

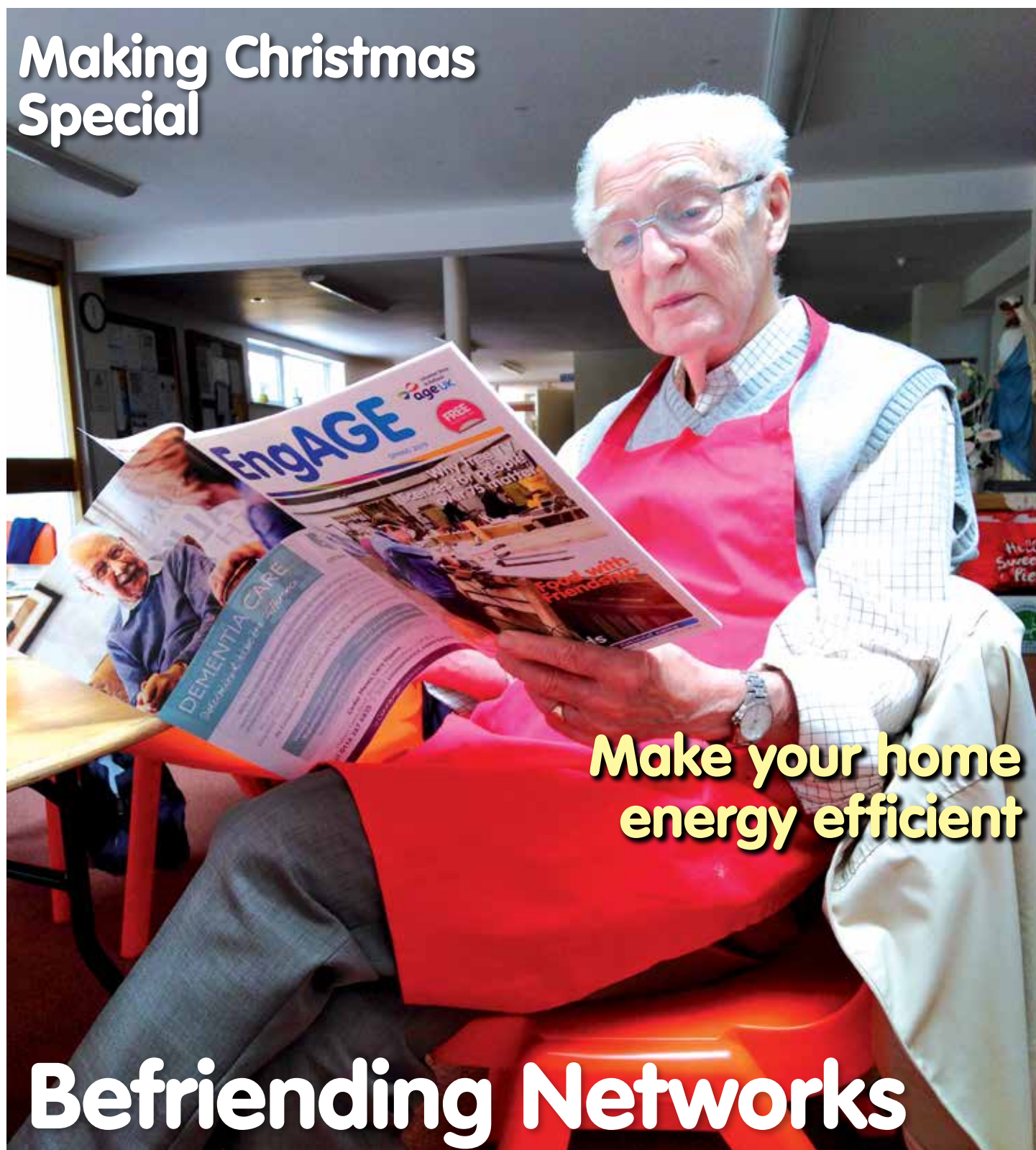
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Foreword from the Executive Director

The clocks have gone back, daylight hours are fewer and it has certainly got colder. Many of us will be looking forward to Christmas, some of us may be counting down the days to a break from work and some, but probably fewer of us, may be excitedly anticipating December's general election! I have mixed feelings about leaving the summer sunshine behind and facing the winter months ahead. As a charity which exists to support older people locally I know that winter brings a host of challenges to those on a low income, with few social connections or with health issues which restrict their mobility. I also know that we will see more people contacting us for help and that our staff, services and funding will be thinly stretched over the coming months.

neighbours to check they are coping, are warm enough and are not becoming isolated or lonely. Secondly, if you or someone you know needs help please call our Helpline on 0116 299 2278 (between 11am - 4pm) at the earliest opportunity so we can start the support process before they are in crisis and thus give them the best chance of a really positive outcome. Thirdly, if you are able to do so, please consider making a seasonal or regular donation to the charity, either by cheque (our Head Office address is in the Meet the Team section on the left) or online at www.ageukleics.org.uk. By donating you will make a tangible difference to health, happiness and quality of life of an older person in your area this winter.

Tony Donovan

Executive Director, Age UK
Leicester Shire & Rutland

With this in mind, I have three requests of you, all of which will help your community. Firstly, please do reach out to older friends and



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Befriending Networks the lifeline at the end of a phone

Telephone Befriending Room Revamp with the Dunelm Touch



For over fifteen years, dedicated Telephone Befriending volunteers have used the same office to make regular weekly calls to older, lonely or isolated people. During this time, the room has largely remained unchanged.

However, after receiving an offer of a makeover from a team at Dunelm, seven colleagues gave up their worktime to paint, clean, revamp and dress the office, generously donating furniture, fabrics and refreshments and giving the room a much-needed cosy and comfortable feel. The freshly painted room now sparkles with beautiful Dunelm touches and volunteers feel more relaxed as they chat to their callers.

Telephone Befriending is offered to older people as part of the Loneliness Prescription Service and the weekly calls help people feel less isolated. Callers and volunteers are given regular occasions to meet up face to face and this is already proving a popular addition to the telephone calls. Audrey, who lives alone and receives weekly calls said,

“My family will be very impressed that I’ve made it here all by myself.”

Rita, recently started receiving calls from our volunteers, was able to celebrate her birthday with everyone present, and Pushpa, another lady who benefits from the service, said:

“sometimes I don’t talk to anyone for the whole weekend, so I really look forward to my Monday call from my volunteer, Suki.”



A recent ‘coffee catch-up’ held at Clarence House was a great opportunity to thank the volunteers for all their hard work and continuing commitment to the service before National Befriending Week, which fell between 1-7th November. The team consists of 20 volunteers and a small number have been with the service since the beginning. This commitment cannot be underestimated and the number of hours that the volunteers have given must exceed tens of thousands (although the records don’t go so far back!).



