



December 2020

update Engage

The William and Patricia Venton Centre
Help, information and payments by card 8am - 5pm
01604 611200

Telephone befriending
01604 611200

Carers sitting service
01604 611200

Collaborative care
01604 611200

Day centres
01604 604500
Northampton, Kettering & Daventry re-opened, meal delivery service available

Day Care at Home
New service providing companionship at home
01604 611200

Extra Help at End of Life
0330 123 1014

Gardening service
01604 611200

Fundraising team
01604 611200
please get in touch, we need your support more than ever

Handyperson service
01604 611200 or
07824 321 857

Home care cleaning service
01604 611200

Insurance/Trading Office
01604 631030

KGH support service
essential support
01604 611200

Money management support
01604 611200

Info & Advice,
telephone service
0300 303 3929 or
01604 611207

Toenail cutting service
01604 611200

Walking Befriending Service
01604 611200

Business Directory
Find a local electrician, builder, plumber etc online
www.aubdnorthamptonshire.co.uk

Registered charity 1059995

Age UK Northamptonshire,
York Road, Northampton
NN1 5QJ
www.ageuknorthants.org.uk

Making a difference



Stan says being back with his friends at the William and Patricia Venton Centre "has cheered me up no end."

need us. Some of our services had to be temporarily suspended but Age UK Northamptonshire has always been there, working within government guidelines.

To provide this support we constantly need to generate income, which is why we operate eight shops and are grateful to local businesses and schools who fundraise for us. It costs £4,520 just to keep one minibus on the road for a year. Nearly all our day centre clients cannot use taxis or public transport, so having safe, accessible transport can make the difference between spending the day alone or socialising in a welcoming environment.

A very Happy Christmas and a prosperous New Year to all our clients, volunteers and kind supporters. Please visit our website to find out more about how you can help make a difference. www.ageuknorthants.org.uk



Go outdoors safely, with us



Our Walking Befriending Service is organising socially-distanced exercise in Abington Park, as well as accompanying people on a short walk near their home.

We're all being encouraged to take more exercise but, for some people, even the short walk to the nearest post box can be daunting. Perhaps they're recovering from a stroke, or maybe they've had a fall in the past and worry it might happen again.

Our Walking Befriending Service is the remedy for this, currently for people living in Northampton. A patient, understanding volunteer can accompany an older person on a regular walk near their home, something that is especially welcome during a pandemic. Call us on 01604 611200 to find out more.

Topical activities and memory sharing

As the year goes by our day centre clients enjoy taking part in topical activities to suit the month. In November the day room at The William and Patricia Venton Centre was decked out in flags and our staff had put together an impressive array of household objects and memorabilia from the war years.



Michael, with Sarah, gamely tried on the air raid warden's helmet, joking that "it weighs a ton."



Margaret [here with Annica] enjoyed sharing memories of her time as a nurse in the post war years.

Getting active outdoors in Kettering

Jason and Ken in our Lifetime Activities Team are providing support to older people whose confidence has taken a bit of a knock because of the lockdown. Months of shielding indoors can be a real discouragement to take regular exercise, so being able to meet up safely in pairs, to enjoy a walk outdoors can hugely improve a person's wellbeing.



Meeting up safely outdoors, whatever the weather.

All of our day centre clients enjoy a freshly-cooked hot meal, but as Bill points out, being able to chat and socialise is one the most important things about coming to the centre.



"It's something to look forward to every week," says Bill.

Fixing, painting, setting things up

Many of us have spent more time indoors than usual in the past nine months, possibly noticing all the little jobs that need doing in the home. Our Handyperson Service is designed to take the worry out of getting those jobs done, from fitting a shelf to mending a kitchen drawer, we can help older people improve their safety and security and carry on living independently. Please visit our website to find out more or call us on 01604 611200.

- Fitting grab rails and key safes
- Mending sheds and garden gates
- Setting up personal alarms ready to use
- Rearranging furniture to make room for a hospital bed in your home



Owen carries out DIY jobs throughout the county.



Link Worker Jonathan, of our Social Prescribing Service, will be taking bags of the festive goodies donated by the Lions Clubs of Northampton to several of his clients, knowing that they are not expecting to be given any Christmas presents this year.

Donations are needed more than ever

“Many people think that we are part of a big national organisation that is well funded which does not need their help,” says our chief executive Chris Duff. “We are, in fact, a local independent, organisation of 60 years standing, with a unique record of providing capable and essential care.” We can only carry on supporting older people in Northamptonshire with the support of local people.



Alex was delighted to accept bags of beautifully crocheted blankets from Janet [above right], made during the Lockdown. Her thoughtful gifts will cheer up our clients and help them stay warm.



Even a coronavirus pandemic did not prevent the magnificent Lions Clubs of Northampton organising their annual Can Collection in November. Packets, cans, boxes and bottles, kindly donated by the local community, have been packed into 121 bags. They are already being distributed to some of the most vulnerable older people in the county. Massive thanks to everyone who has supported this much appreciated community project, especially the President of the Lions Club, David Williams. His fellow club members turned out on a very cold Sunday to pick up and deliver the items.



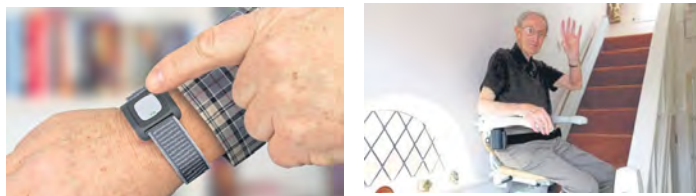
Morrisons supermarkets, in Victoria Promenade and Kettering Road in Northampton, have got together to bring Christmas joy to the community with “12 Days of Kindness”. We say a big thank you to Lizzie and Kayleigh for bringing in a lovely festive hamper which will be won by one of our day centre clients in a free draw.

Products and services available from Age UK Northamptonshire

our range includes

- Wills and Power of Attorney
- Information on legacies
- Personal Alarms from £69
- Stairlifts and bathroom adaptations

Call Roger or Claire on 01604 631030



Thank you for all the pies

Waitrose & Partners at Kingsthorpe are so good to us. We say a huge thank you to them for the generous donation of delicious mince pies for our clients. They will certainly enjoy them and also be heartened to know they have not been forgotten.



Big Knit is back on for 2021

Yes yes, we are joining in Age UK and innocent smoothies' annual FUNdraising knitting extravaganza! Every little hat you knit for us raises 25p. Please bring them in to any of our shops or post them to the William and Patricia Venton Centre. Call 01604 611200 if you have any queries.

Contact *Engage* magazine



Age UK Northamptonshire,
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