with the books, but the best part of my job (much to my surprise as I am quite shy), is chatting with the customers and getting to know the regulars. I do like to tell them about a particular book that has come in and know they will like.

The whole morning is a great experience as the Manager Sharon and her Deputy Oliver are so cheerful and helpful. There is never any pressure over occasional mistakes as

both Sharon and Oliver always come and sort it all out with no fuss. Several customers also comment on what a lovely job I have and I am happy to tell them to volunteer here too! In fact, just today a lady took away an application form to apply as a volunteer.

Every Christmas, Sharon; the Shop Manager hosts a meal for all the book shop volunteers and that is usually the only time we all get to meet up together. We tend to introduce ourselves as ‘Monday morning’ or ‘Thursday afternoon,’ which is quite amusing.”

If you would like further information about our various projects and how to get involved as a volunteer, please contact the Volunteering Department on **0116 2992256** Between 8.30am - 12.30pm Monday - Friday or email: volunteering@ageukleics.org.uk

Why free TV licences for people over 75 matter

It's not just “the box in the corner”. For over a million of the oldest people in our society, television is their main form of company. That is why Age UK is campaigning to save the right to a free television licence for the over 75s.

Television can be a lifeline for older people.

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

However, right now all that is under threat.

In 2015, the Government transferred responsibility for providing free TV licences to the BBC, but now the BBC is considering removing this right.

Who loses out if free TV licences are scrapped?

“It's the most vulnerable people in our society who'll suffer, said Caroline Abrahams, Charity Director at Age UK. Despite recent progress, there are still significant numbers of older people living on very low incomes who would genuinely struggle to pay the licence fee if required to do so.”

New analysis by Age UK shows that more than 50,000 UK pensioners could be pushed below the poverty line if the BBC goes ahead with proposals to scrap the free TV licence for the over 75s. An additional bill of £150.50 – the current cost of an annual colour TV licence – will cause great worry and distress to hundreds of thousands of vulnerable pensioners, who are already struggling to get by. Research undertaken by Age UK highlights that more than 2 million over 75s will have to make a choice to either go without television or cut back on heating and food.

Many older people rely on television to remain informed,

entertained, stimulated and connected to the world beyond their doorstep. For those who do not have the internet – a considerable proportion of the oldest in our society – television enables them to stay up to date with what is happening in the world. Added to this, half of over 75s are living with a disability and again many of them to rely on their television for companionship and entertainment. Time and time again, Age UK are hearing that television means much more than simply entertainment. It is a friend, at a time in life when many people find human company harder to come by. Almost half of all older people say that television is their main form of company and without it they would feel more isolated and lonely.

Couldn't TV licences for the over 75s be means-tested?

Means-tested benefits, which take into account how much money someone has, can make a big difference to people's lives. However, that does not mean that means-testing is right for every type of benefit and

Age UK does not believe it is right for TV licences. As well as being much more complicated and expensive than other options, means-testing can often result in people who are most in need missing out. Even with the best will in the world, we cannot get everyone to claim the benefits they are entitled to which means many people, would lose out. Age UK knows that many older people do not know that they are entitled to it, or really struggle to complete a very complex application process which requires a lot of financial and personal information.

Together with organisations across the country Age UK is petitioning the Government to take back responsibility for providing free TV licences for over 75s. Age UK needs as many signatures as possible to make the case and show how important this issue is.

Please contact the Age UK Leicester Shire & Rutland Telephone Helpline for further information or for a copy of the petition.
Telephone
0116 2992278
11.00-4.00pm (Mon-Fri)

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. We can offer help when it is needed most. For example, after a stay in hospital, returning to your own home can sometimes feel a little daunting, everyday tasks can become more difficult and you may find yourself needing a little more support than before.

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.



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.

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.

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.

Our Home Care department offers a variety of different services to support you but if you require any advice then please give us a call on 0116 299 2266. Please also call this number to arrange for any support you need from our team.

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Leicestershire County Council

If you're 60 or over and want to feel more confident on the road, a safer driving with age session (SAGE) could be for you. SAGE is designed to provide drivers with the confidence to continue motoring safely. You will receive a friendly one-to-one assessed drive in your own car with an experienced driving instructor. The assessment will take approximately one hour and is catered to the needs of the individual. The session, including a written report costs £35.

To book visit: www.tjunction.org.uk



Information & Advice

As you will see this page includes details about changes to Pension Credit and this is just one of the many benefits we can provide advice and information on, whether it is for yourself or a family member or friend. Our team of advisers is available to provide up to date information about entitlement, eligibility criteria and benefit rates. In some cases, they are also able to provide assistance with the completion of forms, either through appointments in one of our centres or possibly home visits. We are supported in our work by a team of highly dedicated and invaluable volunteers who work unstintingly throughout Leicester, Leicestershire and Rutland. Currently we are looking to recruit more volunteers to join our busy team and we would love to hear from you if you are interested in this fulfilling and much needed role.

On these pages you will see that we have also included details of some of the issues facing older people living locally such as State Pension, care, cold calling and scams. These are just a small sample of the issues we deal with on a daily basis. If you are worried about anything or would just like some information, please give our free and confidential Information & Advice Helpline a call on **0116 2992278** from 11 a.m. to 4 p.m. Monday to Friday. Best wishes


Cheryl Clegg
Head of Information and Advice

Welfare Benefits • Housing • Social Care • Your Rights • Residential & Nursing Care • Money Matters • Leisure

AGE UK is encouraging people to claim Pension Credit and Housing Benefit

Age UK is calling on all pensioners living on a low income with a partner of working age, to urgently check their eligibility for Pension Credit and Housing Benefit and put in a claim before the rules change on 15th May 2019.

The change will see the right to claim Pension Credit and Housing Benefit – important tools in the fight against pensioner poverty – withdrawn from future claimants, who happen to have a partner who has not yet reached their own pensionable age. The Charity is warning that couples could miss out by as much as £7,000 a year.

Although in theory this change will not impact on existing claimants, Age UK is warning that if a so-called ‘mixed-age couple’ temporarily loses their eligibility for these benefits because of a change in their personal or financial circumstances, from May they will be unable to regain it and will have to claim Universal Credit.

Anthony Donovan, Executive Director, Age UK Leicester Shire & Rutland said: “It’s not at all unusual for one partner to be older than the other so many older couples in Leicester, Leicestershire and Rutland on low incomes could be affected by this policy change, even though many of them may not know it yet.”

“That’s why we’re urging any pensioner, who thinks there is even the slightest chance that they could be entitled to Pension Credit and/or Housing Benefit to put in a claim now, rather than wait until May – it could give them as much as £7,000 more to spend every year until the younger partner becomes a pensioner.”

