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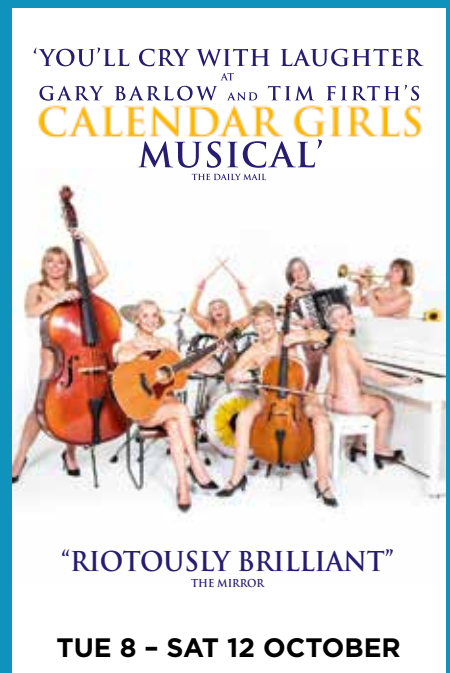
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Summer 2019

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Foreword

From the
Chief Executive



I am delighted to announce that Age UK Northamptonshire was successful in securing Charity of the Year from Northamptonshire Chamber of Commerce. We are proud to receive such a sought after accolade, especially as there is such stiff competition from the voluntary sector each year.

Being the Chamber's Charity of the Year will give us the opportunity to raise our profile and to promote Age UK Northamptonshire to the business sector across the whole of our County. It will be a great opportunity to network with Chamber members through their events, in particular their regular Breakfast and Lunch meetings. We are very much aware that 'you get out what you put in'. We hope that the Northamptonshire business community will get to know of the value of our services and learn more about what we do. After all, it is the parents and relatives of their employees that we support and we will be supporting that next generation when they come to retire and grow older.

Laura Graham will be taking the lead on this work for us. Many of you know her for her work on our Later Life team where she has supported many clients with a wide range of needs. She is also familiar from her work on radio and television and as a very positive activist for good causes in the County. She also played a key role in persuading the Chamber to increase their support of older people by selecting Age UK Northamptonshire as their Charity of the Year.

Age UK Northamptonshire starts the financial year 2019/20 in 'good shape'

and we have much to look forward to this year. We aim to grow our services and support even more older people in the county.

Please remember that Age UK Northamptonshire always needs your help. We are your local charity dedicated to serving the needs of older people in Northamptonshire and you can help us make a difference to thousands of lives. Please:

- encourage your staff to support us if you are a business owner or director
- support one of our events or run a fabulous event of your own
- fundraising – make us your charity of the year
- sponsor a piece of much needed equipment or one of our services.

We are proud that over the last five years we have consistently provided more. Thank you to every one of you who has helped us to do so.

Chris

Chris Duff
Chief Executive

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Age UK Northamptonshire

Social Prescribing + Positive results

Our health and wellbeing is determined by many factors and clinical or medical interventions are not the only answer. We need to look at the 'whole' person if we are to achieve positive results. Social prescribing seeks to address people's needs in a holistic way. It also aims to support individuals to take greater control of their own health.

HEALTHCARE PROFESSIONALS

Many social prescribing schemes all over the UK are beginning to explore different ways of helping patients outside of a medical or clinical setting. Social prescribing, sometimes referred to as community referral, is a means of enabling GPs, nurses and other primary care professionals to refer people to a range of local, non-medical services.

Social prescribing schemes can involve a variety of activities. Typically, these are provided by voluntary and community sector organisations, like Age UK Northamptonshire. Examples include volunteering, arts, activities, group learning, gardening, befriending, cookery, healthy eating advice and a range of sports.

Most social prescribing involves a link worker or navigator who works with people to access these local sources of support.

Many social prescribing schemes focus on improving mental health and physical wellbeing. Those who could benefit from social prescribing schemes often include people with mild or long-term mental health problems, vulnerable groups, people who are socially isolated, and those who frequently visit their GP.

Does Social prescribing work?

Social prescribing can lead to a range of positive health and wellbeing outcomes, such as: improved quality of life and emotional wellbeing, mental and general wellbeing, and a reduction in the levels of depression and anxiety. Social prescribing schemes may also lead to a reduction in the use of NHS services.