Project Coordinator
Julia Day says:

“When I speak to the volunteers, they tell me how much they enjoy making the calls and how they feel connected to call receivers, despite never having met in person. I can also see how friendships between volunteers have developed over time and this is another great benefit in a time where loneliness can affect anyone at any age.”



If you are interested in signing up for our Telephone Befriending Service, please call Julia Day on
0116 223 7364
for more information.

Age UK Leicester Shire and Rutland

launches its eagerly anticipated Footcare Service

Many local Age UKs are launching footcare services. This is because NHS funded podiatry services are no longer able to offer routine nail cutting, except in cases where people are living with high risk foot conditions.

This means that there is an increasing need for services that can offer safe and affordable basic footcare.

Age UK Leicester Shire & Rutland's new Footcare Service will offer toenail and fingernail trimming along with advice on how to improve and maintain foot hygiene. The service will be delivered by trained staff in friendly and welcoming community settings across Leicester, Leicestershire and Rutland.

Looking after your feet can help to prevent many common problems from developing in the first place and can be a fundamental element that supports healthy ageing.

Good footcare will help you to:

- Keep active and mobile
- Reduce the likelihood of having a fall
- Feel good and look good

The service will commence in November 2019 and will expand across Leicester, Leicestershire and Rutland subject to demand.

For more information about this service please call

0116 2992266

or email us at

footcare@ageukleics.org.uk



Making your home energy efficient

There are many positive reasons to consider making your home more energy efficient. As well as helping to improve your health and quality of life, there are also huge environmental and financial benefits.

As we get older, our bodies react differently to the cold and it takes us longer to warm up. Exposure to cold weather can make you more vulnerable to health problems such as heart attacks or strokes, as well as worsening conditions such as arthritis, asthma and influenza. The government recommends that people over the age of 65 heat their homes to at least 18C. However, the rising cost of

fuel means this is often difficult for those on a low income.

Age UK Leicester Shire & Rutland can offer free Home Energy Checks to people over the age of 65 who are finding it difficult to keep their homes warm or are suffering from cold-related ill health.

During this visit you will be given simple tips on how to save energy and retain heat, as well as free energy-saving equipment such as draft excluders and reflective radiator panels.

Our handy person will also provide you with information on how to stay warm and well during winter and, if needed, refer you to the Warm Homes Discount scheme.



If you would like further information or would like to book a Home Energy Check please call

0116 2992266

and speak to our Home Care department

Image By Paul Vasanthy at Shutterstock.com

Keeping Warm in the Winter Months

Age UK estimates that at least 25,000 older people in the UK die prematurely from cold weather-related illnesses each year and therefore tries to ensure that all older people are as prepared as possible for the winter months.

We are committed to raising awareness about the devastating effect cold weather can have on older people, who are particularly vulnerable to low temperatures, as higher blood pressure brought on by cold temperatures increases the risk of heart attacks and strokes. Winter weather can also increase the likelihood and severity of flu, chest infections and other respiratory problems.

Anthony Donovan, Executive Director at Age UK Leicester Shire & Rutland said:

“Many people do not realise how severely cold weather can affect our bodies, particularly as we get older. Although it sounds like common sense, providing advice on how to stay warm in winter really does keep people well and even saves lives. Taking sensible steps, like eating nutritiously and staying active, does a lot to reduce the risk of illness in the cold weather. Apart from physical health risks, the winter months can also be a lonely time, particularly for older people, who live alone or are house bound. It is important to make efforts to reach those people who are most at risk. Age UK Leicester Shire & Rutland offer several services for older people living locally, which will provide them with advice and assistance that can make all the difference to them through in the winter months. These include free Home Energy Checks, benefit checks and advice about the Warm Homes Discount Scheme.”

Age UK's top tips for staying warm this winter:

- 1. 21°C/70°F is the ideal temperature for your living room, and the rest of your home should be heated to at least 18°C/64°F. Use a thermostat or a room thermometer to keep the temperature of your house steady.**
- 2. Keep your bedroom window closed at night during cold weather. Breathing in cold air can increase the risk of chest infections.**
- 3. Stay active. If you are able, get up and move around during the day as this is good for overall well-being and for generating warmth. Try not to sit still for more than an hour; if you can walk around or make a hot drink.**
- 4. Eat well. It is important to eat nutritious meals, so try to have at least one hot meal each day and include a good range of foods in your diet. Hot foods ward off illness and hot meals and drinks keep you warm through out the day.**
- 5. If you are feeling under the weather, get help as soon as you can, and tell your friends, family, or carer. If you have questions, your local pharmacist can help or you can visit www.nhs.uk.**

If you are unwell please do not delay, the earlier you get help, the better.

Older people, their friends or families, can call our telephone helpline on **0116 2992278** 11am- 4pm (weekdays) for further advice and information about the services we are offering or for a free copy of the Age UK updated “Save Energy Pay Less” leaflet or ‘Winter Wrapped Up’ guide, which provides tips on staying warm and healthy in winter and also includes a free thermometer to help keep track of the temperature in your home. Alternatively visit www.ageuk.org.uk to download the guides.





Award winning Local History Café is expanding!

In October, the award-winning Local History Café programme expanded to New Walk Museum and Kirby Muxloe library and we would love for you to join us.

Local History Cafés are monthly, heritage and wellbeing get-togethers for over 50s at risk of, experiencing, or looking to keep at bay social isolation and loneliness. Cafés comprise of refreshments, time for socialising and a heritage speaker based on group interests. Accompanying activities have included seeing a new exhibition together, trying a heritage craft or taking part in a Christmas quiz.

Cafés run from September/October to January and February to June and guests are invited to join us for five monthly cafés at a cost of £3 per time. After five cafés there are other opportunities, if you would like to stay in touch. Some of the

existing cafés have held Summer parties, developed mini research projects and set up a small exhibition in a community library sharing items and stories from childhood.

Cafés are as much about reminiscing as life-long learning – something we know is good for us in older age. Guests are involved in making decisions about what we do, at whatever level they are comfortable with, including deciding together on a programme of speakers.

Crafting Relationships, the local based social enterprise behind the programme, work in partnership with museums and libraries across the East Midlands, setting up Local

History Cafés within communities. Katherine Brown, Director of Crafting Relationships told us,

“ Since October 2017 we’ve had the pleasure of meeting over 200 community members at 6 Local History Cafés across the East Midlands. People come to us for many different reasons. You may be recently retired, new to the area or looking to boost your wellbeing. Whatever your reason, we never ask. Whatever your reason, you are welcome to join us. Local History Cafés are a great way to meet new people and find out more about the history and heritage of your local area. Our Local History Café teams are friendly and supportive. We’re also very proud to have won a highly commended award for partnership working at the East Midlands Regional



Heritage Conference last month, so we know we’re doing something right! ”

If you would like to know more about Local History Café or find one near to you, please call Katherine on 07908 750187 or email at craftingrelationships@outlook.com Current Local History Café partners with active cafes are: Calke Abbey, Charnwood Museum, Erewash Museum, the Sir John Moore Foundation, New Walk Museum and Kirby Muxloe library.