We are urging any older person, who is worried about money or thinks they may be entitled to claim Pension Credit or other pensioner benefits, to get in touch with our Information & Advice Helpline on 0116 299 2278 11.00-4.00pm (Mon-Fri) as soon as possible and before 15th May so we can help them through the claiming process.



Did You KNOW?

State Pension
Men and women’s State Pension age has now equalised at 65. Both will now start to increase at the same time, with the first increase on 6 March 2019 when it will be 65 and 3 months. It will continue to rise by one month every two months thereafter – 6 May 2019 and so on. The qualifying ages for Personal Independence Payment (PIP) and Attendance Allowance are now linked to State Pension age and so will rise in line with this. Many people are unaware that they will receive their State Pension later than they think. New research by YouGov for Age UK warns that 24% of people aged between 50 and 64 years – nearly 3 million people – do not know what their State Pension age is. A ban on cold calling regarding pensions came into effect on 9 January 2019. The ban applies, except where the caller is authorised by the FCA, or is the trustee or manager of an occupational or personal pension scheme, and the recipient of the call consents to calls, or has an existing relationship with the caller. Some other types of cold calls, including those involving mortgages, are already banned. Cold-calling has been used by fraudsters trying to steal life savings or persuade people to invest in high-risk schemes. If someone calls out of the blue about a pension, the call is illegal and likely to be a fraudster. A person should end the call immediately and alert the Information Commissioner’s Office (ICO) on 0303 123 1113

Care Quality Commission Survey and launch of ‘Declare your care’ campaign in England
A recent Care Quality Commission (CQC) survey shows over half of people with concerns about their own health or social care or that of loved ones, did not raise them at the time, and now regret this. Reluctance to raise concerns is well known and this survey, asking people to think about the care received in the last five years, reiterates this. The most common reasons given were not wanting to be seen as a ‘troublemaker’ (33%), not knowing how to complain (20%) or who to raise a concern with (33%) and worrying that their concern would not be taken seriously (28%). Perhaps more disturbingly, over a third of people (37%) felt that nothing would change if they did. The main reasons given for raising, or wanting to raise a concern, were delays to a service or appointment, lack of information, poor patient care, and concerns about poor communication between health and social care services. The new CQC’s “Declare your care campaign” aims to encourage people to raise concerns and complain to the service provider and to share information and experiences (good and bad) with the CQC, which can inform their regular inspections. If a pattern of poor care emerges that raises significant concerns, the CQC has the power to look into it and take action against a provider, where necessary. You can share experiences with the CQC by going to their website www.cqc.org.uk/sye or by calling 03000 61 61 61.

Market Bosworth

Age UK Leicester Shire & Rutland is now holding a free, weekly information and advice session in Market Bosworth. The new service aims to provide older people, their carers, friends and family members with information on the range of support services available to help them maintain their independence or caring role. The initiative itself is the result of close partnership working with Market Bosworth Community Interest Company Limited (CIC) and Market Bosworth Parish Council and is funded by the Leicester Shire Grants Programme. A trained adviser is available to answer enquiries about benefits, care services, housing options, support for carers and other support services that are available for older people. The Information and Advice Sessions are held on Tuesdays 10.00am to 4.00pm at the Market Bosworth Parish Hall, Park Street, Market Bosworth. For further details please contact 0116 299 2278 (11.am – 4pm).



CURVE for Everyone



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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**

Leicester Royal Infirmary Information Centre

The Information Centre, located on the Ground Floor in the Windsor Building near the Discharge Lounge, helps hospital patients, their families and carers to access free information, advice and support.

Contact: **0116 204 7846** Open: **Mon - Fri 10:00 - 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**

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: **01572 770324**
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**

Age UK Leicester Shire & Rutland join the digital platform

The Charity now has social media accounts on Facebook, Twitter and Instagram. We would like to encourage everyone to connect with us and like, follow, share and comment to spread the news about our services and products.

Don't forget to get your friends and family to join us too!

 **Age UK Leicestershire & Rutland**

 **@ageukleics**

 **ageukleics**

Activities for those living with early Dementia

Activities to support those with early dementia and their carers providing an opportunity to meet in an understanding environment which enables relaxed socialising with people who share similar circumstances. For activities in your area please contact:

Hinckley	Kate Webb	01455 619519
Charnwood		
Jeanette Silver		01509 260327
North West Leics		
Melanie Howell		01530 833000

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**

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

Mods of Leicester

A new book, an exhibition and a two-week festival about the 1960s Mod scene in Leicester and Nottingham will all take place this year.

The book, *Mods: Two City Connection*, by Leicester author Shaun Knapp, tells the story of how the scenes in both cities were connected via exclusive first-hand eye witness accounts and unpublished images. The book, which is published on March 30th, links into the 40th anniversary of the release of The Who's cult Mod film, *Quadrophenia*, in 1979 and includes a

foreword by the film's story consultant and author, Alan Fletcher. The book challenges some of the perceptions associated with the Mods while exploring several key themes including fashion, music, individuality, transport, drug use, gender and race, anti-social behaviour and legacy.

An exhibition based on the book, *Mods: Shaping a Generation*, will take place at Leicester's New Walk Museum and Art Gallery, between April 13th – June 30th. The exhibition also celebrates the 40th anniversary of the release of *Quadrophenia* and will include ephemera and original 1960's clothing as seen in the film which has been provided by designer Roger K Burton. The exhibition will contain a selection of scooters and will revisit legendary hang-outs visited by the Leicester and Nottingham Mods including The Nite Owl, The Il Rondo and the Dungeon.

Experience vintage fairs, live sixties music and

events, vinyl records, street food, family fun and more scooters than the set of *Quadrophenia* during the REVIVE Festival, which takes place in Leicester between 15th – 30th June.

"The Mods and their counterparts were the first post war generation to reach their teenage

years without suffering the combined misery of national service or austerity and they were going to make the most of it," said author, Shaun Knapp. "Mod culture provided teenagers with a way out from the mundane lifestyle that their parents and older siblings had experienced, and most

importantly, it provided them with an identity." Mods from Leicester and Nottingham visited each other's cities to explore the various venues and to attend the now legendary all-nighters.

