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Contents

Autumn/Winter 2018

Engage

Foreword From the Chief Executive	05	Age UK Northamptonshire's Home Cleaning Service A reliable service that suits you	18	Support Us See ways you can really make a difference.	22
Financial Resilience for Later Life How will we pay for care?	06	Volunteering for Age UK Northamptonshire Meet Rae Phillips	19	Personalised Integrated Care and Later Life Teams Age UK Northamptonshire's free services to keep you independent and happy	26
Age UK Northamptonshire Charity Shops News on our Charity Shops	10	Play our Lottery	20	Age UK Stairlifts	29
Volunteering Meet new people and feel useful	12	Out and about in Northamptonshire We've had a busy few months, see what we've been up to!	21	Our Services	30
Age UK Northamptonshire's Four Seasons Day Centre School Lane, Kettering	16				



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Foreword

From the Chief Executive

We are living longer than ever before. Someone aged 65 today can expect to live until they are 85, ten years more than our parents' generation. This provides wonderful opportunities for those who have health and financial wellbeing but creates a challenge for people who don't have good health to be able to enjoy their longer lives.

It is my job to be optimistic and to look for solutions to the problems faced by our clients and patients. The role of Age UK Northamptonshire is to support those services where 'the private sector won't and the public sector can't'. The chief executives of all voluntary bodies share with me the view that demand for our services has increased and will increase even further in future.

It is estimated that there are nearly half a million people aged over 65 in England who are living with three or more significant health conditions and who are also in need of help with at least three essential daily activities, such as getting out of bed, going to the toilet or getting dressed. It is not surprising that the rate of avoidable admissions to hospital has risen dramatically for older people since 2003: 107% for those aged 65-69 and 119% for older people aged 75-79.

We had expected the Government to have published its Social Care Green Paper by now but much

needed proposals and discussion for the future of social care has been put back yet again. We are hoping that it may be launched in November or December. This adds to the sense of uncertainty when people are planning for the future. People want to 'be able to cope with whatever life throws at them'. It is better to have thought through all options well in advance before there are problems. Currently, this feels like an impossible task for so many older people.

Age UK Northamptonshire is an independent charity dedicated to the needs of older people in the county. We offer information and advice. This is a vital service to help you find out what is already out there in Northamptonshire and a gateway to the support services that we offer, in particular, to help support you at home.

We will continue to do the very best we can to help you navigate through the current complex health and social care system.

Chris

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Chief Executive

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Age UK Northamptonshire



Financial Resilience for Later Life



People want choice and control in later life but very few people have thought about or prepared for how their income and costs may change in the future, especially when it comes to their health and care needs. It is likely that people will have **20 to 30 years** of important lifestyle and financial decisions even after they have retired. There are many barriers to thinking about the future, not least the complexity of our health and social care system. It is said that the more someone understands the

current care system and its funding then the more worried and upset they will be. A high proportion of people think that the State will pay for our care needs but that is not anywhere near the reality. Some may be upset when they find out the extent to which they will be individually liable for the costs that they will need to bear for either themselves or a loved one.

Of the people who currently do need essential care at home, about one in three is supported by care providers, either self-funded or

with a contribution by the state. The remaining two thirds rely on family or manage without. For those who are fortunate to have family support, nearly two in three depend on a partner who is often an older person themselves with their own increasing health needs. Consumer research shows that people's financial capability is better than they think. It is their confidence that lags behind their ability. People show rising capability as they go through life. Research shows that women tend to be less financially knowledgeable than

How will we pay for care?

holidays, for example. It is unsurprising that most of this activity is for those who are financially better off and who feel that they have probably got sufficient savings for the future. The house is typically the largest asset. This is not spread evenly, however, and whilst in South East England **70 per cent** of people over the age of 65 have no mortgage the percentages are much lower in the North of England and in less wealthy areas. A key decision for most people is whether to downsize. But often people prefer to stay at home and then may need to make adaptations to allow their house to be a place they can continue to live in.

There are two key stages when people consider their post retirement needs, in their early fifties and then later in retirement, in their seventies. The 'mid-life' financial MOT is said to be very helpful, to take a 'bit of a pause' to reflect on work, health and retirement. It can be important to get a Lasting Power of Attorney in place in relation to our financial matters and as underlined in the last issue of Engage magazine the need to make a will. It is also important to keep good records of your financial matters and the decisions taken and to make sure that your loved ones know where they can get that information. All too often meticulous records are not accessed because they can't be found or because loved ones did not realise that these records existed.