Other ways to stay in touch: Twitter - @LocalHistoryCaf Website - <https://localhistorycafe.tumblr.com/>

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.



Free Warm Homes service



Living in a cold home can affect your health and wellbeing. If you're worried about staying warm this winter, Leicestershire County Council's Warm Homes service can help.

Everyone deserves to live in a warm, healthy home and often simple changes can save hundreds of pounds, and put you back in control of your heating costs.

If you live in Leicestershire, the service can help you to:

- Find cheaper gas and electricity tariffs
- Understand your boiler and heating controls
- Check your energy bills and apply for discounts
- Access debt relief support and grants
- Ensure your home is energy efficient and much more...

Request a referral to the Warm Homes service by speaking to First Contact Plus on 0116 305 4286
Or submit your details online and an advisor will call you back.

Visit www.firstcontactplus.org.uk and click on 'make a referral'

Warm homes



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Age UK Leicester Shire & Rutland joins The Chatty Cafe Scheme

Our Gloucester House Resource Centre in Melton Mowbray has joined The Chatty Café scheme.

A Chatter & Natter table creates a space for people to talk; whether it is for five minutes while you drink a brew, or an hour of good conversation.

Melton Mowbray, any day of the week, as there is always something going on.

If you particularly want to attend to sit at our 'Chatter & Natter' table, then you can do so on any Tuesday between 09:30am and 12pm.

The creators of the scheme say they are not trying to build friendships – just simple interactions to combat loneliness and to possibly have an impact on someone's day.

It's a very positive, simple idea and focuses on bringing people of all ages, and from all walks of life, together.

You can visit our Gloucester House Resource Centre located at 3 Norman Way,

For more information, contact Rhonda Fazackerley on 01664 410 253





Information & Advice

Over the winter months many of us will face higher heating bills and perhaps be concerned about how we can meet rising energy costs. Recent research shows that more than a half a million people are unable to keep their homes adequately warm over the winter period. As a result of these additional financial pressures it is often a good time of the year to check if you should be receiving any extra money or benefits, such as Pension Credit which has two parts. Guarantee Credit tops up your weekly income to a guaranteed minimum level and Savings Credit is extra money if you have got some savings or your income is higher than the basic State Pension.

If you are eligible, Pension Credit will not only give you a bit of extra cash, it could also help you get other benefits too. If you are over 75, the BBC has also announced that from 2020 you will need to be claiming Pension Credit to get a free TV licence.

If you are at all worried or would just like to check the benefits that you are receiving, please give our Information and Advice helpline a call on **0116 2992278**, weekdays from 11 a.m. to 4 p.m.

We all hope you have a very happy, warm and safe time over the festive period.

Cheryl

Cheryl Clegg
Head of Information and Advice

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

Helping to Reduce Loneliness

Sadly loneliness, which in the past may have been viewed as a trivial matter is a serious condition that can severely affect a person's mental and physical health. Research has shown that loneliness can be more harmful than smoking 15 cigarettes a day or obesity and can also increase the risk of conditions such as high blood pressure.

Loneliness is now a major issue with:

- 225,000 older people often going for a week without speaking to anyone
- Over 6 million older people saying just a few minutes of conversation makes a difference to their week
- Almost 4.5 million older people claim to have felt lonely during later life

Age UK nationally has recently announced two initiatives, which aim to reduce the level of loneliness faced by many older people:

Firstly, Age UK nationally and The Silver Line have joined forces. The Silver Line, a charity for older people, is best known for its national 24/7 helpline, which offers emotional support and friendship for older people. By joining together, the organisations will be able to help more older people who most need The Silver Line's vital loneliness services. Its helpline receives over 10,000 calls a week, and the befriending services support 2,000 older people. However, demand is ever-increasing, so the charities will combine their strengths to enable The Silver Line to reach more people and to raise the much-needed donations on which it relies. Steph Harland, Chief Executive Officer of Age UK has said:

“We are very excited about what this partnership means for older people. Age UK's focus is on helping the older people who need us most, including the millions of older people experiencing loneliness and isolation. We can't do this alone. By joining forces with The Silver Line we'll strengthen our complementary services with the aim of helping more older people while making every penny of funding stretch as far as we can. The Silver Line offers an emotional lifeline to so many and, by complementing their services with Age UK's more practical information and advice, we will together give older people a place to turn to for whatever they need. The Silver Line has a profound effect on the lives of the older people it supports and will be an important part of our fundraising efforts around loneliness.**”**

The Silver Line free helpline telephone number remains the same: 0800 4 70 80 90. Secondly Cadbury Dairy Milk has recently launched a new brand campaign Donate Your Words in support of Age UK. For the first time ever the UK's number one chocolate brand has removed the words from its iconic bars and is 'donating' them to Age UK to help alleviate loneliness amongst older people. The limited-edition bar will be sold in supermarkets nationwide with 30p from each bar going towards Age UK to help provide vital services and support when older people need it most. The campaign will also encourage people to donate their words by pledging to reach out and

have a chat with older people in their communities.

Caroline Abrahams, Charity Director at Age UK, said:

“Loneliness is a huge problem because retirement, bereavement and ill health mean many older people find they are spending a lot less time enjoying the company of others than they'd like. Loneliness can affect your health, your wellbeing and the way you see yourself - it can make you feel invisible and forgotten. Working with Cadbury Dairy Milk on this campaign could really help to raise even more awareness of the issue and encourage everybody to do their bit to help tackle it. A friendly "hello" or "how are you?" is something most of us take for granted - it's just part of everyday life, but these latest figures show that hundreds of thousands of older people in the UK will spend today and the rest of this week alone, with no one to share even a few simple words with. That's why Age UK's expert advice and support services are so crucial and help people in all sorts of ways, every day of the year.**”**



Domestic Abuse and Older People

At least 200,000 older people experienced domestic abuse last year – but the experiences of over-75s are being entirely overlooked. Age UK is calling on the Government to ensure the voices of older people are heard, their rights are protected, and their needs included in domestic abuse legislation that it must bring forward at the earliest opportunity.

This call is made after the Charity published a new report, **The Hidden Face of Domestic Abuse**, which highlights the fact that domestic abuse can happen at any age, including extreme old age. It also includes disturbing new figures about the extent of domestic violence among older people. In 2017 over 200,000 people aged 60 to 74 experienced domestic abuse in England and Wales. In addition, one in four (23%) victims of domestic homicides are over the age of 60.