"They all shared a common desire to embrace a new found financial and parental freedom,"

said Shaun. "They wanted to stand out above the crowd with regards to originality in fashion,

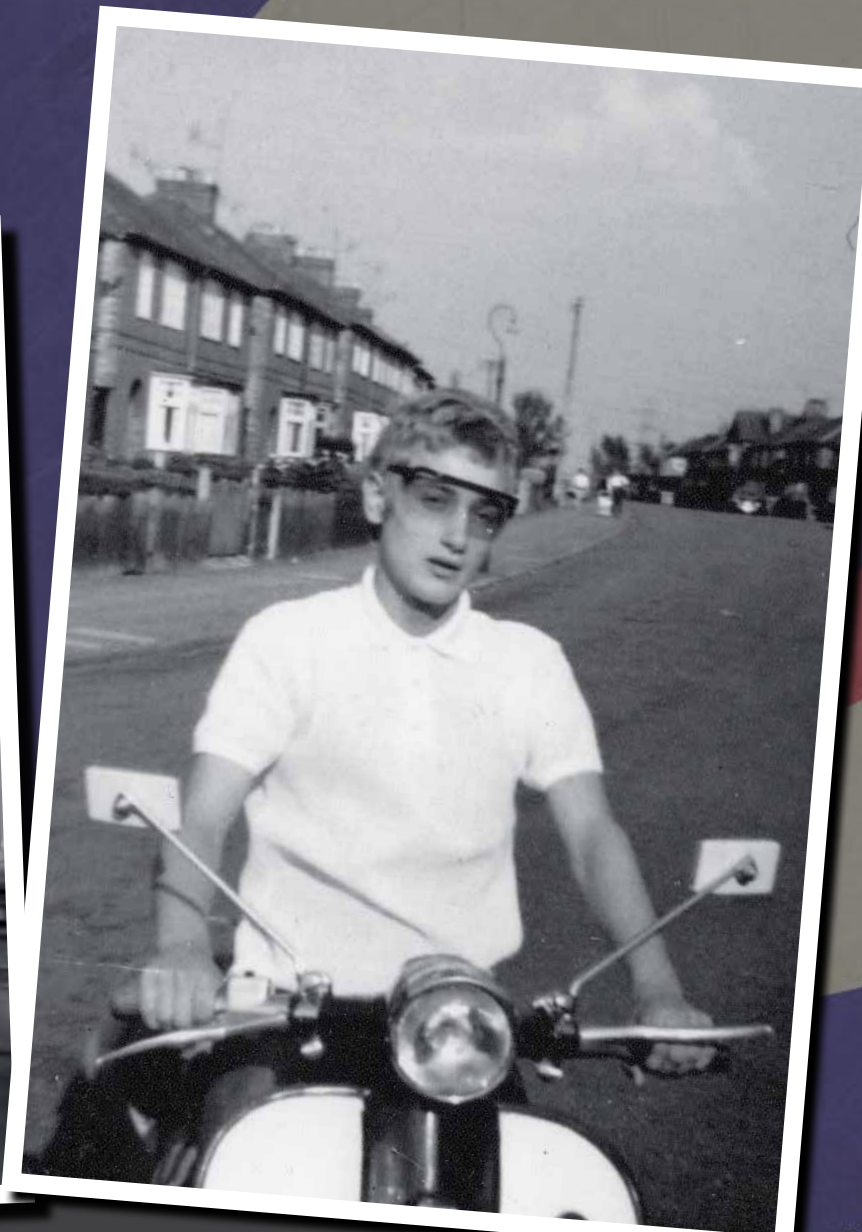
music and social status and what they achieved still influences aspects of contemporary life."

Silver Street was at the heart of the Leicester Mod scene - within three venues you could find four key factors which contributed to the essence of Mod life; music, fashion, sociability and amphetamines. "Silver Street boasted the Il Rondo, the now

legendary live music venue which played host to the likes of Mod super groups The Who, The Action and many more," said Shaun. "In the nearby Silver Arcade, The Irish provided the latest in fashionable off the peg menswear and across the road from the Il Rondo was Churchills, a bar which provided the more amphetamine minded Mod an opportunity to purchase a wide variety of pills."

For some of those original Mods interviewed for the book and exhibition, the process of sharing their thoughts and memories with Shaun was nothing more than a pleasant chat over a cup of tea. To others however, it was almost a confessional. "These amazing stories clearly demonstrate the demarcation line between Mod fact and Mod fiction," said Shaun. "Not everyone wore a parka or a suit, took amphetamines, fought on the beaches at Margate and Brighton or rode a scooter. Nor did they want to. However, many of them did exactly that. While some critics may see *Quadrophenia* as a pastiche of what actually happened, to many the film, or aspects of it, were spot on, it was exactly how the young people of Leicester and Nottingham lived their lives as Mods in the 1960s."

For further details relating to the book, exhibition and festival, please visit www.shapingageneration.co.uk



Puzzle Page

Solutions can be found on page 23

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

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.



Spring Wordsearch

E	A	S	P	R	I	N	G	O	H
A	Q	E	E	S	U	V	B	A	T
S	P	U	L	G	B	F	J	P	O
T	E	A	I	K	P	M	M	A	Y
E	N	K	R	N	C	P	A	F	N
R	G	A	P	E	O	A	R	L	N
E	A	L	A	T	J	X	C	K	U
G	Q	O	S	Q	I	S	H	C	B
G	K	R	A	I	N	J	L	N	U
S	S	L	I	D	O	F	F	A	D

- Easter eggs
- Spring
- Equinox
- Bunny
- May
- April
- March
- Daffodils
- Rain
- Lambs

Quick Quiz

Test your knowledge with our Quick Quiz

- Which city is the capital of Poitou-Charentes?
- Which is the longest river in Scotland?
- Cu is the symbol for which chemical element?
- What is the astrological status of Pluto?
- Who in the 17th century was unofficially known as The Witchfinder General?
- Martin Luther produced his 95 theses in which year?
- Who wrote Saturday Night and Sunday Morning?
- Who is the current chief executive of the English National Opera?
- Spoof TV documentary presenter Philomena Cunk is played by which actress?
- Babooshka was a hit in 1980 for which British artist?
- Franklin Gardens is the home of which rugby union team?
- Which two teams did Brian Clough manage to the first division title?

EngAGE Business

It's been a busy few months here at Age UK Leicester Shire & Rutland. We've welcomed new members to the business club - **Candor Care** who are an independent provider of stairlifts and mobility products based in Leicestershire, **James Latham** a Leicester based national company importing and distributing timber and wood-based panel products for more than two and a half centuries, **EverythingBranded** is one of the fastest growing global promotional products distributors in the country, **Mobile Mobility** who are a family owned & run business with a variety of mobility products based in Leicestershire and **Dane View Care**

Home a new care home based on Glenfield Road with cinema, WIFI, library facilities and beautiful landscaped gardens. We feel immensely privileged to have support from these organisations. You can find more information about them through their link on our website.