Being aware of the issues you are likely to face is clearly an essential cornerstone of financial resilience in later life. Trying to prepare for all eventualities, however, could easily end up confusing you and many will find it depressing. Research has shown that it is impossible to try and prepare for all of life's events. We also have to

balance being prepared with making the most of life now. Living today matters as much as for tomorrow.

Many people are not aware of the advice and information that is available, including from Age UK Northamptonshire. This has a vital role to play. People on their own don't have a sounding board. If you are lucky to have a partner or friend or colleague to talk with, argue with and help take decisions with, this often helps, not just with making more informed decisions but also in terms of overcoming emotional barriers.

It is best if people can 'play to their strengths'. Being resilient is about being able to prepare for and respond to the shocks and crises that life will throw at you. It is never too late to focus on possible and practical steps that you and your loved ones can actually take to improve your resilience.

For information and advice you can call our Access Team on **0300 303 3931** from 9am until 12 noon Monday to Friday or visit our website **www.ageuk.org.uk/northamptonshire**

men but this could be because for historical reasons they have been less encouraged to become financially literate. This also reflects the specialisation of tasks that can happen within couples.

This confidence is reflected in the pension freedoms that have proven to be popular since they provide some people with more control and flexibility, especially over access to cash. This is encouraging some people to retire earlier and to access cash for a range of life's choices: weddings, grandchildren,



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News from our Age UK Northamptonshire Charity Shops

Next time you're thinking of having a sort out, decluttering, making space for Christmas presents you may get or just want to down size, think about donating your preloved items to Age UK Northamptonshire.

Age UK Northamptonshire has nine shops across the county with a team of staff and 135 willing volunteers all on hand to greet you with a smile and to help and serve you.

All the shops work extremely hard to create an amazing Aladdin's cave for you to wander around. You never know what you'll find, customers have found cutlery they had as a wedding present 40 years ago and some now missing, Denby Pottery to match a set someone is collecting and many more examples. It's really nice to hear customers reminiscing over items that bring back childhood memories. Throughout the year the shops have various sales and offers to ensure the customer has a great buy and also a great shopping experience.

Our Wellingborough shop has just embarked on a new venture of specialising in good value quality new furniture. Feedback has been positive and sales are starting to increase.

The Animal Kingdom was this year's carnival theme for Brackley. Staff and volunteers worked really hard to create a great window display where you would have found; pandas, monkeys, snakes, lizards and even a zip lining Action Man. The efforts of everyone were rewarded with two accolades, 'Best dressed large window' and 1st place overall.



Once they had recovered from the excitement of winning they had to move on to the next event. Wembley fever had gripped the town, Brackley football team had made it to Wembley for the very first time; the whole town celebrated this achievement by decorating their windows with footballs and goal posts and flags were draped all through the town.

Our Brackley shop is currently seeing an increase in the sale of red and black wool as the town is creating a ribbon of hand crafted poppies to line the high street on Remembrance Sunday.

The annual Charter Fair took place in June in Thrapston with the theme of Space Odyssey. In the window you would have seen; space men, glowing stars, UFOs and other celestial objects. In the spirit of the event and the willingness of the volunteers they all dressed up as a planet. Taking advantage of the lovely weather the manager Tracy Peploe decided to take the shop outside and had a stall of bric-a-brac, and the tombola event was a great success and doubled their takings. Thrapston are already thinking about next year which has the theme of the Caribbean, so if you have any items that you'd like to donate pop them along to any of the Age UK Northamptonshire shops.



Burton Latimer took part in the annual 'garage sale', again taking advantage of the good weather stalls were set up outside with volunteers on hand to assist with sales. Volunteers also cleaned, priced and beautifully displayed jewellery. This was the first time the shop had taken part and they had a good response and had an increase in customers.



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We do rely on your generosity of donations but did you know if you are a UK tax payer you could also register for Gift Aid with us, this enables Age UK Northamptonshire to claim 25p back for every £1 sold.

Thank you to all our customers each and every one of you. All the shops look forward to your continued support and we welcome new customers. Pop in and have a look around, you never know what you'll find.

The form only takes a few minutes to complete but those few minutes could make a huge difference to the income generated to help and support older people across the county. If you are making a donation please ask the staff for a form to complete. You only need to register once and when you bring in your donations just let us know you are a gift aider and we do the rest, it's as easy as that.