The original Domestic Abuse Bill received its second reading in Parliament on Wednesday 2 October. Age UK says any legislation must go further than simply looking at domestic abuse through a criminal justice lens. A new law should also recognise and support the role of health bodies in tackling

domestic abuse and in helping victims and survivors to escape abusive relationships. It is also essential, the Charity says, that the law recognises that older people are affected by domestic abuse just as much as anyone else and that it includes provisions to ensure survivors get the help they need.

Caroline Abrahams, Charity Director at Age UK said:

"There's a widespread misconception that domestic abuse only happens to younger people, but sadly hundreds of thousands of older people are affected too. It's high time that this was fully recognised by the law, policy and practice so that the needs of older survivors can be identified and properly met. It is essential that we raise awareness and recognition of the abuse experienced by older people and ensure they know that organisations like Women's Aid and Age UK are here to help, at any time in their life. With our population ageing we need urgent action and the Queen's speech is an excellent opportunity to show the hundreds of thousands of older people living with domestic abuse that they are not forgotten and that we can and will take action to help them."

Did You KNOW?

Bank Closures

Over a third of bank branches have closed. Caroline Abrahams, Charity Director at Age UK, said: "The rate at which banks are closing local branches is a huge concern and a serious blow for the millions of older people who rely on them, particularly those who are not online or confident with mobile banking.

Dev Griffin becomes an Age UK Ambassador

Age UK has announced that BBC Radio 1 Host and Strictly Come Dancing contestant, Dev Griffin, has come on board to support the Charity as an Ambassador. Dev has joined Age UK to help the Charity continue its crucial work to be there for older people when they have nowhere else to turn. During the past year, he has been working closely with Age UK both locally and nationally to create a special podcast series, which will be available later this year.

EU Settlement Scheme

Age UK has written to the Home Office asking for urgent formal assurance that older EU nationals in the UK will not at some point in the future find themselves

shut out of the NHS and other crucial public services, or even worse put at risk of deportation, if they do not apply to the EU settlement scheme in time. The deadlines for registering is 30 June 2021 if the UK leaves the EU with a deal and 31st December 2020 if the UK leaves without one. The Charity is deeply worried that despite Government marketing campaigns and support to community groups to contact EU nationals in their localities there are bound to be significant numbers of older people who will remain blissfully unaware of the need to register, or who for a number of practical reasons will be unable to do so. About 118,000 EU nationals aged 65 and above are required to apply for the EU Settlement Scheme and they include significant numbers who have been resident in the UK for forty years or more, who are in extreme old age and who are struggling with disability, physical ill health, dementia and other forms of cognitive decline. The most recent data on the number of applications to the Settlement Scheme show that so far, older people are a lot less likely to have made an application to the EUSS than working age people (16% compared to 30%).

Benefit Checks

Helping you to stay safe and warm this winter.

Age UK Leicester Shire & Rutland will be offering free benefit checks over the winter months to help keep the homes of older people warm. This initiative has been funded by EON and is available to

older people living in Leicester, Leicestershire and Rutland. We will be offering information and advice on the Warm Home Discount Scheme and welfare benefits to make sure older people know what their

entitlements are and we will support people to maximise their income by helping them claim benefits. Last year we helped over 400 local older people boost their income by, on average, £3,000.

If you would like any further information, please contact
Age UK Leicester Shire & Rutland's Advice Line on
0116 2992278
between
11am - 4pm
Monday to Friday.

COME ON AILEEN!

Meet Aileen, a volunteer at Age UK Syston. From working alongside the RAF to volunteering with Age UK Leicester Shire & Rutland, Aileen really has taken the stage as an invaluable member of the Age UK Syston team.

Aileen's Age UK LS&R volunteering journey began several years ago. In October 1991, when she came into Syston Town Centre, Aileen saw a notice in the window of Age UK LS&R advertising for volunteers. After meeting the manager at the time, Val, she began volunteering three days a week: Tuesdays, Thursdays and Saturdays and has been working with them ever since, excluding a five-year period in which she worked at RSPCA. Having become an invaluable member of the Age UK LS&R Syston team, the impact Aileen has had on other volunteers, customers and the community alike has been extensive and continues to grow. Talking with Aileen, she told me that when she was younger, she had a desire to explore the world and venture out of the small countryside area in which she lived, surrounded by cotton farms and shoe factories. At 17, she started work at RAF Wittering and Waddington in Bomber Command Stations, travelling occasionally to

Singapore where she made a lifelong friend. As a signal communicator, Aileen described her many memories, including the "Vulcan Bombers (which) were noisy making it harder to sleep after the night shift" but that "it was a wonderful life".

When Aileen first started volunteering, at the time, Age UK LS&R didn't have delivery vans which would pick up donations and drop them off to shops. In one case, a lady had rung up from Queniborough - she couldn't get to the shop with the donations she had. Aileen offered to pick up the donations on her way home and bring them into the shop. When she got to their flat, the donations were laid out on a bed and taking the donations, Aileen took them back to the shop. As Aileen began sorting through the donations, she came across an old woolly white jumper. Inside the jumper was a carrier bag which contained several envelopes with £20 notes enclosed. "The manager and I stopped counting at £7,000,"

Aileen remarked. The manager phoned the donor; the lady had no idea there had been money in the jumper.

Needless to say, they were pleased to get it back. Crazy coincidence or not, what a great story it is to have noted. Like many volunteers, Aileen's stories are remarkable, but above all, she loves working at Age UK LS&R. "It's nice to work here and speak to people, seeing what's happening and to hear about how well people have been treated by Age UK LS&R. I love getting together with everyone at Christmas when we get together for a meal. We're a family. No-one is allowed to be sad here, there's always someone to speak to and drink tea with." From sorting stock and steaming to working on the till, talking to customers and merchandising, volunteering at Age UK LS&R

has been an incredible journey for so many of our volunteers. There is plenty to do but everyone always has time for each other - there's always time for tea and chats!

Volunteers at Age UK LS&R help in making a significant difference to older people in Leicestershire and Rutland and after volunteering at Age UK LS&R for several years, Aileen has been one out of many of the volunteers who evidently continues to make a huge difference. There is much more to volunteering than is expected.

If you would like to get involved in volunteering, contact an Age UK LS&R shop near you or connect with them via social media @ageukleics



Giggles for a good cause

Comedy comes to Clarence House in Leicester on 8th February 2020. We are very proud to be hosting our first Comedy Show as part of the Leicester Comedy Festival with special guest Mrs Barbara Nice (this year's Britain's Got Talent semi-finalist), supported by local comedian Carl Mifflin. Tickets will be available from the Leicester Comedy Ticket website from 1st November.