Since the last edition of EngAGE, our corporate members have been very busy supporting our fundraising campaigns. We have received over 200 bags of clothes and other donations to help replenish our shops for the Big Bag Challenge. During the Christmas period we ran a Making Christmas Special campaign which saw 968

gift bags donated for delivery to all older people having to spend Christmas in every Leicester city and county hospital. This campaign grows year-on-year and we are always overwhelmed by people's generosity.

The Age UK national campaign saw adverts featured on national television that highlighted the vital work that goes on in our Information and Advice department. Our own Information and Advice department takes over 17,000 calls every year and delivers a huge amount of support for people living locally when they are most in need of help and have no one to turn to.

Breaking News...

Working in partnership with our Business Club Member, Smith Partnership, we are planning to deliver a new networking event - "Network EngAGE" - to be held at Clarence House. This will be a bi-monthly informal event giving all our corporate supporters the opportunity to meet each other with hopes of making strong, mutually

beneficial connections in a relaxed environment. I will be sending invitations out soon.

I'm excited to see what 2019 brings and am especially looking forward to our Annual Golf Tournament which takes place on Monday 10th June at the Lingdale Golf Course in Woodhouse Eaves, Leicestershire. There's still time to enter a team, sponsor a hole or donate a prize for our auction. Please let me know if you would like to take part in this event.

There are many other ways to get involved from supermarket bag packs and bucket collections, to office bake-offs and sponsored walks or runs. If you would like to speak to me about upcoming or potential events and ideas, I would love to hear from you.

We are always happy to welcome new members to our "corporate family" so please feel free to contact me on 0116 223 7346/07967 030401 or nikky.miles@ageukleics.org.uk

All offers are made by the organisations listed and not by Age UK Leicester Shire & Rutland. Any communication or correspondence about these offers should be directed to the organisation making the offer.

Our Business Club members:

























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.

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



CHS
Healthcare

0116 254 2564
www.carehomedselection.co.uk

FUNdraising £

Leicester Shire & Rutland
ageUK

The Big Knit

Let's keep
Knitting!

The Big Knit is back for 2019 and this year we are aiming for it to be bigger, brighter and bolder than ever! Get your knitted thinking caps on and knit your glorious creations to adorn the tops of innocent smoothie bottles. Each little knitted hat helps us raise vital funds to continue to support local older people. Interested? Find out more below!

Thanks to the wonderful band of knitters across Leicester, Leicestershire and Rutland who knitted nearly 74,000 little hats during the last campaign to help older people stay warm and well in the winter. This amazing achievement could not have been achieved without you! The colder months can be tough for a lot of people — as many as 25,000 older people's lives are at risk because of the cold. Each winter, one older person dies every seven minutes as a result of cold weather. With your help The Big Knit can raise vital funds to support local and national winter projects to help older people keep warm in winter. Knitters in Leicester, Leicestershire and Rutland are being asked to create little hats to adorn innocent smoothie bottles, which will be sold in stores nationwide. For each be-hatted smoothie sold, innocent will donate 25p

to help Age UK fund national and local winter projects. Whilst patterns can be obtained from Age UK, many knitters let their imagination run riot, last year producing designs including a giant squid, fruit, soldiers, peas in a pod, cupcakes and an ice cream cone topped with a classic flake! Tony Donovan, Executive Director at Age UK Leicester Shire & Rutland said:

“Every year the response we get to this campaign is wonderful and we really need all our existing knitters to keep going to have a chance of meeting our challenging target.”

To achieve this, we need more local knitters to come forward! We're extremely grateful for all the hats we've received so far, which raise money to help us run vital winter services.



Please send completed hats to
Age UK Leicester Shire & Rutland at Lansdowne House,
113 Princess Road East, Leicester LE1 7LA or drop them in at
one of our shops. Your support is much appreciated.
Knitters can contact Age UK Leicester Shire & Rutland
to get a free hat pattern or download the patterns from
our website by visiting www.ageukleics.org.uk
For more information about The Big Knit – Telephone:
0116 299 2233

AA

ATTENBOROUGH
ARTS CENTRE



Creative courses

Free exhibitions

Free family fun

Live music & dance



arts-centre@le.ac.uk 0116 252 2455 www.attenborougharts.com

Leicester Shire & Rutland
ageUK

**20th ANNUAL
CHARITY GOLF
TOURNAMENT**
MONDAY 10 JUNE 2019

Lingdale Golf Club, Joe Moores Lane, Woodhouse Eaves, Leicestershire LE12 8TF

Registration 9:30am - 10:30am

“Shotgun” start 11:00am

Drinks Reception followed by
dinner and prize giving 4:30pm

Dinner will be on a set menu
basis in the club restaurant

Entry £350.00 for a team of
four players

Entry fee includes: Breakfast Roll,
18-holes of golf, drinks reception
and 3-course evening meal with wine

All money raised from this event will be used to
support local projects which have been set up to
combat loneliness and social isolation.

For registration and/or sponsorship opportunities please contact
Nikky Miles on 0116 223 7346
or email nikky.miles@ageukleics.org.uk

Age UK Leicester Shire & Rutland Limited Registered charity number 1146649. Company limited by guarantee number:
7844309 Registered Office: Lansdowne House 113 Princess Road East, Leicester LE1 7LA

Transport

Let us take you there...

Although mobility problems can make it harder to get around, transport is now more accessible for disabled and older people. Age UK Leicester Shire & Rutland's accessible transport can help you regain your independence and give you a valuable lifeline to the things and the people that matter.

How do we help people?

We can offer you door-to-door transport in one of our comfortable minibuses, all of which have seat belts, low flooring and are wheelchair accessible. In addition, we can provide a volunteer who can assist you on and off the bus and, if needed, stay with you throughout your journey.

- your independence
- offer carer support in the form of a trained carer/driver and a passenger assistant if required
- provide you with freedom of travel and access to the wider community

What can we provide?

Door to Door service

Pick up from a home address or a designated pick-up point

at a prearranged time with planned return journeys. The driver or passenger assistant can assist you with your shopping if required.

Medical Appointments

Helping you get to medical appointments with your GP, hospital or dentist with one of our volunteer car drivers.

Group Outings/Days out

If you have a group interested in arranging a day trip, we can arrange for you to have the minibus and a qualified driver for the day. Day trips you might want to arrange could include:

- Gardens and Parks
- Stately Homes and Museums
- Historic Sites
- A day at the races
- Nature & Wildlife Areas
- Seasonal Shopping Trips

Lunch Clubs

We hold several lunch clubs in Leicester and

Leicestershire and can offer a door-to-door service on one of our minibuses or with volunteer car drivers. For more information on the nearest lunch club, costs and availability get in touch.

What areas do we cover?