Meet new people and feel useful

When a friend suggested she volunteer at her local Age UK Northamptonshire charity shop Pam Curtis thought "Why not".

Pam had always volunteered in one way or another, and now she was retired and living back in Kettering near family she just wanted to help a local charity she had heard of. She never anticipated that she would meet someone who shared her passion for Spitfire aircraft and that she would end up marrying him. But that is exactly what happened to Pam and Arnold Spreckley when they were both volunteering at Age UK Northamptonshire's charity shop in Stamford Road in Kettering.

Arnold had also served in the RAF but despite volunteering at the same shop they came in on different days, so their paths had never crossed. When Pam's colleagues discovered that Arnold also had an interest in Spitfires and "all things RAF" they suggested that the two should meet up for a chat. Pam says it was wonderful to find someone who shared her interests and wanted to talk about the same things.

“We just clicked,”

she says and one thing led to another. She and Arnold had both been on their own for a few years and they just felt the time was right to get married.

Meeting a new partner when volunteering is not guaranteed, but there are, of course, many reasons to volunteer for a local charity. It gives you a regular activity to look forward to each week and you will meet new people. Younger volunteers can gain useful experience that looks good on their CV and can improve their chances of finding paid employment.

Being a volunteer can help you get a bit of confidence by achieving something new. And you get the satisfaction of knowing that you are doing something useful. Age UK Northamptonshire relies on the money raised in its shops – without

it we would not be able to support over **10,000** older people and their families every year.

Whatever your age, talents or interests there is sure to be something that you'd enjoy doing and which would help us. Maybe you feel it is time to give something back to the community where you grew up; maybe you need work experience because you are hoping to go back to work. Age UK Northamptonshire currently relies on around 460 volunteers who put their spare time to good use.

If you don't fancy working in a shop why not become a telephone befriender or help out at one of our seven Wellbeing Centres?

Find out more by visiting our website or call Jo Gunnett on 01604 611200 for an informal chat or email jo.gunnett@ageuknorthants.org.uk





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Have you made a Will?

Do you want to learn more?

Helen Taylor TEP of Franklins Solicitors LLP provides details:

Can you introduce yourself and tell us what you do?

I am a Partner in Franklins Solicitors LLP and head up both the private client and family law teams across our Northampton and Milton Keynes offices. Initially I practised as a barrister in London, but looking for more personal client contact, I requalified as a solicitor and in 2018 it will be my 20th year with the firm. I am a full member of the Society of Trusts and Estate Practitioners (STEP) and a fully accredited member of Solicitors for the Elderly (SFE).

We are a friendly and approachable team and enjoy helping our clients plan for the future. Our work requires understanding and compassion and we are experienced in handling the sensitivities of making a Will or Lasting Power of Attorney.



We take pride in guiding clients through the process in an understandable way and helping them to make informed decisions. The offices work closely together and support each other in ensuring that our clients' needs are met. The whole team, including support staff and trainee solicitors are Dementia Friends.

Why is making a Will so important?

Understandably many people don't like the thought of preparing a Will. However, in my experience making a Will doesn't have to be a sad or awkward time, clients often tell me how comforted they are by the thought that they have all their affairs in order and how relieved they are knowing that their wishes will be met.

A Will allows you to appoint the executors of your estate and those chosen will ensure your estate is administered and your wishes carried out. It will allow you to state who will benefit, by how much and for you to set out specific wishes (such as funeral arrangements).

Without a properly drafted Will, your estate will have to be dealt with by the rules set out in law - the intestacy rules. It is a common misconception that couples who live together will inherit from their partner or that married



couples will automatically inherit everything. This is not correct and most people are horrified when they hear how their estate will be divided under the intestacy rules. Close friends, carers, godchildren and unmarried partners whether heterosexual or same sex will not benefit under these rules.

I have often found that a clear and valid Will helps provide directions, during what is such a difficult time, for those left behind.

Can I not just write the Will myself?

In theory, there is nothing stopping you from writing your own Will. However, this is a complex and intricate area of law and there are a number of legal formalities that must be complied with in order for the Will to take effect. It is advisable to use a solicitor experienced in this area, to make sure that the Will is drafted correctly in order to have the effect that you want and without

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For a 10% discount on a simple Will or Lasting Power of Attorney please contact Helen Taylor TEP quoting discount code NORTHANTS10

A Gift in your Will costs nothing now, but could be the most important gift you ever make

In recent years gifts in Wills have become increasingly important to Cynthia Spencer Hospice in Northamptonshire. Without these wonderful gifts we would simply not be able to offer our full range of services to the people of the county. Put simply, gifts left in Wills help keep the hospice running.

