

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

Home & 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
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
01908 550700

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

COGS



COGS members with activities lead
Melissa Cooper

As part of a national Age UK initiative, we were extremely pleased to start a new MCST (Maintenance Cognitive Stimulation Therapy) club on 5th July, supporting clients living with mild to moderate memory issues. Group members take part in meaningful and stimulating activities, proven to help maintain memory and mental functioning.

The groups provide a fun, supportive environment where people can build new friendships, whilst in a caring, supportive environment. Sessions are held Monday and Wednesday mornings and run until December. Places are limited. For further details, please contact us on 01908 550700.

WALKING FOOTBALL

On 16th August we started our first over-55's Ladies Walking Football sessions! This is a new project in partnership with MK Dons SET who fund the venue and provide a coach, with Age UK MK providing a supporting co-ordinator.

Sessions are held on Mondays 12.30 – 1.30pm at Sports Central. This is a great opportunity for any ladies to get some gentle exercise, whilst socialising and meeting new people. For more information contact: 01908 550700.



Walking football members having fun!

SPOTLIGHT is a new feature for our newsletter, where we will tell you more about one of our services. Today we are spotlighting the Hospital Aftercare Service (HAS).

The HAS provides support to facilitate discharge of patients in a safe and timely manner and can continue to support at home for up to six weeks and work closely with various teams including, Discharge, Frailty, Social Workers, Occupational Therapists, Doctors, Consultants, Mental Health and Home 1st Reablement. Support often starts prior to discharge, once a referral is received, details of the patient's medical conditions and needs are discussed, and the appropriate support is arranged. This can include support such as fitting a Key Safe, furniture moves, arranging a deep clean, accepting equipment and being present during a transport assessment visit. Referrals can be at very short notice, so the pressure is on to action them asap.

On the day of discharge the patient will be collected from The Patient Discharge Unit, Accident and Emergency and wards. HAS staff will introduce themselves and have a friendly chat and answer any questions the patient may have. Patients are often very anxious at the thought of going home so this is the ideal time to reassure them that we are going to support them throughout this process. On arrival at home the patient is settled, any shopping or housework will be carried out and relevant supporting agencies will be informed the patient is home and the patient will be assessed for the necessary ongoing support needed, which may include visits from the HAS for up to 6 weeks. These visits can provide support with shopping, housework, welfare checks, emotional support and transport to GP and hospital appointments. The service focuses on reablement, patients are assessed weekly as we like to encourage where possible that patients return to being as independent as possible. During our visits we will talk to patients about other services available within AUMK and any other services outside AUMK that would help them maintain their independence.

The service is recognised and valued in the hospital and we are invited to participate in meetings held by the Frailty Team, Integrated Community Support team, Topas (The older person's assessment service) mental health unit and the dementia steering group. The office phone will ring constantly not only with calls from staff in the hospital but calls from patients and family members who are experiencing anxieties and concerns about their current situation.

The HAS are a small team that provide a huge amount of support to patients and the hospital. There are four staff who cover take home and settle, working 7 days a week from 8.00am until 8.00pm and sometimes later if required. There are an additional two staff who work in the community.

Compliments from patients...

"What you need when you come out of hospital feeling a bit lost"

"Excellent, just the reassurance that no one else could/would give me. Very recommendable. I hope the NHS keep it"

"A great relief knowing you are only a phone call away"

"Excellent, such kindness and caring, especially for someone my age (92) and living alone."



Sandra Stuart, Hospital Aftercare Service Manager

Lunch clubs

You may be aware that we have been holding Friendship Clubs at our Peartree Centre since December 2020. The aim has been to offer a safe and secure alternative to the lunch clubs by offering shorter sessions in smaller groups, whilst complying with the relevant Government Covid guidelines including social distancing. These clubs are proving to be popular with both our original lunch club clients and new starters alike. We are very much planning to resume longer sessions with a freshly cooked lunch and are mindful that we need to ensure we provide a safe environment and sustainable structure. Our responsibility to provide a safe and secure environment for our clients, staff and volunteers is at the forefront of our minds when making decisions regarding our services and with this in mind, we will be taking a cautious approach with planning how best we can re-open our clubs to larger groups.