We mainly cover the Leicester City and Leicestershire areas but we can accommodate day trips and outings outside of these areas, just give us a call and we'll be happy to talk through your requirements.

To find out more information or to make a booking contact us on:
Transport and Logistics Department
0116 222 0542
transport@ageukleics.org.uk

DANE VIEW care home with nursing

Dane View Care Home is located on leafy Glenfield Road and just a 5 minute drive from the centre of Leicester.

0116 254 4000
enquiries@daneview.co.uk
www.bayswoodcare.co.uk



Set within three acres of beautifully landscaped gardens and orchards.

Nursing & Respite

Residential & Daycare

Acquired Brain Injury

Dementia Care



For over 25 years our aim at the Bayswood Care Group has been to provide a genuine home for our residents by working together with their families and our staff to ensure a safe and positive environment.

The care we provide at Dane View is focused on the individual needs of each resident. From nutritional meals to daily activities to the everyday routines, care at our home is designed to help our residents enjoy happy fulfilled lives.



WELCOME

Dane View has been designed to provide everything our residents need to relax and feel supported. We have modern facilities including WiFi, assisted baths, on site salon, recliner chairs and call systems. Our cinema is connected to over 10,000 films & musicals and our stunning lounge & dining room have floor to ceiling glass panels that allow residents to enjoy amazing views of the gardens. From our sensory garden with its ornamental water feature, to the lush orchard with apple and plum trees, our home offers a tranquil retreat to relax and enjoy.

HOME


BAYSWOOD CARE GROUP
excellence in care

"...the whole ambience of Dane View Care Home is overwhelming in a positive way".

Find us on

 **carehome.co.uk**

DANE VIEW care home with nursing

165 Glenfield Road
Leicester
LE3 6DP

Answers & Solutions from page 18

1. Poitiers
2. The Tay
3. Copper
4. Dwarf planet
5. Matthew Hopkins

6. 1517
7. Alan Sillitoe
8. Stuart Murphy
9. Diane Morgan
10. Kate Bush

11. Northampton
12. Derby County and Nottingham Forest

E	A	S	P	R	I	N	G	O	H
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R	G	A	P	E	O	A	R	L	N
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G	K	R	A	I	N	J	L	N	U
S	S	L	I	D	O	F	F	A	D

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

The Benefits of using a Charity Shop

Retailers in Britain are facing challenging times – and that is set to continue. A third of Britain's retail jobs could vanish by 2025, according to the British Retail Consortium.

Despite this and that footfall is continuing to decline, The Charity Retail Association's Quarterly Market Analysis Report (October to December 2018) reveals that there has been growth in the charity retail sector. Positive income growth was indicated by 77 per cent of those who replied to the survey, with smaller and medium charity retail chains generally performing better. Overall, the charity retail sector saw growth in all quarters of 2018, which is a remarkable performance considering the ongoing challenges that most charities are facing. Other highlights in the report include:

- Charity shop numbers in the sample decreased by 1.8 per cent between December 2017 and December 2018
- Charity retail customer sales increased by 3.1 per cent on a like-for-like basis from October-December 2017
- Like-for-like donated goods income increased by 3.2 per cent for the sector against October-December 2017; and made up 85.2 per cent of sales this quarter

Some environmental benefits of using a charity shop

Promotes re-use
Charity shops provide everyone in the UK with a sustainable and ethical option when they wish to dispose of unwanted clothes, books, furniture and other household items. A charity shop's first choice

is always to ensure these items are re-used by selling them on to local shoppers.

Reduces landfill
By boosting re-use and recycling, charity retail helps to reduce the overall amount of waste that ends up in landfill. In 2018, 327,000 tonnes of textiles alone were kept out of landfill as a result of charity retail in the UK.

Saves Landfill Tax
Councils in Britain have to pay £86.20 in Landfill Tax for every tonne of waste they put into the ground. By reducing this amount of waste, charity shops saved local authorities around £28m in 2018 – money they can retain to spend on services for local residents instead.

Reduces CO2
The reduction in landfill also makes a positive difference to the UK's carbon footprint. In 2017 charity retail helped to reduce CO2 emissions in our country by around 7m tonnes.

Reduces bulky waste pick ups
It costs local authorities time and money to collect items of bulky waste, such as furniture and white goods, when their residents wish to dispose of them. Charity retail can help to lighten the load. In one London council, when a local resident calls the council to ask them to take away a piece of bulky waste, the helpdesk will advise them that a local charity shop will collect the items for free instead. This further helps to reduce landfill in the area as well as giving the shop much appreciated stock.

Slows down fast fashion
The average customer transaction value in a charity shop is just £4.05. The charity retail sector is not only built on sustainable principles, it also provides clothing to people at a price they can afford. This provides market competition to "fast fashion" outlets – those who sell mass produced items imported from all around the world – on the high street, and gives consumers the option to buy clothes sustainably, whatever their budget.

Upcycling
Many charity retailers rescue old, broken or discarded items of furniture and "upcycle" them into new and unique products. Promoting re-use and offering an alternative to a throwaway culture helps to promote a sustainable future for us all.

Keeps it local
House-to-house bag collections have become a feature of British life. Some commercial collectors only give a small proportion of the money they generate to their charity partner. Also, the carbon footprint generated by shipping these clothes in bulk to overseas markets is huge. However, when charity shops collect clothes on the

doorstep they are kept in the area and sold in local shops, with all the profit going to charity. This is a far more environmentally sustainable option.

So, what better reason to shop at your local Age UK Leicester Shire and Rutland store? And, when you're next passing your local shop, why not pick up one of our new charity donation bags. For us to continue to provide essential services for older people across Leicestershire and Rutland we need your preloved items such as clothes, accessories, books, media and homeware to enable us to raise vital funds for local services.

We would also like to say a big thank you to all our donors who have signed up to the Gift Aid scheme. This means that for every £1.00 of the donated items we sell, the Government gives us an extra 25p, or for every £10.00 of the donations we sell, we get an extra £2.50.

If you are a UK taxpayer then why not sign up in your local shop and help to make your donation go even further. So far, your donations have helped us claim an extra £900,000 since 2012 in Gift Aid.

Again, many thanks to the people of Leicestershire and Rutland for supporting our charity. **Keep Donating!**



AGE OF CREATIVITY FESTIVAL

1-31 May 2019

The 3rd Age of Creativity Festival is taking place this year from 1st - 31st May. This is a chance to celebrate creative older audiences, participants, volunteers and artists across England for the whole month of May.

This year's theme is Intergenerational and celebrates the extraordinary range of age-friendly creative and cultural work taking place across England and reaches out into our community to

help more people get involved.