Age UK Northamptonshire has been running social prescribing schemes for a number of years and we have many examples of where sensitive and capable help has made a big difference to the health and

the quality of life of our clients. Our Collaborative Care team provides a service for older people registered with GP surgeries in East Northants, Kettering and Wellingborough to help them stay independent and safe at home for longer. Our Hospital Discharge and Community team also offers practical and emotional help following a stay in hospital, focusing on older people who do not have other support, such as family or friends nearby.

Our Personalised Integrated Care team has supported over 400 clients in the last year and a half. They aim to provide 'holistic, non-medical support to improve the health and wellbeing of people living in Northampton'. A Personal Independence Co-ordinator will talk to you to find out what you would like help and support with. They will listen to you and work with you to put in place the help you feel you need. Here are just two examples of the type of help provided.

healthy eating advice
volunteering
gardening
art activities
cookery
group learning
a range of sports
befriending



Mr B has lived alone since 2015 when his wife died, he has no family living locally and lives in an urban district of Northampton. He is 71 and is in poor health, having had two strokes and lives with a long term heart condition, which affect his mobility and independence. He has had to move his bed downstairs and make other adaptations in his home to enable him to manage without formal support.

We helped him make a claim for Attendance Allowance, and this was subsequently awarded at the higher rate of £85.60 per week. We also advised him to apply for a reduction in his Council Tax.

We arranged with a local launderette to pick up his laundry, and for Care & Repair to fit a security light to the exterior of his property, as he had been feeling scared after dark. We contacted the local council and they now collect his wheelie bin directly from outside his house. He has also contacted Northamptonshire Adult Social Services for a formal assessment of his personal care needs. He has arranged for his cleaner from Age UK Northamptonshire's domestic cleaning service to visit more frequently. Mr B is also now registered with community transport to reduce his transport costs, enabling him to continue with the aspects of religious observance and social integration that are so important to him.

Mr T has a long history of alcoholism, he was suffering seizures and has been diagnosed with dementia. His wife is his full time carer and was at 'breaking point'. Mr T's only social life had been around drinking and pubs. He has very poor mobility and multiple health issues including liver disease, asthma, gastric varices and depression. He said he had always wanted to try painting but had never got around to it.

Mr T really enjoyed his visit to the Age UK Northamptonshire day centre and is now a regular attendee. He is now enjoying drawing sessions after one to one support from our team. His wife uses the time when he is at the day centre to go out and she now regularly uses the Age UK Northamptonshire's Carers Siting Service in addition to this. His wife says she is finding life much easier and that Mr T is less confused. There have been no further seizures since Mr T has abstained from alcohol for 13 months.

Age UK Northamptonshire staff are highly experienced in social prescribing and our team are effective 'link workers' or 'navigators'. We are ready to work alongside our health and social care colleagues in GP practices and other health services to help more of our older clients improve their quality of life.

Good news for Age UK Northamptonshire!

Age UK Northamptonshire has successfully completed Age UK's national Information & Advice Quality Programme.

The programme consisted of a thorough review of our Information and Advice service and an independent Quality of Advice Assessment.

We have an extensive range of Information and Advice procedures, detailing how our casework is managed from the outset to the conclusion.

We have shown that we:

- Provide consistent, relevant and effective advice to clients.
- Keep clear and detailed client records
- Have clear, relevant systems and procedures in place to manage the delivery of consistent, good quality information and advice
- Monitor our services and seek feedback from our clients and stakeholders



Our new Hospital Supp

Since December last year Age UK Northamptonshire staff have been working at Kettering General Hospital to support elderly patients, helping to improve their experience whilst they are in hospital.

THE TEAM HAS ALREADY attracted the attention of the media, and as well as being featured on Radio Northampton has appeared on television on BBC Look East and About Anglia news programmes

The team of thirteen staff work across the week between 9am and 10pm in a number of areas around the hospital. At the request of the hospital work is concentrated in the Emergency Department (Accident and Emergency), the Discharge Suite, and seven of the Elderly Care wards.

The team's bright yellow t-shirts are recognised around the hospital, and areas in which we do not yet work are looking forward to the potential of the work being expanded to benefit more patients.

The team can't help with personal care or clinical tasks, but there are lots of things that the staff can do to make the hospital stay a little more pleasant.

Imagine being confined to the ward, with nothing to brighten the day. An Age UK Northamptonshire Support Worker can take patients to the dementia garden in a wheelchair, or perhaps break the monotony with a trip to the hospital shop or café. Even having someone to keep a patient company, by chatting to them, doing a puzzle or playing a simple game can make a difference in a long and monotonous day.