We would like to thank Sharman Fielding Accountants for their generous sponsorship of this event. Giggles for a good cause!



Please keep knitting for us

As the evenings draw in, we're hoping that you'll be looking out your knitting needles and wool to bring winter warmth to those in need. The Big Knit campaign continues apace with every little hat knitted raising 25p from Innocent Drinks to help us support older people this winter.

The little hats are quick and simple to do (although there are patterns available for more complex designs if you're an expert knitter!) and we're very grateful for as many or as few as you can knit. Your hats can be taken to any of our shops, offices and community resource centres to

support your local Age UK. Don't forget to look out for them again next year in a supermarket chiller cabinet near you adorning an Innocent Smoothie bottle.



Grand Christmas Raffle

The tickets have arrived and our staff and volunteers are working hard to make sure no one misses out on the chance to win £10,000 or a Hyundai i10 in the 2019 Age UK Grand Christmas Raffle. Priced at just £1 per ticket, you can buy yours until 12th December at any of our locations across Leicestershire and Rutland and we'll have our fingers crossed that you'll be getting some very good news from the Age UK team before Christmas!

Christmas Raffle 2019

FIRST PRIZE £10,000 cash or a stylish Hyundai i10
SECOND PRIZE £1,000 cash or a luxury cottage escape
THIRD PRIZE £500 cash
FOURTH PRIZE £250 cash
FIFTH PRIZE £100 cash

PLUS: Reply within 14 days for your chance to win one of 20 Christmas hampers!

CLOSE DATE: 12th December
DRAW DATE: 19th December

1ST PRIZE

A brand new Hyundai i10...

This compact car is big on technology, with a DAB audio system and easy connectivity for your phone. Excellent safety features and enhanced handling make driving a pleasure wherever you're heading.



...or £10,000 cash

61/NIJ1 EA/2/60

Age UK (Charity no. 1128267) Raffle is promoted by Age UK Local Programmes Lottery CIC (Registered Company No.11335613, License No. 52433). Images for illustration purposes only. T&Cs apply, see <https://play.ageuk.org.uk/rafflerules>

A final thought...

Many of us receive more than we need at Christmas. Some of us receive presents which don't fit, aren't to our taste or that we don't find the opportunity to use.

If you have any unwanted gifts, please think about donating them to one of our shops because we can turn them into a befriending call

for an older person. Your generosity can make an older person's loneliness and isolation no more than a distant memory because no one should have no one this winter.

EngAGE Business

As we say a fond farewell to summer, we are now preparing for our busiest time of the year. Winter brings many challenges, but it can also be a happy time of year. As we look ahead to the coming months, we are always looking at how we raise awareness of issues and celebrations that older people are facing.

Our Free Network EngAGE events have been enthusiastically welcomed and attended by many people, new to the

charity. Network EngAGE happens every 2 months on a Thursday 08.00-09.30 at Clarence House, the Speed Networking element gives everyone the opportunity to speak to each other in a friendly, relaxed atmosphere.

We've had some fantastic corporate support from Avis, Hastings Direct, Chiquitos, Asda, Wiltshire Farm Foods and Co Op England. In September Thaliwal & Veja took part in a Wolf Run and surpassed their fundraising target

of £500.00 raising an incredible £1403.00!

We are delighted to welcome Pochin, Bathroom & Kitchen Designers, to our Business Club.

There are many other ways to get involved and fundraise for our charity, 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 welcoming new members to our "corporate family" so please feel free to contact Nikky Miles for more information on
0116 223 7346
or email: nikky.miles@ageukleics.org.uk

Our Business Club members:

CandorCare
...a lift when you need it most

arriva
a B&B company

CURVE

HOWES PERCIVAL

latham
JAMES
THE NATURAL CHOICE

total motion
vehicle management

EVERYTHING BRANDED
Our name says it all... We brand CUSTOMERS



COATES
Established since 1978

CEDAR MEWS
LUXURY CARE HOME BUILDERS

flexpress
experts in print

Cambridge & Counties Bank
Growing business together

Weightmans

LRS
LEICESTER-SHIRE
& RUTLAND SPORT
PHYSICAL ACTIVITY & WELLBEING

SMITH PARTNERSHIP
SOLUTIONS

next

Praquell
TARRATT

pochin

MAZARS

mobile mobility
www.mobile-mobility.co.uk

DANE VIEW
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.

Making Christmas Special

The 2019 campaign, in conjunction with Leicester's Hospitals and Leicestershire Partnership Trust, launched in early November to collect gift bags for older people who will spend Christmas in hospital.

In its seventh year, the well-loved campaign makes sure that older inpatients in the city and community hospitals receive a small gift delivered by hospital staff and volunteers on Christmas Day. If you would like to get involved, you can find all the information about what and how to donate at www.ageukleics.org.uk. Gift tags are available on the campaign webpage or you can cut out the gift tag

in this magazine. Gift bags can be taken to our shops, community resource centres and offices until 13th December.

Image By Pasko Maksim at Shutterstock.com





Caring at its best



Make Someone's Christmas Special

MY GIFT IS FOR

Please tick

A Man ☐ A Woman ☐ Suitable for anyone ☐

Last donation accepted: Friday 13 December

This gift is from:

.....

.....

.....

Thank you, your generosity is greatly appreciated.

A partnership initiative between University Hospitals of Leicester NHS Trust and Leicestershire Partnership NHS Trust

**Colour
me in!**



Image by Freepik

Make Someone's Christmas Special

Unfortunately we are not able to accept edible homemade gifts (cakes, sweets etc), alcohol, electrical items, used clothing or books, DVDs or VHS tapes, political, denominational or religious material, glass items or bottles, and candles.

Please fix with tape or string not staples

Suggested gifts

- ❄ Lip balms, hand lotions, foot lotions, hand wipes
- ❄ Soaps, body wash or deodorant
- ❄ Slipper socks or bed socks
- ❄ Chocolates, biscuits, sweets, cereal bars, Halal / Indian sweets (not homemade)
- ❄ Cordials, original, herbal or flavoured tea-bags, hot chocolate or coffee sachets
- ❄ Pens, pencils, notepads, notelets, cards, books and puzzle books

To prevent infection: we will only be able to accept new items and gifts must be placed unwrapped in a gift bag. All purchased food products must be in sealed original packaging and still in date on 25 December 2019, with best before dates displayed.

Cut out your gift tags here and attach them to your gift



Image By By aeco at Shutterstock.com

Make Someone's Christmas Special

Supported by
Leicester Shire & Rutland
ageUK

Caring at its best

NHS

MY GIFT IS FOR

Please tick

A Man ☐ A Woman ☐ Suitable for anyone ☐

Last donation accepted: Friday 13 December 2019

This gift is from:

Thank you, your generosity is greatly appreciated.