Naturally, your first consideration, as covered in Helen's interview, is to take care of your family and friends. Once you have provided for them, then you might like to consider honouring us with the inclusion of a Legacy to Cynthia Spencer Hospice. Not only can a Legacy reduce or eliminate the liability to Inheritance Tax, it is a good opportunity to help others. Gifts in Wills already help us to fund vital roles including occupational therapists, in-patient and Hospice at Home nurses in addition to incredibly important equipment to improve the quality of life for each patient.

There are two types of Gift you can make in your Will:

- Residuary gift – pledges a certain percentage of the residue of your estate
- Pecuniary gift – ring-fences a certain amount of money in your Will as a Gift

Make a Will and Make a Lasting Difference

Every year in May, Franklins Solicitors LLP are among a group of solicitors in Northamptonshire who generously offer Will writing appointments as part of our Make a Will Month scheme. The solicitors waive their normal fee and instead ask for a suggested donation - every penny of which goes to Cynthia Spencer Hospice. To register your interest please call John Helm on 01604 973342 or email john@cynthiaspencer.co.uk and for more information visit www.cynthiaspencer.org.uk/makeawill



To find out more about how you can support Cynthia Spencer Hospice please contact:

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Northampton NN3 6RT*

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any unintended consequences arising. Sometimes it is not the drafting of the Will that is difficult but the advice and the decisions behind it.

If you have complex family circumstances (such as a 2nd marriage, children from different relationships or any family breakdown) or if you wish to include more complex provisions such as the use of trusts for tax purposes or the protection of your home or other assets, it is even more important to obtain specialist legal advice. We take pride in providing our clients with the best advice and service possible and to do this, we spend time getting to know our clients, understanding their personal circumstances and their family arrangements.

A carefully drafted Will can, in the right circumstances provide opportunities for the mitigation of inheritance tax. It can provide for vulnerable or disabled children whilst protecting their benefits and most importantly, can give you peace of mind that your affairs are in order.

Leaving a gift to a charity

Many of us have benefitted from the wonderful work that so many charities do and so we want to give something back as a thank you. Leaving a gift to a charity in your will is one way to do this and at the same time, it can help you to reduce your inheritance tax bill. You won't pay inheritance tax on these gifts and if you leave 10% of your estate to charity you pay a

lower rate of IHT (36%) instead of 40% on everything else. However, like everything to do with tax, it does need to be done right and you should get specialist advice to ensure it all works.

Could it be subject to a claim?

You might have read about estranged family members taking charities to court over a disputed will. Although such claims cannot be ruled out, thankfully the House of Lords has reasonably recently decided that charities should be considered just as entitled to receive a gift as anyone else if that is what the testator genuinely wanted. If you do want to benefit a charity over a family member, it is vital that you know the risks and the ways of reducing the chance of a claim.



Age UK Northamptonshire's Four Seasons Day Centre

Loneliness and social isolation can be tough for people of any age. For the elderly its consequences can be truly devastating resulting in serious risks to health. That's why our day centres offer a supportive, friendly environment for older people.

3.6 million

older people
in the UK live
alone, of whom
over 2 million are
aged 75+.

19 million

older people
often feel
ignored or
invisible.

Loneliness can
be as harmful
for our health as
smoking

**15 cigarettes
a day**

We work to improve the quality of life for older people by helping them to be independent and meet and make new friends.

Four Seasons Day Centre – Kettering

Based in the heart of Kettering town centre, Four Seasons Day Centre has provided fun, friendship and safety for Kettering's older people for over 40 years.

Being the old school building, Four Seasons has gone through some dramatic changes over the years to keep up with the times. It has brand new windows, refurbished ladies and gents toilets and a bathroom. Four Seasons is the perfect safe haven for its clients.

With thanks to a dedicated group of staff, volunteers and drivers, our clients enjoy a day feeling fully cared for and supported. Door to door transport can be provided to ensure people with restricted mobility have the opportunity to attend. A full complement of cooks and kitchen assistants mean you will be provided with a two-course, freshly cooked lunch and also have the opportunity to order food to take home for the evening.