Our staff can also play an important role at meal times, helping to feed patients or cut up food for those who cannot manage this for themselves. They can also make sure that water jugs have fresh water and help volunteers with the drinks trolley.

Being in hospital can be a daunting experience, and the Age UK Northamptonshire Support workers can help to reduce anxiety. It might be liaising with medical staff to get questions answered or contacting relatives on behalf of the patient. The team can also provide or source information about what might be available to support a patient once they've been discharged.



The Age UK Northamptonshire mini buses have also been helping to speed up discharges for a small number of patients. Staff have also been able to follow patients home in a taxi and help them to settle in back



ort Service in Kettering



at home, making sure the heating is on, and essential provisions are in place. For other patients all they need is the taxi phoning; a small but significant task. Sometimes a hospital discharge can be delayed

because of something as simple as waiting for a prescription or a discharge letter. The team can make sure these things are in place perhaps more speedily than they might have been without our help.

The Accident and Emergency Manager said "What you are doing is fantastic for patients and the hospital. Thank you to you all."

Quotes:

- 99 years-young Harry who was in following a fall at home said "thank you for spending your time with me. Your company is far better than any pain medication I could have needed today."
- "Oh, I recognise those yellow t-shirts - keep up the good work all of you - you're doing a great job."

- In A & E a nurse came over to me and said 'Thank goodness you're here, are you able to stay with this lady?' 'Of course,' I said. The lady was 97 and very frail, the nurse was very grateful. One of the sisters came in whilst I was with this lady, she looked at my yellow t-shirt, pointed to it, smiled and also said 'thank goodness, thank you very much.'

News

We will soon be starting a similar service in Northampton General Hospital alongside our existing small team based in the A & E department. This team has been providing 30 hours a week non-medical support to older people for the last six years and have helped over 11,000 older people.



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A caregiver or carer is "an unpaid or paid member of a person's social network who helps them with activities of daily living."

The economic value of the contribution made by carers in the UK exceeds £132 billion per year; providing support to this valuable and unsung army is something that is important to us as a charity.

Carers registered with Age UK Northamptonshire Sitting Service can benefit in a number of ways:

- A regular short break of two or three hours to help you relax and give you fresh energy for your caring role.
- You can go out knowing that your loved one is in capable hands.
- You can feel at ease when you are out knowing that our Carers are there and won't leave until you return.
- Our team of Carers is relatively small, which enables you and your loved one to get to know them and build good relationships.

The team get a lot of positive feedback:

- It enables me to go for lunch with my friends
- This is a brilliant service, and my husband loves chatting to your carer whilst I'm out
- An excellent service, I'm very pleased to be able to take advantage of it

For more information on our

Carers Sitting Service

or any other services that may help you please call

0300 303 3931

Or visit our website at

www.ageuk.org.uk/northamptonshire



Do you care for someone with dementia and worry they may go missing?

The Herbert Protocol is here to help find them if they do



Northamptonshire Police scheme helps protect people living with dementia

If you care for someone living with dementia and worry about them going missing, the Herbert Protocol is here to help.

Used by police forces across the UK, the Herbert Protocol encourages families and carers of vulnerable people to fill out a detailed form about them, including their description, a current photograph, medical information, favourite locations, hobbies, routines and more.

Stored safely in the home of the person it relates to, the form and photograph are handed straight to police if they are reported missing. This saves time and puts vital information directly into the hands of those searching, helping find them as quickly as possible.

Having a completed Herbert Protocol form also reduces stress on relatives and friends as they don't have to worry they have forgotten to tell officers something important.

If someone goes missing, call 999 immediately. If they have a Herbert Protocol form, tell the call handler, who will ask for the form and photograph to be emailed to the police, or handed to officers. When the person is found, the form and photograph are returned.

Find out more and download the Herbert Protocol form at www.northants.police.uk/HerbertProtocol

Our Charity Shops

With your support our shops raise vital income that enables us to help over 14,000 local older people and their families every year



DONATE

and make a difference

MOST PEOPLE ENJOY A GOOD

old clear-out and the satisfaction that comes from taking bags of unwanted stuff to their local charity shop. But they might not realise just how vital the income raised in a charity shop can be for the charity that runs it. Age UK Northamptonshire has eight shops in Northamptonshire, in Brackley, Burton Latimer, Kettering, Rothwell and Thrapston, and three in Northampton in Far Cotton, St Giles Street and Kingsley Park. Every penny raised in them is essential to the survival of the charity. Without it we would not be able to provide many of the services and support that enable local older people to live independently and feel supported.