Put simply, more and more older people are seeking opportunities to engage with cultural activities and be more creative. Research is also pointing to the really positive impact this engagement has on the wellbeing of older people.

Age UK Leicester Shire & Rutland has lots of opportunities for older people to get creative on a regular basis, as well as helping them to create new friendships and have a lot of fun!



Card making, line dancing and modern sequence dancing are just a few of the things you can sign up for.

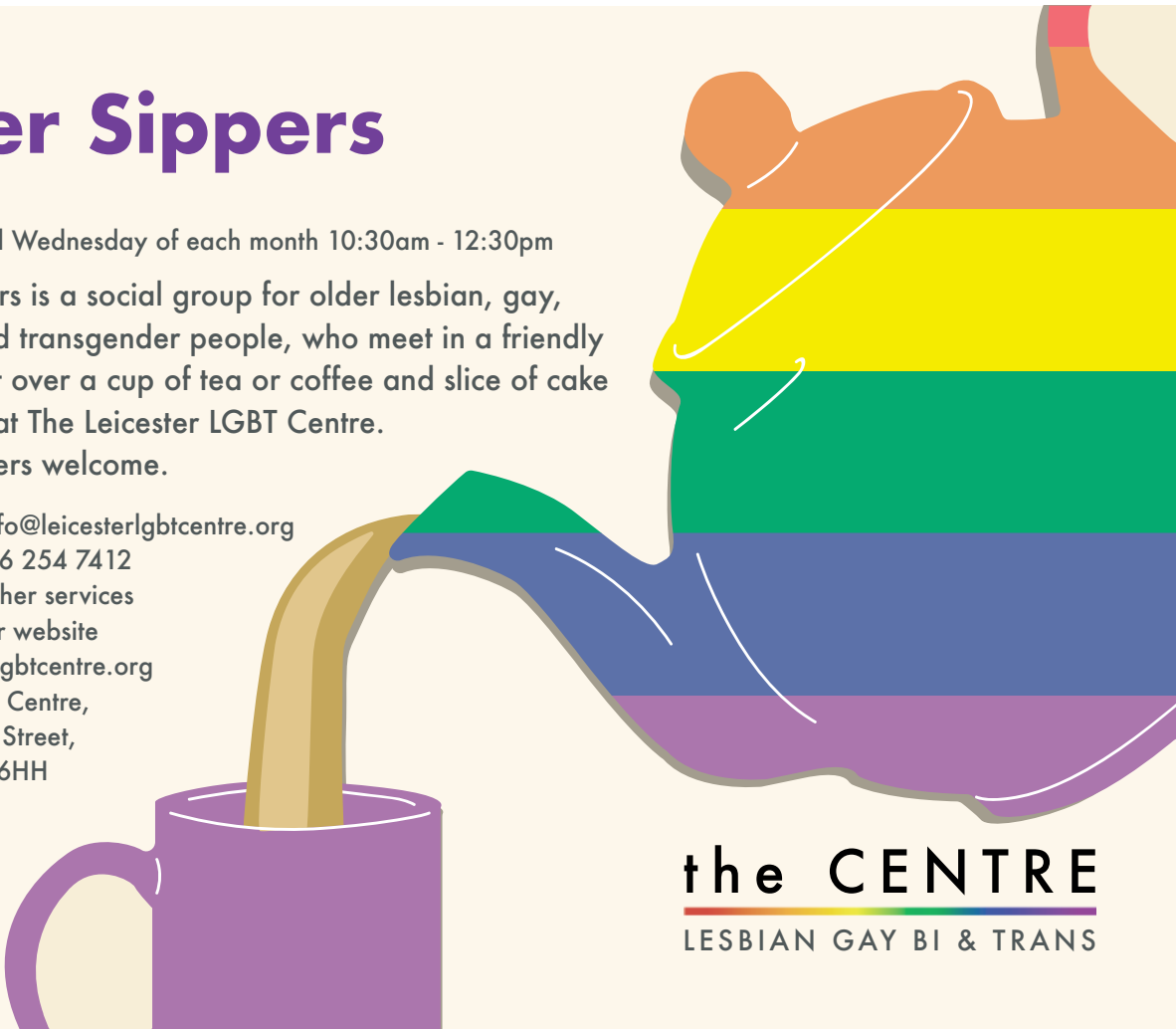
To find full festival listings across England and for your area, visit www.voluntaryarts.org/age-of-creativity

For more information on creative and fun activities at Age UK Leicester Shire & Rutland's Clarence House Resource Centre, please call 0116 2992233 or visit our website www.ageuk.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,
15 Wellington Street,
Leicester, LE1 6HH



the CENTRE
LESBIAN GAY BI & TRANS



Wednesday 1st May
10.30 am – 12.30 pm, Market Harborough Library, The Symington Building, Adam and Eve St, LE16 7LT. First Wednesday of every month **not a drop-in session**, please call 0116 223 7363 to book in advance

Thursday 2nd May
10 am – 12 noon, Oakham Library, Catmose Street, Oakham, LE15 6HW. Every Thursday. **Drop-in session**, please contact Yvonne Rawlings on 01572 770324

10 am – 12 noon, Rothley Community Library, Mountsorrel Lane, LE7 7PS. This runs every first Thursday of the month, **not a drop-in session**, please call 0116 223 7371 to book in advance

9.30 am – 11 am, Bishop Beveridge Club, 38 South Street, Barrow upon Soar, LE12 8LZ. **Drop-in session**

10 am – 12 noon, PA Housing – The Beeches, Cotton Close, Rushey Mead, Leicester, LE4 7SW. **For residents of the accommodation only**

Monday 6th May
9 am – 4 pm, Earl Shilton Senior Citizens' Centre, Kings Walk, LE9 7NL. Runs every Monday, except Bank Holidays. **Drop-in session**

12.30 pm – 2.30 pm, Tesco Loughborough Community Rooms, LE11 2EX. Every first & third Monday, except Bank Holidays. **Drop-in session**. Please contact Jeanette Silver Jeanette. silver@ageukleics.org.uk

2 pm – 5 pm, Barrow upon Soar Community Library, 33 North Street, Barrow, LE12 8PZ. Runs every Monday. **not a drop-in session**, please book in advance on 01509 416356

Wednesday 8th May
10 am – 12 noon, John Lewis restaurant, 2 Bath House Lane, Highcross, Leicester, LE1 4SA. Once monthly on a Wednesday. **Drop-in session**

Thursday 9th May
10 am – 12 noon, Oakham Library, Catmose Street, Oakham, LE15 6HW. Every Thursday. **Drop-in session**, please contact Yvonne Rawlings on 01572 770324