Special theme weeks mean that dressing up for the staff is compulsory and having fun is essential for our clients.

Our professional environment means that all new clients receive a warm welcome and are made to feel part of the family. Four Seasons focuses on friendship and companionship. We aim to tackle loneliness and isolation to provide a better quality of life for our clients.

In addition to the main day centre, Four Seasons provides extra support for people with moderate to later stages of dementia. We provide a range of different activities that stimulate cognitive activity and reminiscence. Our Forget-Me-Not Centre is smaller than the main



day centre and offers more staff support to ensure our clients additional needs are met.

Not only does Four Seasons offer a welcome day out for clients it also provides a much appreciated respite for carers and loved ones. Good links with other Age UK Northamptonshire services means people find out what other support is available.

Four Seasons truly has a family ethos at its core and we would love you to come and join us.

Age UK Northamptonshire has seven day centres in the county - our centres offer older people a safe, stimulating environment where they can take part in activities and meet friends. The regular sessions improve quality of life and help people maintain their independence.

Come for a "taster day"

Why not join us for a day to see whether any of our centres would suit you? Come along and meet our friendly staff and other clients at the centre. All you pay is £5 for your lunch. If you cannot stay for the whole session you are welcome to call by for a cup of tea and a chat with the manager.

Locations of our other Day Centres are:

- Venton Centre, Northampton, NN1 5QG
- Chappell, House, Moulton, Northampton, NN3 7QS
- Jubilee House, Bugbrooke, Northampton, NN7 3RN
- Leeson Court, Towcester, NN12 6HS
- Candleford Court, Brackley, NN13 6JW
- Spring Gardens, Daventry, NN11 4XY

For more information about day care or any of our services contact our Access Team on **0300 3033 931**. You can also visit our website at **www.ageuk.org.uk/northamptonshire**.

Age UK Northamptonshire's Home Cleaning Service

A reliable service that suits you



Age UK Northamptonshire's Home Care Cleaning Service enables older people to live independently in their own home by carrying out the kind of domestic tasks that most of us take for granted.

Julia Pearson has lived in Northamptonshire all her life and for many years she worked at the Express Lift Company and then Travis Perkins. Despite experiencing poor health, and undergoing major surgery as a teenager, Julia has brought up a family and has been the organist at her local church for 40 years. Now aged 77 Julia's health has deteriorated such that she uses a wheelchair, but she says she stays independent "by being

sensible". She also maintains her independence by relying on a weekly visit from Wendy Dunlop from Age UK Northamptonshire's Home Care Service. Wendy helps her look after her home by cleaning the bathroom and vacuum cleaning the whole house. Julia says she keeps up a busy social life but, alas, managing a vacuum cleaner is beyond her. Wendy also visits 84 year old Violet Turland who says

“ I wouldn't be without Wendy for the world. She's excellent, very thorough. ”

Unlike Julia, Violet moved around as a child, as her father was in the army, but she too brought up her children in Northamptonshire and has lived in the county for many years.

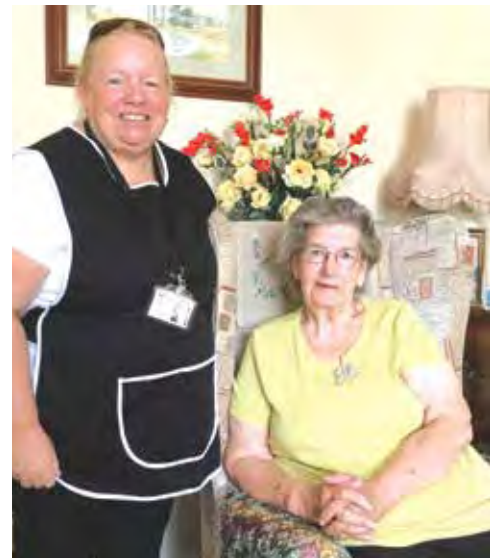
Violet got in touch with Age UK Northamptonshire after her daughter told her about the Home Care Cleaning Service. Despite having always been active, Violet found that as she got older her health deteriorated. It also took her a while to recover from a bad fall about a year ago and she finds she is no longer able to manage the housework herself.

“ Wendy is a diamond. She keeps on top of the cleaning, especially the kitchen and the bathroom ”

says Violet who still enjoys her trips to the supermarket using her rollator.