If you have unwanted saleable clothing at home and hate wasting good quality items, please think of Age UK

Northamptonshire. We can also take bric-a-brac, books, toys and other household items that someone somewhere will be delighted to give a good home to.

Charity shops have become an increasingly effective, and efficient, way of reducing waste and preventing items going to landfill. Remember, re-using a book or a cardigan is even better for the environment than recycling it. Local charities such as Age UK Northamptonshire are also an excellent way of keeping money in the local economy. Our shops pay rent and have utility bills like any other retailer, but the money we raise is spent on providing services to people living in Northamptonshire. Around 15% of our total income comes from sales in our shops and we really appreciate it. If you are not sure whether your clothes can

be re-sold, please donate them anyway. Whatever clothes we can't sell can be sent off for further re-use or recycling. And of course, please bring your goods to our shops when they are open. Sadly most bags of donations will be tampered with if left outside overnight.

So, thank you for your kind donations to our shops. You are helping to make a difference to many older people in Northamptonshire.

giftaid it

Age UK Northamptonshire also benefits from gift aid. When you're dropping off your donations please ask a member of staff or volunteer about gift aid. If you are a UK tax payer and have a couple of minutes to spare please fill in our simple form and we will do the rest. By registering for gift aid with us it will enable us to claim back any gift aid generated, providing much needed funds.

About our Trustees Meet

There are two questions that as a trustee of a charity I often get asked. The first is

“What is a charity trustee?”

A TRUSTEE OF A CHARITY IS ALWAYS AN UNPAID

voluntary role which is to be part of the organisation's governing body. Trustees can only claim for agreed expenses they incur as a result of carrying out their trustee duties. The governing body is responsible for the leadership, strategic direction and control of the charitable organisation.

Trustees are recruited after advertising the roles and interviewing applicants to ensure they have the experience or expertise to carry out the trustee's main tasks and statutory duties, make sound decisions and can bring to the board of trustees the particular skills required to maintain the essential competences the board requires. It is not part of a trustee's role to run the day to day operations but they are responsible for making sure professionally qualified people are recruited to lead and manage the charity and monitor their performance in successfully pursuing its charitable aims, including the main leadership role of the Chief Executive.

Amongst the trustee's main tasks is to ensure that the charity complies with its Memorandum and Articles of Association, Charity Law, Company Law and any other relevant legislation or regulations. This would include ensuring the charity applies its resources exclusively in achieving its defined charitable objectives, safeguarding its good name, reputation and charitable values, protecting and managing the property of the charity and ensuring the proper investment of its funds.

Trustees are required to actively contribute to the Board of Trustees, in giving strategic direction, affirming overall policies, defining goals, setting targets and evaluating performance against agreed targets. They would also represent the charity at functions and meetings and help and support relationships with the charity's stakeholders.

Trustees obviously can't fulfill all the above unless they get to know the organisation and the services it provides, this is an essential part of the trustee induction.

Age UK Northamptonshire has recently recruited three new trustees to our organisation and here's an introduction to them and a little overview of their background;

and the second is

“what do charity trustees do?”

Dr Kevin

Rhydderch Williams MB BS



Kevin is married with children, born in Wales having moved to the Kettering area in 1987 as a GP, following training at St Georges Hospital Medical School and junior doctor posts in London, Kent and Hertfordshire.

With over 25 years' experience in General Practice in an area of deprivation and specialising in Cardiology, Kevin retired in June 2018. In addition, Kevin has over 10 years experience of being on various boards dealing with the provision and finance of healthcare in the local economy for the PCG, PCT and CCG. He was Chair of Lakeside Clinical Executive from 2010 to 2016 dealing with matters of strategy, finance and governance. He is a Freemason and trustee of The Royal Masonic Benevolent Institution, as well as a member of the Worshipful Society of Apothecaries of London, Kettering Caledonian Society and 50+ adventure group. Kevin enjoys Freemasonry and is a Freeman of the City of London.