A partnership initiative between
University Hospitals of Leicester
NHS Trust and Leicestershire
Partnership NHS Trust

Puzzle Page

Solutions can be found on page 22

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

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.



Image by ralselmeister at Shutterstock.com

Quick Quiz

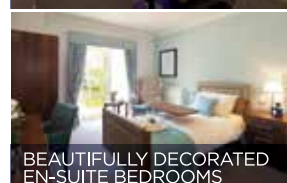
Test your knowledge with our Quick Quiz

1. Which Loughborough MP is standing down at the forthcoming general election?
2. The Rutland Food, Drinks & Craft Festival is presented by which company?
3. In which year did The Romans enter Leicester?
4. Who is the current Mayor of Leicester?
5. De Montfort University achieved full university status in which year?
6. Which performing arts centre was designed by Rafael Vinoly in 2008?
7. When did Leicestershire County Cricket Club last win the county championship?
8. Leicester born actress Betty Driver played which popular character in Coronation Street?
9. Who murdered Joe Orton in August 1967?
10. Which English monarch was born at Fotheringhay Castle in October 1452?
11. What is the Latin motto for Rutland?
12. Rutland Weekend Television was a television comedy hosted by whom?

Christmas Wordsearch

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

SNOWFLAKES
CHRISTMAS
COLD
SNOWMEN
FROST
GLOVES
SLEDDING
WINTER
SLEIGH
HAT
COAT



YOUR LIFESTYLE YOUR WAY OF LIFE

LUXURY EN-SUITE ROOMS
ON-SITE CHEF | FINE DINING
SALON | GYM | CINEMA ROOM
SECURE PRIVATE GARDENS



Review Score on
carehome.co.uk

RESIDENTIAL | NURSING | DEMENTIA | RESPITE CARE

The Amwell is a private luxury care home situated in the heart of Melton Mowbray. Surrounded by beautiful, mature gardens and a woodland backdrop, the home is designed to combine the best of modern design and technology with the highest levels of care, comfort and cuisine.

With a score on carehome.co.uk of 9.2, it's the ideal place to make your new home. Wellbeing and comfort is our priority. We offer the highest level of care whilst providing a luxury lifestyle catered to each individual.

Call our Home Manager today on 01664 882525 and arrange a tour to experience life at The Amwell for yourself.

55 Asfordby Road, Melton Mowbray, LE13 0HR

T: 01664 88 25 25

E: info@theamwellcare.com

Leicester Animal Aid
Community Pet Support Scheme (CPSS)

Do you need help to care for your companion pet?

Our free to use community outreach scheme provides vulnerable, elderly, physically disabled and housebound pet owners with support to help them care for their cherished pets in their own homes.

We have a trained and DBS checked animal care team who can provide dog walking, basic cat and dog grooming and veterinary transportation. The Scheme is managed by a dedicated Co-ordinator who will personally meet with the client to mutually agree the type of pet care support needed.

If you feel you, or someone you know may benefit from this service and live within the districts of Blaby, Hinckley & Bosworth or Oadby & Wigston, please telephone the Scheme Co-ordinator Jane Sharp on 01455 888257 or email CPSS@leicesteranimalaid.org.uk

Leicester Shire & Rutland
ageUK

We Need

YOU

**We are recruiting
Home Help Workers**

Attractive rates of pay
Flexible working hours
Dynamic Organisation

contact our team—0116 2992271
Email jobs@ageukleics.org.uk—Visit our facebook page
Age UK Leicester Shire & Rutland

The Benefits of **Dance** for older people

Dance is an excellent form of exercise for older people as it not only develops physical health including elements such as balance, stamina and strength, but also increases psychological wellbeing including confidence and self-esteem. Dance is a fun way to get fit and active through different dance styles and music, as an individual or in groups. All of our classes have an opportunity for participants to go for a coffee afterwards, allowing new friendships to be made with likeminded people. Dance is completely flexible to everyone's needs, allowing participants to develop their practical skills in a fun and friendly environment. Moving Together is a creative dance company based in Leicester and working across the East Midlands. We operate as a social enterprise, so all of the money made from our paid-for classes stays within the company and funds a variety of arts projects with disadvantaged children, young people and adults.

We currently host 10 Over-55s Dance and Fitness classes across the East Midlands, 5 of which have been set up recently due to the success and demand of the sessions. The classes are great fun, and an opportunity to keep fit while meeting likeminded people. They are £5.00 per session, and you pay on a weekly basis, so aren't paying for sessions when you can't make it. We also offer all new participants a FREE trial class, with no commitment to continue after this. The sessions are open to everyone, all abilities are welcome and we offer alternatives in our classes to cater for those less mobile. We also go out for a cup of tea afterwards, which creates a lovely atmosphere within our classes. There's no need to book, just turn up!

However, if you would like to get in touch you can email us on info@movingtogether.co.uk or text/call us on 07926 004915. We look forward to dancing with you soon



The sessions we currently offer are as follows:

DAY	AM	PM
MONDAY	NEW CLASS! - Melton Mowbray 10:30am - 11:30am The Samworth Centre, 8 Burton Street, Melton Mowbray, LE13 1AE £5.00 per session (New participants get their first session FREE) Starting MONDAY 30th SEPTEMBER 2019	NEW CLASS! - Uppingham 2pm-3pm, Uppingham Town Hall, High Street East, Uppingham, Rutland, LE15 9PY £5.00 per session (New participants get their first session FREE) Starting MONDAY 30th SEPTEMBER 2019
TUESDAY	NEW CLASS! - Market Bosworth, 10:30am-11:30am St. Peter's Parish Church Hall, Park Street, Market Bosworth, CV13 0LL £5.00 per session (New participants get their first session FREE) Starting TUESDAY 1st OCTOBER 2019	Leicester (Curve) 1pm-2:30pm, Curve Theatre, 60 Rutland St, Leicester LE1 1SB £6.00 per session (New participants get their first session FREE)
WEDNESDAY	NEW CLASS! - Groby 10:30am-11:30am Groby Village Hall, Leicester Road, Groby, Leicester, LE6 0DQ £5.00 per session (New participants get their first session FREE) Starting WEDNESDAY 2nd OCTOBER 2019	NEW CLASS! - Lutterworth 2pm-3pm, Wycliffe Rooms, George Street, Lutterworth, LE17 4ED £5.00 per session (New participants get their first session FREE) Starting WEDNESDAY 16th OCTOBER 2019
THURSDAY	Market Harborough 10:30am-11:30am Methodist Church, Northampton Road, Market Harborough, LE16 9HE £5.00 per session (New participants get their first session FREE)	Knighton, 2:30pm-3:30pm Holbrook Memorial Hall, 38 Holbrook Rd, Leicester LE2 3LN £5.00 per session (New participants get their first session FREE) Corby, 2pm-3:30pm The Core at Corby Cube, George St, Corby NN17 1QG £5.00 per session (New participants get their first session FREE)
FRIDAY	Quorn 10:45am-11:45am Quorn Village Hall, 64 Leicester Rd, Quorn, Loughborough LE12 8BB £5.00 per session (New participants get their first session FREE)	



A Tax on Death

Tax, it's paid on what we earn, what we gain and on what we buy so it should be no surprise that there's no escape on paying tax when we die. Inheritance Tax is payable from a person's wealth on death. With some forward planning, some estates can become more tax efficient on death, leaving a greater gift for your loved ones. Individuals have an allowance of £325,000 before their estate becomes taxable at a rate of 40%. This is called the "nil rate band".

