

Peartree Centre office
Help and information
01908 550700
telephone enquiries

Advocacy
01908 550700
telephone support

**Befriending & Walking
Befriending**
Telephone calls and
socially-distanced visits
01908 557885

Footcare Service
toenail-cutting and more
open as normal
01908 557883

Fundraising team
01908 266696
please get in touch, we'd
love to hear from you

Furniture store
6 Burners Lane MK11 3HB
closed during tier 4 period
online sales
www.ageukmkshop.co.uk
01908 263838

Independent Living Service
shopping, cleaning,
gardening and
handyperson, relief care
sitting-service, toenail
cutting in your home
01908 557874

Hospital Aftercare Service
01908 996073/4
essential support

Info & Advice,
incorporating community
home visiting
telephone service

LiveLife
01908 973720
regular support

LiveLife
MILTON KEYNES

Friendship Clubs
01908 550700
temporarily closed
during tier 4 period

Technology Help
01908 550700
telephone support

Registered charity 1079773

Getting On

"The highlight of my week"



Volunteer Maureen and Service Co-ordinator Emma with the festive meal delivery for Tuesday 22nd December.

Many older people found themselves adrift, with no support, when the March lockdown began, but as time has gone on, and practical measures have been put in place, it is the lack of company and opportunities to socialise that seems to hit them hardest.

Volunteer Ian, who normally helps at several of our clubs, has been delivering meals for the Meal Delivery Service since September. He says that talking to people whilst dropping off their food has been a joy. A naturally sociable person, he

understands how an empty day can "loom ahead" for vulnerable older people who are unable to visit friends or who have no family living nearby. "Loneliness is a terrible thing," says Ian. People appreciate the freshly-cooked meal but having a kind, friendly person ask how you are, and listen to the reply, is equally beneficial. "One lady waits for me by the window in her wheelchair and tells me I'm the highlight of her week," says Ian.

Providing the service is only possible thanks to food donations from Morrisons, Sainsbury's, several local Co-op stores, Fareshare, Faith Dimensions Church and Water Eaton Church Community Larder, and funding from The National Lottery's Community Fund. We currently support 115 clients and since March have delivered over 3,000 meals. A huge thank you to everyone, all our volunteers and supporters - you have enabled Age UK Milton Keynes to make a difference during the coronavirus pandemic. Please visit our website for details of all the support we provide or call us on 01908 550700.



We'll be back for friendship, soon



David is happy to oblige in a covid-secure building

Many of our clients have been unable to leave their home since March, so the chance to enjoy a cup of tea, cake and good company has been hugely welcomed. The first of our Monday and Wednesday Friendship Clubs started with a small group, carefully and cautiously meeting at The Peartree Centre on 7th December. People enjoyed hearing what others had been up to over the summer, and also joined in a quiz and some seated-chair exercises. We have suspended the clubs during the tier 4 period, but they will be back!

Support during these difficult times

For many older people in Milton Keynes life has changed beyond recognition. The majority of our services have restarted and, even with covid-19 restrictions in place, we can provide practical and emotional support to local older people.

The Information & Advice Service is continuing, albeit by phone, but still very successful. Our advisers are helping people make benefit claims, ensuring support until the first payment is received. A new project, called The Building Resilience Programme, will support people 50+ who have experienced, or are going through, a significant life changing event, begins in January. Our Information & Advice Service will provide it as a phone based programme but it will be under constant review until home visits are once again allowed.



Our Walking Befriending Service has matched Leonie [left] and volunteer Sarah who enjoy a socially-distanced walk every week.

Telephone Befriending has had to take the place of home visits and is hugely rewarding for both the befriender and the befriended. Get in touch if you are interested in the service.

Online shopping

The income from our five shops and three furniture stores is vital to the survival of the charity, so having to close them has had a devastating effect on our finances. Scott Whitbread, Head of Retail & Income, and his team have worked hard to set up an online shop at www.ageukmkshop.co.uk

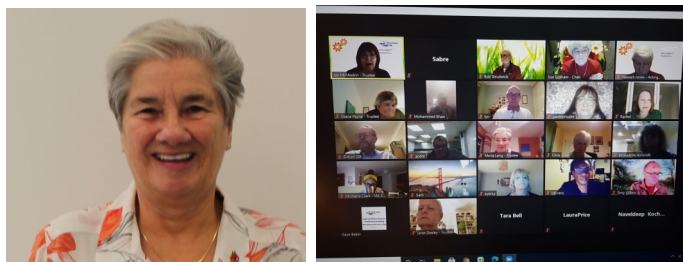
The online shop has been made possible by a community grant from MK Community Foundation



Our Olney shop may be closed but Meryl, Debbie and the team have put together a magnificent Christmas window.

Online AGM and new faces on board

This year's annual general meeting was understandably different to last year's, but was an online triumph, held via Zoom. There have been a few changes to our executive board so please visit our website to find out more.



New trustee Maria Lang and some of our AGM guests

Spreading the Christmas spirit

Goodwill and generosity is never in short supply in Milton Keynes, but alas, space in this newsletter is. Here are just a few organisations who have made financial donations or gifts that will bring festive cheer to vulnerable older people in Milton Keynes this Christmas: Stantonbury International School (Year 7), Intu Milton Keynes, Michael Anthony Estate Agents, Autotech Recruit, Kam Project Consultants Ltd, Kents Hill Care Home, Thermo Fisher Scientific, Sainsbury's Bletchley, MK Christian Centre and the African Caribbean Lunch Club.



Please remember, if you need advice over the Christmas break you can ring the national Age UK Advice Line on 0800 169 6565 (8am-7pm, 365 days). Or if you're feeling lonely and want a friendly chat, call **The Silver Line on 0800 470 8090 which is open 24/7, even on Christmas Day.**

A Very Happy Christmas from us all



Contact Getting On



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1 Chadds Lane, Milton Keynes MK6 3EB

t: 01908 550700

e: info@ageukmiltonkeynes.org.uk

www.ageukmiltonkeynes.org.uk