Many older people live alone or do not have relatives living nearby who can help. The Home Care Cleaning Service is provided by friendly, reliable Domestic Care Workers and our thorough recruitment process ensures that we employ caring and trustworthy staff who will do a good job. We take up references and carry out DBS (Disclosure and Barring Service) checks before appointing anyone. The service can help with domestic duties in the home such as cleaning of kitchens, bathrooms and toilets, internal cleaning of windows, small amounts of washing and ironing, light shopping at local shops, changing beds, vacuuming and dusting.

The service costs **£12.50** per hour which is paid by monthly invoice. The minimum level of service we can arrange is one hour per fortnight, but please ring Age UK Northamptonshire to discuss your requirements. Find out more on **0300 303 3931** or visit our website **www.ageuk.org.uk/northamptonshire**



Volunteering for Age UK Northamptonshire

Meet volunteer Rae Phillips

How long have you been volunteering for Age UK Northamptonshire?

I started volunteering in January 2016, so about two and a half years.

Why did you choose Age UK Northamptonshire?

After a successful career, working all over the world, I retired in my fifties. I had looked after my mother well into her nineties and felt lucky to be still in good health, now that I'm in my seventies. After seeing the national Age UK "No one should have no one" adverts over Christmas I wanted to help other people who have not been quite so fortunate. Age UK Northamptonshire was my local charity helping older people.

What are the best things about volunteering?

I volunteer a few hours a week for the Hospital Discharge and Community Team which provides practical and emotional support to people who have just been discharged from hospital. I thoroughly enjoy meeting new people and knowing I am making a difference is very satisfying to me personally.

What benefits do you bring to the Charity?

Age UK Northamptonshire provides many services in the county and relies on a mixture of paid staff and volunteers. Without a team



of volunteers the charity would not be able to help so many people in Northamptonshire.

Describe your role

There is a lot of variety. It can involve anything from hanging out washing to running the Hoover round or just sitting having a chat with someone.

What skills do you need?

I am meeting people who have just been in hospital so they might be feeling vulnerable or a bit

apprehensive at having a stranger in their home. I look forward to meeting new clients, being considerate and putting them at their ease. Being that bit older myself, and having cared for my mother, I have a lot more patience than when I was younger.

If you feel inspired to join Rae and our other volunteers, then have a look at our range of volunteering opportunities or call Jo Gunnett on 01604 611200 for more details.

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Or visit **www.ageuk.org.uk/lotto**





Out and about

In Northamptonshire

We've had a busy few months, see what we've been up to!

Age UK Northamptonshire is a charity that covers the whole of the county, so Fundraising Co-ordinator Susie Davies and a small team of volunteers were delighted to have a stall at the annual two-day event in beautiful Blisworth. It gave us an opportunity to promote what we do and spread the word about our services to people from all over the county. Our Information & Advice Service visits older people at home throughout Northamptonshire and our seven day care centres support people living in small villages as well as urban centres.

We were lucky with the weather, as it didn't rain, and the gazebo just about stayed put despite the gusty wind. On Saturday 17th August visitors to the stall could have a go at a Name The Bear competition and win a fabulous soft teddy which was kindly donated by John Lewis plc in Milton Keynes. On Sunday 18th August Yvette Prior, manager of Age UK Northamptonshire's charity shop in St Giles Street,

Northampton, and her deputy Marian Wilson set up two rails of garments that had been specially selected from our shops.

Visitors to the Blisworth Festival may have noticed our blue minibus driving around the village on Saturday morning, as driver Ralph Stahmann had unexpectedly stepped in to provide a free shuttle service to visitors of limited mobility. Age UK Northamptonshire was not the only charity running a stall at the event. Like a lot of retired people, our volunteer Len Simkin is a very busy man and was at the Blisworth Festival volunteering for Northampton Prostate Cancer Support Group. So please remember, Age UK Northamptonshire is a local independent charity that relies on the support of people living in Northamptonshire. Whether you live in Corby or Daventry, Ashton or Raunds, we try to provide services and support that improves later life for everyone in the county.