There is also a further allowance available called the "main residence nil rate band" which is available when property is left on death to direct descendants. The current allowance is up to £150,000 increasing to £175,000 in April 2021. The full allowance is available to estates worth less than £2million and a reduced allowance is available for some estates worth more than this. Spouses are exempt from paying Inheritance Tax on

assets passing between them on the first death. In addition, married couples are able to use some or all of their deceased spouses allowance on the second death, where the surviving spouse has been provided for on the first death. This means there is potential to double the allowances available on the second death.

Take Mrs Tate, whose husband has recently died, they owned a house together worth approximately £350,000. Mr Tate has savings worth £200,000. He made a Will leaving everything to his wife. No Inheritance Tax is payable on Mr Tate's death, as a full spousal exemption is applied. Mrs Tate, on top of the assets left to her by Mr Tate, also has £100,000 of savings and a holiday home worth approximately £150,000. Mrs Tate's entire estate is worth approximately £800,000 (including the assets left to her by her late husband). Mrs Tate made a Will leaving her

estate to her children and grandchildren.

On Mrs Tate's death the following inheritance tax allowances are available to her:

- Her Nil Rate Band: £325,000
- Her husband's Transferable Nil Rate Band: £325,000
- Main Residence Nil Rate Band: £150,000
- Her husband's Transferable Main Residence Nil Rate Band: £150,000
- Total allowances available – up to £950,000

This means, assuming Mr and Mrs Tate have not made any significant gifts before their deaths, there will be enough available allowances between them to avoid paying any Inheritance Tax.

Contrast this to Mr Jenkins. Mr Jenkins is a single man, with no children. Mr Jenkins owns a house worth approximately £300,000 and has savings of

approximately £100,000.

Mr Jenkins has made a Will leaving his entire estate to his lifelong companion Mrs Walters. On Mr Jenkins' death, the only allowance that is available to his estate is his nil rate band of £325,000. The transferable allowances are not available as he is unmarried and the main residence nil rate band is not available to him as he is not passing his property to a direct descendant.

His estate will be liable to pay inheritance tax on £75,000 (being the difference in the value of his estate of £400,000 and the allowances available to him of £325,000). The tax liability at 40% would amount to £30,000.

The eligibility criteria for the main residence nil rate band allowances can be complex and professional advice should be taken in respect of estate planning to ensure you get the most of the allowances available.

Answers & Solutions from page 19

1. Nicky Morgan
2. Living Heritage Events
3. 47AD
4. Sir Peter Soulsby
5. 1992
6. The Curve
7. 1998
8. Betty Turpin
9. Kenneth Halliwell
10. Richard III
11. Multum in Parvo
12. Eric Idle

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

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

Ask the Expert



Lisa Franklin

Legal Executive at the Smith Partnership, answers some of your questions. Lisa specialises in Wills, Powers of Attorney, Probate and Court of Protection work and she can be contacted on 0116 247 2004 for more information.

My husband has dementia and is living at home with home care. I would like him to stay at home, but I am worried that there may become a time when he needs to go into care for his own safety. If he goes into care, will the Council make me sell our house to pay for his care?

No. If you own the house jointly, then while one of you is living in the house, the Local Authorities

must not take the value of the property into account when completing their financial assessment. They will expect him to pay for his own care if he has savings of over £23,250 and will start to contribute towards his care once he hits this threshold. If you own the house together, you will not be expected to leave the house to release capital to help towards his care. If, however, you leave the house too, then the value of the property can be taken into account.

I would like to give some money away to my grandchildren, to help them get on to the property ladder. Can I do this?

You can give your money to whomever you choose. However, if it is reasonably foreseeable that you may require care in the near future you ought to be careful about giving away your assets as the Local Authorities may argue that you have purposely given assets away to avoid paying for your own care and to obtain

public funding to fund your care instead. This is called "deliberate deprivation".

If the Local Authority are successful in their challenge, they can treat you as still having the asset you have given away. My advice would be to take some advice if you are considering making any significant gifts to identify the risks and to help you to make an informed decision, or even to see if the gift could be achieved in another way.

My wife died 3 months ago. All of our bank accounts were joint accounts and I have now changed these into my sole name. Our home, where I continue to live, was owned by my wife only. What do I need to do to put the house into my name?

All joint assets automatically pass by survivorship which is why you have been able to deal with these with relative ease. It's important to note that joint accounts will always pass to the joint account holder irrespective of any the Will or the Intestacy Rules where there is no Will.

In order to deal with the house, you are going to need to obtain a Grant of Representation, known as a "Grant of Probate" (where there is a Will) or a "Grant of Letters of Administration" (where there is not a Will). Once the Grant has been received, then an application can be made to the Land Registry to change ownership of the house. If there is not a Will, then you need to be careful as depending on the value of the house and whether your wife had any children, then the entire value of the house may not pass to you under the Intestacy Rules. For example, if the house is worth £300,000 and your wife has a son, then the first £250,000 of the value of the house will pass to you and the remainder will be halved between you and her son. If the house is worth less than £250,000, it will all pass to you.

To review your Will, or make a Will if you do not already have one. Please contact Lisa Franklin at Smith Partnership on 0116 247 2004



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/



Image By Iakov Filimonov at Shutterstock.com

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.

