

Welcome to our Spring newsletter,

We have lots of events coming up over the Spring and Summer as the weather starts to warm up—make sure you copy the dates from our What's On section into your diary so you don't miss out on the fun!



Inside this issue

Find out about our purrfect Talking Bus trip to Paws Cat Café in Tonbridge, discover what our day centre clients have been up to, read about our latest campaign launch and much more.

**12th Apr, 10th May
& 14th June**

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. 2nd Friday of every month.

**8th April 13th May &
10th June**

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.

Friday 31st May

Cliff's Quirky Quiz

7:30pm at The Walnut Tree, 657 Loose Rd, ME15 9UX.

Cliff's Quirky Quiz raising money for the Goodman centre. 7:30 for 8pm start. Entry £2 p/p, everyone welcome!

Saturday 1st June

Custard Pie Championships

7:30pm at The Walnut Tree, 657 Loose Rd, ME15 9UX.

Come along for a fun day out and to support our team of custard pie champions.

Saturday 29th June

**Bearsted & Thurnham
Carnival and Fayre**

From 1pm Bearsted Village Green, ME14 4DU.

A number of stalls will be set up on the green, come and chat to us there.

Saturday 10th August

Bee Festival

From 11am, Detling Showground, ME14 3JF.

Outdoor accessible festival for the whole family. Have-a-go inclusive sports, charities, services, advice plus an excellent comedy and music festival.

GIVE A DAY IN MAY



Host a fundraising activity during the month of May and donate the proceeds to support older people in your community!

Help us reach our targets and pay for day centre Christmas Parties, Information and Advice or even a Wheelchair Accessible Vehicle.

Is there a daring, adrenaline-filled activity that you've been itching to do? Or perhaps you want to try your hand at baking up some treats for a cake sale...

Begin your fundraising journey with us this May and we'll work with you to make it an enjoyable experience you will never forget.

Every fundraiser that signs up to Give a Day will make a real difference to the older people accessing our services. This year we have set ourselves some targets to give you an idea of what you could be contributing towards:

£5,000 will pay for our day centre Christmas parties including food, entertainment and gifts for clients to enjoy.

£10,000 will allow our Information & Advice co-ordinator to help with Attendance Allowance and Blue Badge application forms.

£18,000 will buy a Wheelchair Accessible Vehicle so we can help wheelchair-bound people home from hospital and to and from our day centres.

To download a fundraising pack from our website visit—www.bit.ly/giveadayinmay

Give us a call on 01622 753618 to have a chat about what you'd like to do, or email info@ageukmaidstone.org.uk

Bee Festival is a fully accessible event in partnership with RISE. Have-a-go inclusive sports sessions will take place throughout the day, as well as an excellent comedy and music festival for the family to enjoy. Charities and services like ourselves will also be exhibiting to offer advice and information about our services. With kids going free it will make a great day out with the family.

Book your discounted early bird tickets now!

www.bit.ly/beefestival

Saturday 10th August


11am until 9pm

Kent Showground, Detling,
ME14 3JF.

Book tickets:
www.bit.ly/beefestival

Fully Accessable Event

IN PARTNERSHIP WITH



www.rise4disability.com

INTRODUCTORY OFFER
Tickets ONLY £5
(Offer ends 31st April)

KIDS GO FREE

TOILETS & CHANGING ROOMS

MAIN STAGE

SKILLS SHOWCASE ARENA

Chill Zone

HAVE A GO INCLUSIVE SPORTS

MOBILITY ZONE & TEST TRACK

FOOD & DRINK

MARKET PLACE & ADVICE STALLS

Kent Event Centre
Kent Showground,
Maidstone,
ME14 3JF

Bee Inclusive
Bee Together
Bee There

"everybody should have somebody"
#Ending Loneliness

SPONSORED BY **higher elevation**
MOBILITY LIFT SPECIALISTS

The Talking Bus

Wednesday 27th February saw the return of The Talking Bus, an initiative of our West Kent Befriending Service created to combat the loneliness felt by many older people in our community.

We were amazed by how popular the bus has become, it was fantastic to see our double decker bus packed full of chattering passengers. Thank you to Arriva who put on a shadow bus for us as our group left only standing room for regular users of the service!

This time we travelled to Tonbridge and lunched at Paws Cat Café. The members were thrilled to enjoy their usual tea and cake in the company of the adorable animals. There were plenty of cameras about too as KMTV were covering the event, and Play Mountain Social Media and Inspired Villages Group were filming our promotional video for the service.

Follow us on social media and keep checking our newsletters for information on future Talking Buses as soon as we have it!



Chinese New Year



In February, clients at our Dementia day care, The Goodman Centre, celebrated the Chinese New Year. They enjoyed some traditional Chinese food cooked by our lovely chef Lorena, pictured modelling an oriental gown in-keeping with the theme. If you're interested in finding out more about The Goodman Centre you can give them a call on 01622 736966. Clients without dementia can call 01622 753618 for our other day care services.

Thank You!

An inspired young Brownie held a cake sale for us in February, raising a fantastic £50 and earning her charity badge. The money was spent on arts and crafts materials for our day centre clients to enjoy. Here they are with their paper craft daffodils celebrating St David's Day at Shepway Court!



