

Welcome to our Autumn newsletter! Over the last couple of months we have been busy attending events, raising money and increasing awareness of the services we offer for older people in the Borough of Maidstone. There are also plenty of upcoming events and dates for your diary inside.

We also welcome a new face to the Age UK Maidstone team! Over the summer we said goodbye to Cloe and would like to wish her all the best in her exciting new job. Kat has now joined us as the new Marketing and Administration assistant. Expect to see her if you pop into our Mill Street office or at our fundraising events taking lots of pictures!



The Big Charity Brewery Gig!



Did you attend The Big Charity Brewery Gig in September?

Read on inside to find out how much we raised with our night of music, food and festival fun!

Read on page 3

**9th November
& 14th December**

Memory Matters Cafe

10—12 at Starbucks, King Street, Maidstone.

The Memory Matters Café is a safe place for people living with dementia, their families and carers to participate in monthly meet-ups.

**12th November
& 10th December**

Harpers Monday Meet-up

10:30—12 at 12 Market Buildings, Maidstone, ME14 1HP.

Pop along to Harpers on the 2nd Monday of every month for a coffee & a chat. The West Kent Befriending Service will be there, so you can be sure of a friendly face to chat to.

17th November

**Open Morning at The
Goodman Centre**

10—12 at 6 Egremont Road, Bearsted, ME15 8LH.

Drop in to find out more about our dementia day care. Denise and Tracy will be on hand to answer your questions and show you around. Tea & coffee will also be provided.

6th December

**Snow White : Mayor of
Maidstone's Charity Show**

6:30pm –at Aylesford Event Grounds £25 or £90 family

20% of the ticket price from this showing of the Maidstone Panto will go to the Mayor's chosen charities. One of which is our West Kent Befriending Service!

A day that suits you!

SAKS Academy—49 Earl Street Maidstone, ME14 1PD

SAKS are teaming up with us to offer Age UK Maidstone clients a complimentary cut/shampoo. Go and get yourself pampered while enjoying a nice cup of tea and some company. If you're interested either drop into the salon or call 01622 691916 to book an appointment.

The Big Charity Brewery Gig

In September, The Big Charity Brewery Gig returned for another year of fantastic live music, local craft beer and tasty food. All of this in the beautiful setting of Rockin Robin Brewery Farm and Orchard! A huge thanks to Robin and Michelle for hosting.

Guests enjoyed a brilliant line-up of local artists. We would like to thank Marylebone Jelly, The Starfires, The Acoustic Tones, Phoenix Moon, Figo & The Priest, Higgs and the Bosons and Unshackled for making it a night to remember!

Pebbles Face Painters also gave our guests that festival feel with their face painting designs. The whole family were also able to enjoy our various games and raffles.

We would like to thank everyone that attended and supported the event. With your help we more than doubled the money raised last year, our grand total was an impressive £1,312.00!

The Big Charity Brewery Gig will return next year—save the date for 17th August!



Quiz Night Success



On Saturday 13th October we held a Quiz Night at Madginford Hall to raise funds for our dementia day care, The Goodman Centre. Not only did everyone have a fantastic night, we surpassed our target and raised £341 in total!

The money will allow us to replace our white crockery with a new dinner set that has a red rim. Those that suffer with dementia struggle to see certain colours so the red rim provides a colour break between the food and the table. This allows them to see that their food is actually on a plate and in turn makes it more appealing for them to eat.

The extra money raised will go towards musical instruments and coloured scarves, providing clients with new sensory activities to enjoy!

It Matters to Natter

This one day event was a campaign encouraging people to pledge to speak to just one person they would not ordinarily talk to. We opened the Town Hall to members of the public who enjoyed coffee, cake and a chat. Volunteer Debs Pryer and her 'ladies that bake' provided the delicious cakes that proved to be the main attraction of the day.

Maidstone MP Helen Grant also supported the campaign, promoting the event with retailers in Fremlin Walk ahead of the event. We'd also like to thank Cllr David Naghi, Mayor of Maidstone for his continued support through our recent 'nattering' campaigns.



Mayor's Garden Party



This summer we attended the Mayor's garden party—a fundraising event in support of Cllr David Naghi's chosen charities. The West Kent Befriending Service were thrilled to be on that list. Other charities included The Princess Project, Maidstone Sea Cadets and Snowflakes. Thank you to the Mayor for his invitation to a wonderful event!

Thank you!

Recent donations to our Footcare clinic have allowed us to purchase both a drill and a Doppler. These will really help us to improve client care and comfort!

FREE haircuts

SAKS the Hair Training Academy in Earl Street and the Befriending Service are working together.

SAKS are offering FREE hair cuts/shampoo and sets for any Age UK Maidstone service user. This in turn encourages older people to go out, spend some time being pampered while having a cuppa and biscuit plus the opportunity to have a chat with the young people who are training. All apprentices are supervised of course!

A wonderful offer from Nicola at SAKS and another example of befriending in the community.



Free Computer Classes



Are you aged over 55 and would like to learn how to email, browse the internet or talk to loved ones online?

To find out more about our free computer classes, call Lindsay:

01622 753618

Volunteer Needed!

We're looking for a volunteer to run a 'Knit and Natter' morning once a fortnight—get in touch if you can help!

The Big Knit



Calling all knitters!

Help us reach our 2,000 hat target by knitting some tiny woolly hats. Patterns are available from the office or online, as well as the last page of this newsletter.

www.thebigknit.co.uk

Open Morning

The Goodman Centre

Drop into our Dementia Day Care between 10am—12pm.

No need to book.

Saturday 17th November

01622 736966

If you'd like to keep up with all of our latest news and events as they happen, follow us on social media:



Age Uk Maidstone



@ageukmaidstone

Why did the scarecrow win the Nobel Prize?

Because he was out standing in his field!

Basic Knitting Pattern

You need: wool, small knitting needles (3¼ mm—4mm), sewing needle, scissors and some bobbles (optional).

1. Using double knitting yarn and some small needles, cast on 28 stitches.
2. Knit 2 rows. Then, starting with a knit row, work in stocking stitch (knit 1 row, purl 1 row, knit 1 row etc) for 12 more rows.
3. For the next row, knit 2 together to the end (14 stitches). And for the row after that, purl 2 together to the end (7 stitches).
4. When you've finished, cut the yarn leaving about 25 cm. Thread the cut end of the yarn through a sewing needle, then run it through the loops and remove the knitting needle.
5. Tighten the yarn (fig. B) and sew the little hat together at the side (fig. C). Once finished, turn it right-side out so that the seam you've just sewn runs up the inside.
6. The hat dimensions should be 5-7cm along the bottom and around 3cm high. You can now sew on a bobble if you wish!

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

HALLOWEEN HARVEST LEAVES
PUMPKIN SCARECROW FOG
AUTUMN BONFIRE CONKERS