

Peartree Centre office
Help and information
01908 550700
telephone enquiries

Advocacy
01908 550700
telephone support

Befriending & Walking
Befriending
telephone calls and
socially-distanced walks
01908 557885

Deep Clean Service
01908 557874
return a property to a
hygienic condition

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

Friendship Clubs
01908 550700
Mondays and Wednesdays

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

Furniture store
6 Burners Lane MK11 3HB
open Monday to Saturday
01908 263838

Visit our online shop
www.ageukmkshop.co.uk

Hospital Aftercare Service
01908 996073/4
essential support

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

Info & Advice,
incorporating community
home visiting
telephone service

LiveLife
01908 973720
regular support

LiveLife
MILTON KEYNES

Technology Help
01908 550700
telephone support

Registered charity 1079773

Age UK Milton Keynes,
The Peartree Centre, 1 Chadds
Lane, Milton Keynes MK6 3EB
www.ageukmiltonkeynes.org.uk

Getting On

Our new executive director



Looking to a bright future

Denise Stygal-Watson joined us in April as the new Executive Director of Age UK Milton Keynes. She says "I am delighted to join this wonderful charity and be a part of something special.

This last year has been a year of turmoil and change for every person and every business; we have all been through a period of unprecedented challenges in this COVID time and we are now slowly moving toward a 'new normal'.

My role as Executive Director is to focus on directing the organisation and ensuring that our next phase is about securing the long-term future and sustainability of the charity.

Our focus is clear: now more than ever, charities need to be accountable for how they manage their money. Our organisation needs to be a sustainable one to enable us to continue to deliver existing services and develop new services. We will need to build more partnerships within the community and work alongside other organisations in the fight against loneliness and social isolation, which has been brought to the forefront by the pandemic. The organisation has the experience and passion to go into the next phase of our charity's development and I am excited about what we can achieve. We cannot know the future, but whatever it holds, I, my management team, staff and of course our fantastic network of volunteers, plan to be ready for it and to work to provide what our clients need."

Keep active and keep well



Outdoor group activities are now allowed, so get outdoors if you can. Choose a form of exercise you enjoy.

Our eight Link Workers provided a social prescribing service throughout the past year, by telephone, outside visits and online. We work in partnership with many local organisations and are still able to reach people, signposting, connecting and supporting. Currently, 41% of our clients are male, 57% female, 2% anonymous, with an average age of 58. We wholeheartedly agree with Professor Chris Whitty who says "Exercise is the best thing you can do... Anything that can be done to encourage people to take exercise is a good thing."

Delighted to welcome back our customers

Our furniture stores in Kiln Farm, Bletchley and Stony Stratford and our shops in Newport Pagnell, Olney and Wolverton re-opened on Monday 12th April. As well as raising vital income that support the work of the charity, our shops are a community resource that enable local people to meet others and find a sense of purpose by volunteering. And our regular customers tell us how much they've missed us.



Our furniture store is in Stony Stratford High Street.



Wolverton Books is open Monday to Saturday.



Helen, assistant manager in our Wolverton Square shop, is delighted to be welcoming back customers.



Our Bletchley Home Store sells fabulous clothing as well as good quality furniture and homewares.

A freshly cooked meal to your door

We have been providing this service since March 2020 because of the exceptional hardship caused by the coronavirus pandemic. Freshly cooked, delicious and nutritious meals are prepared in our kitchen at The Peartree Centre by our cook Kris Raina and his small team of dedicated volunteers. The meals are then delivered by other volunteers who say they see the positive difference that our regular visits are making to clients. Many older people are still nervous of leaving their homes, so a quick chat on the doorstep is something to look forward to every week. Call us on 01908 550700 if you or someone you know is interested in the service, for which we now make a small charge.



A friendly volunteer will deliver a freshly prepared three-course meal to your home.



Some of the deliveries at the end of March included an adorable Easter Bunny card, thanks to Morrison's and children from New Chapter Primary School and Summerfield School.

Donations make a difference

We are grateful to local people as well as local businesses for their continued support during these difficult times. Your financial donations, donations of good quality items to our shops and furniture stores are as vital as the generous donations of food from supermarkets. Thank you for helping us continue to make a difference.



Cook Kris with Morrison's Leisure Plaza Community Champion Lynsey Mansueto.

Keeping older people independent

Our Independent Living Service has continued to provide vital support during the coronavirus pandemic. We are operating as close to normal as possible, whilst minimising the risk to our clients and our staff. Fitting key safes is the most sought after service provided by our handypersons and demand for the toenail cutting service remains steady, now that older people are receiving their vaccinations and are no longer shielding.



Our Respite Care sitting-service gives carers a break. They can go out, knowing their loved one is being well looked after, enjoying a chat or maybe a jigsaw puzzle.



Independent Living Assistant Carol picks up a supply of gloves, hand sanitiser, masks and lateral flow tests at The Peartree Centre.

Spring clean or a deep clean?

Our experienced team can return a property to a hygienic condition, ensuring an older person has a safe environment to live in. We can make a home ready for patients being discharged from hospital, helping to support their physical health and mental wellbeing. We will carry out a home visit to assess requirements, recommend a schedule of work and provide an estimated cost. Please call us on 01908 557874 for details.



Deep Clean Worker Chandni uses the company van to clear clutter.

Friendship and support at the Peartree Centre

Providing support and friendship to our clients is at the heart of what we do, so we are delighted to be cautiously, carefully welcoming people back to The Peartree Centre in groups of up to 12, four sessions a week. We continue to follow social distancing rules and implement extra hygiene measures. Clients have their temperature taken on arrival, staff and volunteers wear face coverings and do lateral flow tests at home twice a week.

Club members Mary and Marie speak regularly on the telephone but are not able to visit each other's home, so they were thrilled to meet in person at the club. The most common refrain from everyone is "It's so nice to get out of the house." Please call us on 01908 550700 as there are a few spare places on Monday.



Clubs Co-ordinator Rachel Turner and volunteer Chris Dewey say it's good to see clients' smiling faces.

Knitting or cooking can raise vital income

With quiz nights, marathons and craft fayres off the agenda, fundraising events have been on the back burner for the past year, but there are plenty of ways you can help raise funds for Age UK Milton Keynes. Why not knit some little hats and help us reach our Big Knit 2021 target. You can also donate online; just follow the links on our website.



Di Payne's Second Lockdown Cookbook is on sale in our shops and at The Peartree Centre for £5 (£8 if we post it to you). 130 tried and tested recipes, sent in from around the world.

Contact Getting On

✉ Age UK Milton Keynes, The Peartree Centre,
1 Chadds Lane, Milton Keynes MK6 3EB

t: 01908 550700

e: info@ageukmiltonkeynes.org.uk

www.ageukmiltonkeynes.org.uk