To advertise in the next issue of this publication please contact Laurence

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our new Age UK Northamptonshire Trustees

Ann Bottom

CIPFA, MSc, PDPFL

Ann qualified with the Chartered Institute of Public Finance and Accountancy, is a Master of Science in Public Management, and has a postgraduate Diploma in Public Finance and Leadership.



Ann is self-employed with a wealth of financial, managerial leadership experience and expertise up to Board level, having helped and advised a variety of organisations across different sectors with key projects, restructuring and she has enabled effective efficiencies and cost savings, as well as improved strategic links and external investment opportunities. These include educational institutions and private commercial entities as well as with DHCLG. Ann was born in Northampton and has lived in the county for the past 35 years. Ann likes to travel in her spare time and her hobbies include embroidery, sewing and ballet.

John Corbishley

BA, ACA

John is a member of the Institute of Chartered Accountants, England and Wales and has a BA (Hons) in Politics & Modern History.



He has enjoyed an extensive career with a number of international accounting firms, his most recent role being a Partner/Director with a leading International firm until his retirement in May 2018. His various roles have seen him advise multi-million pound businesses. He has been a leader in marketing and sales initiatives, client relations, staff training and development and the setting up and running of offices, as well as heading audit teams in Milton Keynes, Cambridge and Kettering. John is married with 3 adult children and likes watching most sports – he is a lifelong Barnsley FC supporter. Together with his wife he also enjoys travel, theatre and cinema.

Age UK Northamptonshire needs your support!

With funding cuts being made to adult social care in Northamptonshire, we are now facing an increasing demand for our services. As a local independent charity covering the whole county, we are in vital need of your support for the services that we provide to older people. By fundraising or donating to us, your support ensures we continue to offer care at a significant time for local people, and contributes to making a difference in Northamptonshire.

You can also make a difference by sharing your hobbies, knowledge or skills with our client groups and others. Whether it's teaching golf techniques, showing us how to cook your favourite dish, sewing, knitting, mechanical skills, gardening, car maintenance, DIY skills, money management, painting, parenting or caring techniques, using a map, outdoor survival skills, fixing a computer... the options are endless, and volunteering your time is based around you! We are keen to hear from local people or even businesses who would like to share

their knowledge or interests with others.

To get involved in fundraising and events for our charity please email fundraising@ageuknorthants.org.uk. Get started with volunteering by emailing

jo.gunnett@ageuknorthants.org.uk.

If you would like to make a donation please contact 0300 303 3931, or donate online by visiting our website **www.ageuk.org.uk/northamptonshire**

If you are interested in making a will or updating a current will, then you can take advantage of discounts we can offer with our trusted legal partners who will offer a comprehensive will writing service with no hidden costs. Please email us on

legacies@ageuknorthants.org.uk

or call us on 0300 303 3931 to find out more.

Together in our efforts we will be there for older people when they need us most.

Our Gardening and Handyperson Service

The power of green spaces

WHETHER SPRING, SUMMER, AUTUMN OR WINTER, your garden is always a place that you should be able to enjoy, whether it is a few flowers in a window box or a great expanse of lawn. There is an abundance of beneficial factors that coincide with being outside, including reducing stress and improving your mood as well as the possibility of becoming more active. Nature is unbelievably calming, the gentle sway of branches in the wind, the slow growth of buds, the unfurling of the leaves in the Spring; if nature can be so calm, we should follow, to improve our own sense of calm. A garden should be a peaceful retreat, where you can see, smell and hear the wonderful plants and wildlife around you.

It may be that you used to be a keen gardener and now find it difficult to do the more physically challenging aspects of gardening. Or possibly you have always enjoyed sitting in your garden but are happy to watch someone else put the effort in!

Age UK Northamptonshire's Handyperson Service now has a team of eight gardeners and, as long as we have a gardening team member in your area, we can offer the manpower you need to keep you enjoying your own green space. Some of our customers like a regular weekly, fortnightly or monthly visit and some like to call on our service as and when necessary. We charge £20.00 an hour which is invoiced and can be paid over the phone or by a cheque through the post.

Our handyperson and gardening services are here to help you enjoy your house and garden and keep on top of those jobs that can become annoying. Alternatively, if we do not have the skills and experience within our own team we can suggest local tradespeople from our Business Directory. This is a website-based list at

<http://www.aubdnorthamptonshire.co.uk/>

Don't let your garden go to waste, embrace the benefits that any sized green space can bring.