10 am – 12 noon, Barrow Parish Council Offices, 12 High Street, Barrow upon Soar, LE12 8PY. **Drop-in session**

10 am – 12 noon, Agewise, Waterside Court, Wharf Place (off Derby Road), 1 Regent Road, Loughborough, LE11 5BP. **For residents of the accommodation only**

Monday 13th May
9 am – 4 pm, Earl Shilton Senior Citizens' Centre, Kings Walk, LE9 7NL. Runs every Monday, except Bank Holidays. **Drop-in session**

2 pm – 5 pm, Barrow upon Soar Community Library, 33 North Street, Barrow, LE12 8PZ. Runs every Monday. **Not a drop-in session**, please book in advance on 01509 416356

10 am – 1 pm, Clarence House, Leicester City Centre, 46 Humberstone Gate, LE1 3PJ. Every second Monday of the month. **Drop-in session**

Thursday 16th May
10 am – 12 noon, Oakham Library, Catmose Street, Oakham, LE15 6HW. Every Thursday. **Drop-in session**, please contact Yvonne Rawlings on 01572 770324

10 am – 12 noon, Great Glen Community Library, Ruperts Way, Great Glen, Leicester, LE8 9GR. Every third Thursday of the month. **Not a drop-in session**, please call 0116 223 7371 to book in advance

9.30 am – 11 am, Bishop Beveridge Club, 38 South Street, Barrow upon Soar, LE12 8LZ. **Drop-in session**

Monday 20th May
10 am – 12 noon, Castle Donington, St Edward's Church Hall, St Anne's Lane, DE74 2JH. **Drop-in session**

12.30 pm – 2.30 pm, Tesco Loughborough Community Rooms, LE11 2EX. Every first & third Monday, except Bank Holidays. **Drop-in session**. Please contact Jeanette Silver Jeanette. silver@ageukleics.org.uk

9 am – 4 pm, Earl Shilton Senior Citizens' Centre, Kings Walk, LE9 7NL. Runs every Monday, except Bank Holidays. **Drop-in session**

2 pm – 5 pm, Barrow upon Soar Community Library, 33 North Street, Barrow, LE12 8PZ. Runs every Monday. **Not a drop-in session**, please book in advance on 01509 416356

Thursday 23rd May
10 am – 12 noon, PA Housing, Dover House, 50 Dover Street, Leicester, LE1 6PP. **For residents of the accommodation only**

10 am – 12 noon, Barrow Parish Council Offices, 12 High Street, Barrow upon Soar, LE12 8PY. **Drop-in session**

Monday 27th May
9 am – 4 pm, Earl Shilton Senior Citizens' Centre, Kings Walk, LE9 7NL. Runs every Monday, except Bank Holidays. **Drop-in session**

2 pm – 5 pm, Barrow upon Soar Community Library, 33 North Street, Barrow, LE12 8PZ. Runs every Monday. **Not a drop-in session**, please book in advance on 01509 416356

Thursday 30th May
9.30 am – 11 am, PA Housing, Caribbean Court, 31-37 Lincoln Street, Leicester, LE2 0JU. **For residents of the accommodation only**

9.30 am – 11 am, Bishop Beveridge Club, 38 South Street, Barrow upon Soar, LE12 8LZ. **Drop-in session**

Please be aware that session dates and times may be subject to change

Sumayya Kara, Digital Champions Project Manager. Tel: 0116 223 7371 sumayya.kara@ageukleics.org.uk

Marie Gamble, Digital Champions Project Administrator. Tel: 0116 223 7363 marie.gamble@ageukleics.org.uk

Caring for Carers Leicester

Do you look after someone with a Mental Health need and live in the city of Leicester? A warm welcome awaits you at our Carers café & drop-in sessions, where you can meet with other carers and also on offer is information, advice & guidance from a support worker.

MOST TUESDAY'S WEATHER PERMITTING **PLEASE CONTACT US TO CONFIRM**

Carer wellbeing session at 'Community Gardening for Carers' Free of Charge
New Parks Allotments
White House Allotments
Bonney Road
New Parks
LE3 9BY

Meet 13.00pm -15.00pm **BUS NO. 162, ALIGHT AT STENSON RD ONLY NEED BUS FARE Please contact Pratikha Pankhania 0771132 5510 for more details**

Carers only, café & drop-in sessions Wednesdays 10-12pm
Wednesday 1st, 8th, 15th & 29th May 2019
Wednesday 5th, 12th & 19th June 2019

Carers café & drop-in sessions for both carer & cared for person once a month from 2-4pm
on the dates below:
Monday 29th April 2019
Monday 20th May 2019

All are held at:
Clarence House Resource Centre, Age UK Leicester shire and Rutland, Humberstone Gate Leicester LE1 3PJ

Older Asian Carers drop-in support group 12-30pm-14:30pm
Thursday 2nd, 9th, 16th, 23rd & 30th May 2019
Belgrave Community Centre Rothley Street Leicester LE4 6LF

Please contact Pratikha Pankhania 0771132 5510 for more details

Asian Carers supporting people with mental health issues - Drop-in support group
Tuesdays 13.00 - 16.00 at St Mathews Neighbourhood Centre, Malabar Road. Free of charge & refreshments are provided.

Thursdays 13.00 - 15.00 at West End Neighbourhood Centre, St Andrews Street, off Hinckley Road. Free of charge & refreshments are provided.

Please contact Ray Gandhi on 0116 204 6449

AGE UK GLOUCESTER HOUSE LUNCH CLUB

For your information, the dates for the remainder of 2019 for the Lunch Club are as follows:

9th May	13th June	11th July
8th Aug	12th September	10th October
14th November	12th Dec	



GLOUCESTER HOUSE 3 NORMANWAY MELTON MOWBRAY LE13 1JE

Afternoon Tea Event

Full afternoon tea, including sandwiches cakes and scones, plus top quality entertainment from the Melstrum Ukulele Group!

On

SAT 29TH JUNE 2019

2-4pm

£7.00 per person

Ticket only event—tickets available from Gloucester House or AGEUK shop on Nottingham Street.

Tel 01664 410253 for tickets or details



Women in Sheds

We had a wonderful time at our Rutland Women in Sheds Open Day and were honoured to welcome the High Sheriff of Rutland - Sue Jarrom. It's fantastic to see so many women wanting to be involved with the project. We had many requests ranging from needing help to be able to use the right tool for the

right job, to wanting to take on renovation work. Over 40 ladies attended on the day and they can't wait to get started on their own projects.



What is a Shed?