'Penny' the piggy bank visits Corby on Age UK tour to highlight social care crisis

Age UK's 'Penny the inflatable piggy bank' came to Willow Place Shopping Centre in Corby on Friday 21st September to highlight the urgent need for more funding for social care. With the latest data suggesting 1.4m older people go without the care and support they need, and that the social care crisis is costing the NHS over £500 per minute, this summer 'Penny' has been taking to the road across England to bring attention to the need for the Government to provide more funding. Shoppers and visitors to the shopping centre were asked to fill in postcards which will be sent to local MPs, asking them to treat social care as a priority and ensure that the Government's Green Paper is published in the autumn. Penny the piggybank has already been to York, Sutton, Plymouth and Brighton, and will be visiting the party conferences in Brighton, Liverpool and Manchester. Follow Penny the piggy bank around the country by using the hashtag #WhereisPenny?



For more information about Age UK Northamptonshire call **0300 3033 931** or visit **www.ageuk.org.uk/northamptonshire**.

Please Support Us

Every contribution, no matter how large or small, makes a difference to the older people of Northamptonshire.

At Age UK Northamptonshire our goal is to enable older people across the county to love later life. All money raised by us goes back to help the older people in Northamptonshire. Here are a few ways you can help us raise these vital funds.



Check out and buy from the range of beautiful cards on DoodleDoo next time you need a card for someone special. They donate 15% when you choose us as your Charity.



The easy way to support us with fabulous personalised cards from Doodledoo

Here at Age UK Northamptonshire we are always looking for new ways of funding our work so we recently signed up for donations on the DoodleDoo Charity Cards website who donate

15% of your card order when you choose us as 'your' Charity. It's a great idea where you can choose a card from their extensive range and personalise it for just about any occasion, easily adding your own greeting and message.

They also support up and coming Artists and Photographers by paying royalties when their images are used and there are quite a few local ones whose Galleries you can check out on the site too, so you are helping them too. Take a look at www.doodle-doo.co.uk next time you are looking for that perfect card.



Collection goblets

Are you a local business that could help us?

Collections not only raise vital funds – they create awareness of our vital work we do to create a better future for the people of Northamptonshire. Your small change can make a big difference.

If you could help us by displaying one of our goblets please contact Susie Davies, Fundraiser, Age UK Northamptonshire on **01604 611200** or email susie.davies@ageuknorthants.org.uk





smile.amazon.co.uk

Calling all Amazon shoppers!

Amazon has launched a new charity fundraising initiative called Amazon Smile. Shoppers can visit **www.smile.amazon.co.uk**, log in using their existing Amazon user name and password and then select a charity of their choice which will receive 0.5% of the value of their purchases – all funded by Amazon!

If you are an Amazon shopper and would like to support us, please select Age UK Northamptonshire as your chosen charity on Amazon Smile... it won't cost you a penny and could make a huge difference to our support for older people countywide.

Thinking about a Will?

Age UK Northamptonshire's Will Week 2019

Support Age UK Northamptonshire this January with their free Will scheme. Age UK Northamptonshire are offering you the opportunity to have a simple Will written or updated for **FREE** in connection with our sponsoring Solicitors, Tollers LLP, in exchange for a legacy or donation of your choice to Age UK Northamptonshire.

The process is simple:

1. Contact your local office of Tollers Solicitors between 21st and 25th January 2019 using the numbers below to arrange an appointment.
2. Call in at your chosen office for your appointment to discuss your Will instructions with an appropriate legal professional who can answer

all of your queries. Tollers can also include a legacy to Age UK Northamptonshire in your Will.

3. Tollers will provide you with a draft of your Will for your approval.
4. Once approved, contact your legal representative to arrange a further appointment to complete and sign your Will.
5. At the Will signing meeting, provide Tollers with your cheque made payable to "Age UK Northamptonshire".

To get started and arrange an appointment call Tollers below between 21st - 25th January 2019.
Northampton: 01604 258558
Corby/Kettering: 01536 276727

The Big Knit

The Big Knit is back! Grab your needles and help us be there for older people with no one else to turn to.

What is the Big Knit?

Every year, we ask you to knit tiny woollen hats, and each one gets placed on an innocent smoothie bottle. For every smoothie sold, we receive 25p, and that money helps us prevent loneliness among older people in Northamptonshire.

For further information on the Big Knit or for patterns please call Susie Davies, Fundraiser, Age UK Northamptonshire on **01604 611200**



- Duston -

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A list of Directors is available from the registered office.

It can be difficult to remain independent and active when health conditions get in the way. Age UK Northamptonshire has two free services that aim to support you to meet your well-being goals.

Personalised Integrated Care

If you are aged 60 or over, have two or more long-term health conditions and find it difficult to manage at home, Personalised Integrated Care (PIC) is here to help you. For up to 12 weeks, our PIC Coordinators support you by finding out what you would like help and support with, and working with you to put in place the help you feel you need.