Coalville

Location:

The Hermitage FM Café
Memorial Square
Coalville
Leicestershire LE67 3TU
Time: 10am – 12pm

Dates: 13th January, 10th February, 9th March 2020
For more information, please contact Jill on 0116 261 4605 or email joiningforces@ageukleics.org.uk

Hinckley

Location:

The Green Rooms
– Masonic Hall
St Mary's Road
Hinckley LE12 1EQ
Time: 10am – 12pm
Dates: 15th January, 19th February, 18th March 2020
For more information, please contact Michaela on 0116 261 4606 or email joiningforces@ageukleics.org.uk

Oakham

Location:

The Common Room
St John & St Annes
St Annes Close
Oakham LE15 6AZ
Time: 10am – 12pm
Dates: 7th January, 4th February and 3rd March 2020
For more information, please contact Michaela on 0116 261 4606 or email joiningforces@ageukleics.org.uk

Leicester City

Location:

Age UK Leicester
Shire & Rutland
Thorncroft
Edith Murphy Suite
244 London Road
Leicester LE2 1RH
Time: 10am – 12pm
Date: 14th January, 17th February 2020

Melton Mowbray

Location:

Gloucester House
3 Norman Way
Melton Mowbray LE13 1JE
Time: 10am – 12pm
Dates: 16th January, 20th February, 19th March 2020
For more information, call Michaela on 0116 261 4606 or email joiningforces@ageukleics.org.uk

Blaby

Location: Council Chamber
Council Offices, Desford Road
Narborough LE19 2EP
Time: 10am – 12pm
Dates: 29th January, 26th February, 25th March 2020
For more information, call Michaela on 0116 261 4606 or email joiningforces@ageukleics.org.uk

Loughborough

Location:

Loughborough Library
Granby Street
Loughborough
Leicestershire LE11 3DZ
Time: 10am – 12pm
Dates: 8th January, 12th February, 11th March 2020
For more information, call Owen on 0116 299 2235 or email joiningforces@ageukleics.org.uk

Leicester

Location:

The Leicester Senior Service Club
295 Loughborough Road
Leicester LE4 5PN
Time: 10am – 12pm
Date: 16th March 2020

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: 12th December
Please call Rhonda on 01664 410 253 for details.

Gloucester House Afternoon Tea with Entertainment by Johnny Victory

Come along and enjoy some sandwiches, cakes and scones along with great entertainment.
Dates: 23rd November 2019
Time: 2pm – 4pm
Location: Gloucester House, 3 Norman Way, Melton Mowbray LE13 1JE
Tickets: £7.00 – available from Gloucester House, our shop in Nottingham street or by phoning 01664 401 253

Please note there will be no Veterans' Coffee Mornings during the month of December due to other events taking place.



Christmas Carol Concert
Saturday 30th November

**6.30pm—8.15pm at St Margaret's Church,
St Margaret's Way, Leicester LE1 3DA**

The evening will feature:

**EAGA/DMU Choir featured on Britain's Got Talent,
BBC Choir of the Year and St Margaret's Choir &
Organist**

**Tickets: £10 each including mince pies, mulled wine and
tea/coffee**

**Tickets can be bought by visiting your local
Age UK Leicester Shire & Rutland shop or by
calling 0116 222 0555 and paying by debit/credit card**

All money raised from this event will be used to support local older people's services

Seasons Restaurant Christmas Lunch

Clarence House Tue 17th & Thu 19th Dec

Doors open at 12pm
Lunch served at 12.30pm

Tickets available from Mon 4th Nov



Clarence House
46 Humberstone Gate
Leicester LE1 3PJ

0116 2992233
www.ageuk.org.uk/leics

£11

Homemade Winter Vegetable Soup
with a warm roll and butter

Melon Rose
with winter berries and coulis

Baked Salmon & Dill Tart
with a light watercress & prawn sauce

Roast Turkey
*with sage and onion stuffing,
pigs in blankets and a rich roast gravy*

Vegetarian Wellington (v)
with vegetarian gravy

all served with a selection of seasonal vegetables

Traditional Christmas Pudding
with brandy sauce

Chocolate Mousse
with cream and winter berries

Festive Meringue
with whipped cream and winter berries

Tea/Coffee and a Mince Pie



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Fiddler on the Roof | Photo: Pamela Raitt

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WWW.CURVEONLINE.CO.UK

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Virtually at the Seaside

One of our day care centres in Melton Mowbray took clients on a virtual trip to the seaside in September to catch the last of the summer sunshine. They enjoyed a Punch and Judy show, hook-a-duck

and making sand castles before a lunch of fish and chips followed by ice cream and candy floss. Paddling in the sea may only have been a 'virtual' activity but the memories are real with plenty of snaps for the photo album!



Nellie goes to Twycross Zoo

We thought we'd seen it all donation-wise but were proved wrong in August when an 8 foot elephant arrived at our Gladstone Street warehouse. The stunning

sculpture watched over the warehouse from the mezzanine floor until she packed her trunk for her onward journey to Twycross Zoo where we hope she'll enjoy welcoming families for many years to come.



Naan for a Nan

To help celebrate National Grandparents Day on October 6th, and to recognise the valuable contributions of older people within the local community, Age UK Leicester Shire & Rutland launched the 'Naan for a Nan' and 'Poppadum for a Pop' campaign. Working in association with the Leicester Curry Awards, all the money raised through the campaign directly funds local services and benefits the most vulnerable older people across Leicester, Leicestershire and Rutland.



Carers Cook up a Storm



Our Melton Food with Friendship course showed older male carers how to rustle up a range of tasty, nutritious dishes, giving them new cooking skills and the confidence to use them. Learning new recipes to

prepare at home for the people they care for was only one advantage of the course; it was just as important for them to create new friendships and networks with other carers in the area for support and tips.

Our current course is taking place in Leicester and, at only £2 per week, is great value. If an informal and friendly cooking course appeals to you, please call Julia on 0116 223 7364 for future dates and locations of courses.

Thank you to...

- The Close Brothers team for supporting our bucket collection in Oadby
- All our Big Knitters who helped us get to an amazing total of 74,000 little hats
- Ulverscroft Group for their donation of large print books
- Leicester Curry Awards for choosing us as their Charity of the Year 2020
- Asda in Thurmaston and Fosse Park for allowing us to undertake bucket collections at their stores
- The Hastings Direct team for their attendance at the Seagrave Wolds Challenge
- Dalycom staff for participating in our Big Bag Challenge
- Whitmores for their generous donations of hardwood to our Men in Sheds projects
- Special thanks to The Curve who offered 100 free tickets for older people in Leicester to attend a matinee performance of Grease.

...and the very many other individuals and organisations who so generously support us.

Thanks a Million!

Your Gift Aided donations have raised £1 million to keep local older people independent with access to the help, advice and wellbeing support they need to enjoy later life.

By signing up to Gift Aid, your pre-loved donations of clothing, books, furniture and household items raise an extra 25p for every £1 we make from selling them. So, your gift keeps on giving with no extra cost to you.

We think that £1 million is a fantastic milestone and warrants our heartfelt thanks. Without your Gift Aided donations life would be very different for local older people.

If you haven't yet signed up for Gift Aid, please talk to one of the staff in our shops to make your donation go further. You simply need to be a UK taxpayer, complete a short declaration and

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- **Children's activities**
- **Social groups**
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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.**

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- 3 Collect & accompany you on care home visits.
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