We very much appreciate your patience and will keep you posted on developments.

Volunteers

With great sadness, we announce the loss of one of our dedicated volunteers, **Ian Marven**, who passed away on 3rd September. Ian joined Age UK MK just before the pandemic began in February 2020 and immediately embraced the sudden change to our services, which resulted in him working tirelessly for us every day of the week, helping out with shopping and prescription collection for vulnerable clients. Up until his sad passing, Ian was still helping us most weekdays with food delivery and befriending. We will miss him and our hearts go out to his family at this time.

Volunteer Vacancies

Retail Support in our Stores
Food Delivery Drivers
Volunteer Drivers & Drivers mates
IT Support
Social Media / Website volunteer
Kitchen Assistant
Walking Football co-ordinator
Friendship Group assistant

To apply please contact us on 01908 550700

Events

Friday 12th November

Santas Parade CMK 3.30 - 6.00 p.m.

Saturday 4th December

Santas Grotto & Christmas Craft

Fayre @ Peartree centre

For more information contact

events@ageukmiltonkeynes.org.uk or

tel. 01908 550700

Celebrity Lockdown Cookbook author birthday fundraiser!

Di Payne MBE, author and Trustee, asked for donations in lieu of gifts/flowers etc for a recent big birthday celebration. She was able to raise a marvellous £655 in donations, and a further £270 was made through sales of her Lockdown Cookbook at the party. Thank you and Happy birthday Di.



SENIOR VOICE A voice for older people in Milton Keynes

Join a friendly group and have your say. Senior Voice MK aims to help people aged 55 years and over :

- Act as the focus for the views of the over 55s in Milton Keynes.
- Represent those views as fairly and inclusively as possible.
- Make sure that the voice is effective.

Senior Voice MK is an independent group that sets its own agenda, based on the knowledge of its members and the feedback it receives from older people. They would like to hear the views of older people about local services, or about any issues which affect their quality of life. (Senior Voice MK volunteers are not able to act as advocates or give advice on individual cases).

Members invite speakers to their quarterly meetings to improve their understanding of current issues; recent topics included health and social services, housing and policing.

If you are interested in applying to join, please send an email to the Secretary, Carol Dyson, at caroladyson666@gmail.com.

Family Fun day

Our first fundraising event since the pandemic, took place on Saturday 21st August at the Peartree Centre.

There were a variety of games ranging from a coconut shy to netball shooting, live music, food and a range of stalls selling donated goods including cakes, preloved toys and books. We are grateful for the support from Pictures in Wood, Art by Daniella, Triple M Crochet and LC Crochet Cuties, Artisticflare Stage Make Up and Sharpes Stitchers who also attended, showcasing their great work.

We even had our lovely trustee Di Payne on hand in case anyone wanted their Age UK MK Lockdown Cookbook signed.

A big thank you to the staff and volunteers that helped the event be a great success enabling us to raise just over £1000.



Batman glided in especially for our Funday!

Retail

All our shops are continuing to perform even with a drop in footfall, thank you to the store teams, some of which have had to work extremely hard due to a lack of volunteers. Sales at our Kiln Farm store have surpassed the previous year, this is a tremendous result so far given that the store only re-opened after restrictions lifted in mid April this year.

Now we all like a bit of luxury right?! Well our Luxury Furniture Range has landed at our Kiln Farm store, this range comprises of our best quality preloved furniture, plus some high quality BRAND NEW sofas and divan sets. These are available now but be quick as they are selling faster then we can get them in!

Our Kiln Farm Furniture Store will now be known as The Home & Furniture Store. The store is also benefiting from a small scale refit to make it look more like a shop and less like a warehouse.

All our stores will soon be preparing for the festive period, yes, it's not far away! If you have any Xmas items up in the loft that never see the light of day, please donate to your local store.

We still need volunteers so If you or anyone you know has any spare time why not volunteer and experience how our stores work, trust me it's fun to see the wonderful items that get lovingly donated to our stores and no day is the same. If you would like to know what it's like to volunteer, why not ask our very own CEO Denise and the Senior Management team, who all recently volunteered their time to help drive sales at our Home & Furniture Store.

We would like to give a very big thank you to John Lewis who donated some wonderful clothes and household items.



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