Our Shed is a larger version of the typical man's shed in the garden – somewhere to pursue practical interests with a high degree of autonomy. Building on the success of the Shed and in response to local demand, we also offer a Women in Sheds project to open up this creative space to women who would like to share tools and resources in working on projects of their own choosing, at their own pace and in a safe, friendly and inclusive venue. Our Shed is a place for skill sharing and informal learning, of individual pursuits and community projects, of purpose, achievement and social interaction. It's a venue for women to get stuck into hobbies old and new, get creative and make new friendships.

What can you do?

Suggested projects include activities as varied as:

- Woodworking (e.g. carpentry, joinery, turning, carving, whittling, marquetry, furniture renovation, picture frames, garden furniture, bird boxes, Xmas/Easter ornaments)
- Electronics
- Bike repair
- Arts/crafts (painting, calligraphy, pottery)
- Gardening
- Upholstery
- Music (singing/playing instruments)
- Sports/leisure - pool, skittles, carpet bowls, darts, dominoes, cards
- Model trains, boats, planes, cars etc.
- IT/communication - computers, languages

But there must be more - make a suggestion

and we'll try to help... Reclamation, reuse and restoration will feature strongly – and some say that is true of the women too!

What does it cost?

There will be a small contribution towards refreshments and other day-to-day expenses, but apart from that all facilities are free of charge. We just request your enthusiasm and enjoyment.

Whichever activities are pursued, the essence of a Shed is not the building, but the network of relationships between the members.

Shed opening times:

Tuesday - 9:30am to 1:30pm

How to find the Shed:

We are at Unit 9, Oaks Industrial Estate, Festival Drive, Loughborough. LE11 5XN. The Shed is a short walk from Derby Road A6 which is on bus routes 5,11 and 12 from the Town Centre. From the Belton Road, turn into Belton Road West Extension. Take a right into Jubilee Drive and then left into Festival Drive. Turn left and go through the gates. Unit 9 is in the corner. Limited parking is available.

For more information please contact us:
Martin Gladders, Men in Sheds Co-ordinator
– Telephone:

01509 211 603
or
07738 820 988

or via email
martin.gladders@ageukleics.org.uk

Ceramics Classes at our Loughborough 'Shed'



Come along to our new ceramics evening classes with tutor Richard Dowling.

Places are available for beginners and more experienced potters aged 18+.

Tools will be provided and work fired on site.

Where Age UK's Loughborough Shed
Unit 9, Oaks Industrial Estate
Festival Drive, Loughborough
LE11 5XN

When Friday evenings from 8pm - 10pm
commencing 19th October 2018

Cost £108 for 12 week course, payable in advance (plus materials charges for completed work)

For more information or to book your place please contact us on:

T: 01509 211 603

E: martin.gladders@ageukleics.org.uk

W: www.ageukleics.org.uk

Age UK Leicester Shire & Rutland @ageukleics



Age UK Leicester Shire & Rutland Limited
Registered Charity No: 1146449
Limited Company No: 7844309

We are a local charity
with a national name
...giving local older people a voice

Victorian Tea Party

A wonderful time was had at our first Afternoon Tea at Clarence House. As you can see from the photos - lots of smiling faces and an impromptu sing-a-long which brought the house down! The homemade food was delicious. A huge thank you to Debbie Kenney from Asda Fosse Park who



donated prizes for the raffle and helped serve the food on the day. All were keen to return and wanted to know when the next one will be. Keep an eye out for the next Afternoon Tea in April and be quick to get your tickets because they really will go like hot cakes!



Oadby Bookshop Surprise

A letter written by C S Lewis, author of the Narnia series of books, was found inside a book by Age UK Leicester Shire & Rutland volunteer, Ann Fox. The letter was originally sent to a lady in Australia but found its way back to the UK and to our Oadby Book Shop as part of an anonymous donation. The



letter was written and sent in 1962 from his Oxford address "The Kilns" and was sent the year before he passed away. In the letter he also thanks the lady for her kind words regarding his "Narnia Series" and this reference alone made the letter more valuable. It raised a very welcome contribution towards the Charity's funds of £1,600 at auction.

Out & about with Home Care

One of our Home Care staff, Karen Stevenson, has been out and about having great fun with her service users recently. Outings have included going for walks, afternoon tea, visit to a farm park, looking at old

photographs and sharing special memories.



Promotional Products Donated

We were delighted to receive a donation of promotional products from EverythingBranded to help us raise awareness of our work and encourage support for the Charity. We have received mugs, pens and trolley coins to use as giveaways and to aid our fundraising efforts. As a local charity, donations and support from local businesses such as this, are key to helping us continue our services to the community.



Joining Forces Medals Award

At the Joining Forces Loughborough Veterans Coffee Morning in February, D-Day Veteran Arthur had great pleasure presenting Sylvia with her medals for the highly trained work she did regarding intercepting hostile radio communications from Europe and Japan during WW2.



Thank you to...

- **Waitrose Mountsorrel** staff and their Community Champion, Jo for raising funds to support the Charity.
- **Trucklink EU** for supporting our Big Bag Challenge and donating 44 bags of preloved items giving a real boost to the Charity.
- **Anna & Alan at the Crown Inn**, Sproxtton for organising a pub quiz for Age UK Leicester Shire & Rutland, with all the proceeds going to Gloucester House to support services in the Melton Mowbray area.
- **MRC Toxicology Unit**, Leicester for supporting Age UK Leicester Shire & Rutland's Big Bag Challenge.
- **Morrisons**, especially Scott the Manager at Loughborough, who donated some vouchers to the Charity.
- **Lowe Electrical**, whose staff hold fundraising events each month for different charities and we were the lucky recipients for February. Many a cake was baked and enjoyed in their Valentines Day Cake Sale & Raffle.
- **Tesco** "Bags of Help" in Oakham who awarded funding to the Rutland Men in Sheds Project for equipment.
- **EverythingBranded** for a donation of promotional branded products to help us raise awareness of our work and encourage support for the Charity.
- **Nationwide Building Society** and their customers in Birstall for donating lots of gifts to our Making Christmas Special Campaign last year.

Vista is the leading charity working with children and adults affected by sight loss, in Leicester, Leicestershire and Rutland.

We're there at point of diagnosis, supporting children and adults. As well as rehabilitation at home and in the community.

We also provide:

- Children's activities
- Social groups
- Digital support

We also offer specialist services for people with learning disabilities, dementia and dual sensory impairment.

For more information and to support Vista visit www.vistablind.org.uk or call 0116 249 8839.

vista



www.vistablind.org.uk

Reg. Charity No. 218992



A great place for visiting with friends and family at any time for morning coffee, lunch or teas.

Please visit our website for information on our events programme, including Literature Lectures and musical events.

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Leicestershire LE7 9XB

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E: info@launde.org.uk

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