Anne, 83, felt frustrated and isolated before joining the PIC programme. She was finding it difficult to visit her disabled daughter and was keen to improve her mobility in order to return to her passion, gardening, and to start driving again. After working with her PIC coordinator, Juliet, Anne achieved more than she'd dreamed of.



Age UK Northamptonshire's free services to keep you independent and happy

What Anne achieved on the PIC Programme:

- ✓ She is able to go up and down the step in her garden and get back to gardening. She is now even able to peg out her washing on the washing line!
- ✓ Anne is overjoyed that she is now able to drive her car on her own. She had lost confidence and just needed some encouragement from her PIC coordinator who went out on some short drives with her.
- ✓ Her PIC coordinator advised her she would be eligible for a Blue Badge and helped her send off the forms and get the badge.
- ✓ Because of the strength she has built up, Anne has now returned to her regular fortnightly social groups.
- ✓ Most importantly, Anne has been able to spend quality time with her daughter.



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in getting a mobility scooter to help him get out and socialise more.

After helping Thomas apply for and gain a back payment of Attendance Allowance and a weekly payment, Thomas is now also entitled to a higher rate on housing and council tax benefit. Thomas is delighted to be financially better off and able to shop for a mobility scooter.

“Age UK Northamptonshire have been a great deal of help. I would recommend it to anyone. In all the years I have been off work, this is the most help I have had”

Dory has also been able to chase up the council to fix his fence and occupational therapy who have made adjustments to his gas meter which was previously on the floor and impossible for him to access. It's these little things that can make a huge difference.

Quote from Anne:

“Support from Age UK Northamptonshire has given me more confidence and enabled me to be more social. Everyone is very positive and caring, it's nice to feel they care, you are not a number, you are a person. I'd recommend people in my position just go for it, you can't go wrong, you have nothing to lose and potentially a lot to gain.”

For information, or to request this service, please call us on **0300 303 3931** or send an email to referral.pic@nhs.net

The Later Life Project

Age UK Northamptonshire is delighted to be working with GP surgeries across the county to offer this pilot project for people with one or more long-term health conditions, including frailty. If you are age 50 or over and satisfy certain health criteria (please check with your doctor or nurse) and are able to remain supported at home, we can help.

Thomas, 67, has multiple health conditions and few relatives and friends locally. When Dory, his Later Life Coordinator met him, he was only receiving state pension and finding costly taxi trips to hospital and doctor's appointments difficult to manage. Thomas was unable to walk very far due to his poor health and breathlessness, and was interested



If you think you, or someone you know, could benefit from this service please speak with your healthcare professional or call **The Later Life Project** on **0300 303 3931**

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18 Jan	Bournemouth	3	Suncliff	All Inclusive	120
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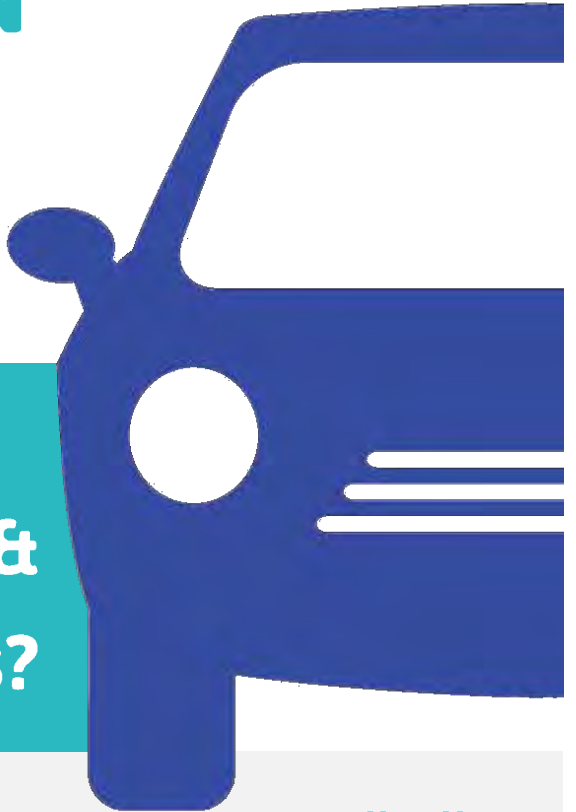
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