Valentines

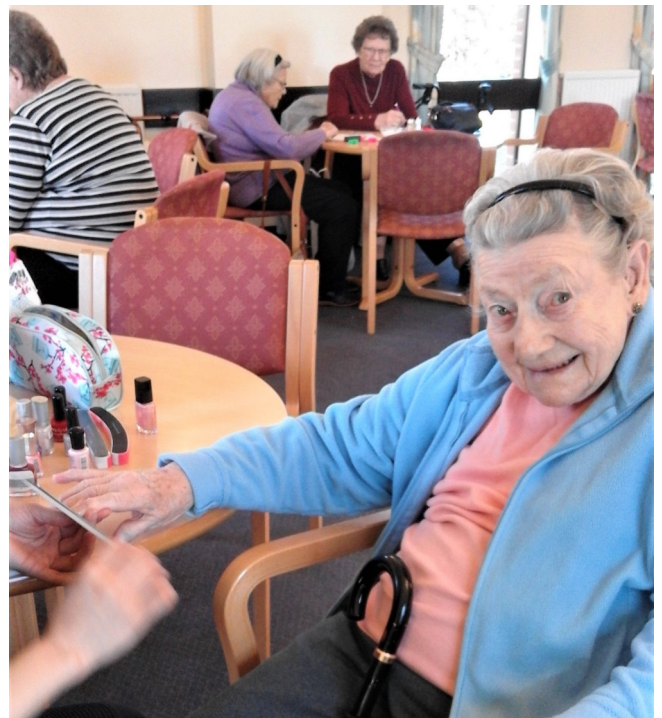


To celebrate Valentines day at Shepway Court, clients were treated to handmade heart-shape scones baked by our lovely day centre assistant Jackie. As you can imagine, they went down a treat!

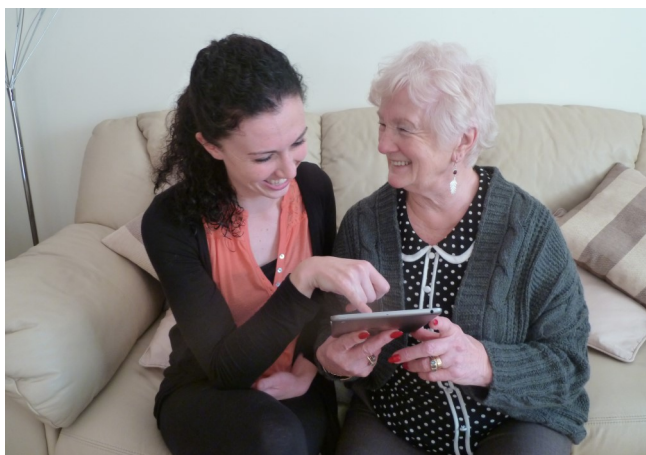


Pampered clients

Clients at Park Wood day centre were treated to a manicure, here they are modelling their glamorous nails.



Supporting Friendships



Supporting Friendships is a new campaign from our West Kent Befriending Service, tackling the loneliness felt by our older community.

The West Kent Befriending Service is volunteer led and relies entirely on grants and donations to run. 'Supporting Friendships' aims to make the befriending service sustainable through a monthly donation program. By committing to giving a certain amount each month, you are 'giving the gift of friendship' to a lonely person in need. 92% of our members say the service has made a positive difference to their lives and so it is important for us to ensure the continued delivery of this free service.

We have some fantastic ambassadors on board including: Rt Hon Ann Widdecombe, Julie Derrick (Head Teacher of Invicta Grammar School), Helen Grant (MP for Maidstone and The Weald), Oliver Monahan (Area Managing Director for Arriva Kent and Surrey) and His Worshipful the Mayor Cllr David Naghi.

The campaign launch event is set for the 5th April in the Town Hall. We will be unveiling our promotional service video which was very kindly sponsored by Inspired Villages Group and produced by Play Mountain Social Media. Following an address by our guest speaker, there will be plenty of opportunity to meet our volunteers and the ambassadors in attendance.

If you would like to find out more or give the gift of friendship each month, email wendy.pfeiffer@ageukmaidstone.org.uk or give us a call on 01622 753618.



We're Recruiting



Is your job rewarding—does it contribute to your community?

Could you be the necessary support that an older person needs to remain independent in their own home?

We are looking for Independent Living Support Workers to do just that. You will be required to carry out a number of domestic tasks including cleaning, laundry, shopping and befriending.

- **£8 per hour.**
- **Own transport is required.**

Read the full job description and apply online at www.ageuk.org.uk/Maidstone or give us a call on **01622 753618**.

Volunteer with us!

Volunteering is an excellent way to give back to your community, gain new skills and become a part of an inspiring experience.

Whether it's assisting our clients at the day care centres, jumping behind the wheel of our minibuses or regularly visiting a lonely or isolated person. We are always looking for new volunteers and would love to hear from you!

- ☺ Mini bus driver or escort to transport clients to our day centres
- ☺ Office support
- ☺ Dementia Day Care Assistant
- ☺ Befriender
- ☺ Information and Advice Helper
- ☺ Computer/tablet tutor

Visit our website:

www.ageuk.org.uk/Maidstone/get-involved/volunteer

Call:

01622 753618

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



@ageukmaidstone

Why is the letter A like a flower?

A 'bee' comes after it.

What flowers grow between your nose and your chin?

Tulips.

			2
	3		
4			
		2	

Solve the puzzle so that all rows and columns contain the numbers 1 to 4.

We are still needing little knitted hats as part of our Big Knit Campaign. Hats can be donated to our office at 7 Mill Street!

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!