For further information on our Gardening and Handyperson service or to book an appointment call us on **01536 524986**. You can also visit our website **www.ageuk.org.uk/northamptonshire** to find out more about the great services we offer.

“Sue's a fantastic gardener. She's transformed my overgrown garden in just a few hours. I don't want to lose my independence and you can't expect your children to look after the garden as well as their own. Sue doesn't waste any time - as soon as she arrives she gets on with it, although it is nice to have someone to have a bit of a chat with. I hope she comes forever.”

Age Co Funeral Plan

Consider planning ahead to beat rising funeral costs

Age Co Funeral Plans allow you to pay for your funeral in advance, in a lump sum or monthly instalments, whilst ensuring that your wishes are clearly outlined. A pre-paid funeral plan will also freeze the costs at today's prices, so you know exactly what you'll pay. Age Co plans are designed for those aged 50 or over and offer flexible payment methods to suit different requirements. There are no health restrictions, no medical is required and it is simple to apply.

The net profits from the sale of Age Co Funeral Plans are gifted to Age UK, the Charity, to help provide vital services to older people in the UK. Age Co Funeral Plans are provided in association with Dignity, one of the UK's leading providers of Funeral Plans.

If you would like further information, please pop in to see us at Age UK Northamptonshire, 31 Billing Road, Northampton, NN1 5DQ. We are open Monday to Friday from 9.30am - 5.30pm.

For further information please call Age UK Northamptonshire on 01604 631030



OVER 60? WORRIED ABOUT YOUR FUTURE

Legal information you need to know

Life is a Journey, an unpredictable journey of ups and downs but we at Seatons want to help you help yourselves to prepare for those difficult times NOW whilst you still can.



Do you have a Will? If so, is it up-to-date?

Whatever your age, having a Will is key to ensuring your wishes are carried out and your loved ones are protected when you die.

If you have already made a Will, it is also important that every few years to check the details are up to date and it still reflects your wishes, current legislation and any developments in your family circumstances.

Prepare for the future - Speak to us about a new Will or a review TODAY.



Need a Lasting Power of Attorney?

At some point in your life you may begin to struggle to manage your property and financial affairs and your personal circumstances.

By having an LPA in place you have the power to appoint a responsible and trusted person to protect and look after your affairs in the event that you are no longer able to cope.

Prepare for the future - Speak to us about an LPA TODAY.



Worried about Residential Care Fees?

If you go into Residential Care the Local Authority will try to use your assets (property, savings) to pay for your care. Why not consider protecting your property and savings NOW.

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Catherine T (Daughter in law of resident)



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Fundraising, Support

Keeping you up to speed with some of the news and happenings that have taken place since our last edition.

The Big Knit 2018/19



Our kind supporters have been knitting away since last September as we're joining in the national fundraising campaign which is a collaboration between local Age UKs, Age UK and innocent smoothies. The campaign runs all the way through to July 2019, with the hats going on to bottles in stores in October 2019. Every little woolly marvel raises 25p for Age UK Northamptonshire, which helps us provide vital support to older people in our community. We're thrilled to announce that our target has been increased to 11,000 little hats, so even more money will be raised to help older people in Northamptonshire! For any enquiries on the Big Knit please call

0300 303 3931



THANK YOU to Iceland Shoppers



We would like to say a big thank you to shoppers, staff and Manager Brian, at the Iceland store in Harlestone Road, Northampton for giving us such a warm welcome at our bag pack on 15th December 2018. We are thrilled to report that a magnificent total of £109.01 was dropped in our collecting buckets whilst our four volunteers helped customers pack their Christmas groceries.

As a local, independent charity we very much appreciate the support of people in Northamptonshire and it was lovely to meet Iceland's customers, several of whom said they or a relative had benefited from our services.

THANK YOU Tollers



We would like to thank Tollers Solicitors, Northampton for all their support throughout the year, after naming us their Charity of the Year for 2018. They have given us great support by volunteering in our day centres, holding a 'Will Week' for us and donating items for our shops to name a few. It really was a pleasure to work with you.



Avis Budget UK

Has chosen the national charity Age UK as their Charity of the Year for 2018/19

On Tuesday 6th November a small team from Avis visited Age UK Northamptonshire's Four Seasons day centre in Kettering to organise a Fun Day for our clients. By meeting the older people who rely on our centre every week, and our staff and volunteers, the eight employees learned why day care is so vital. The Avis employees had a go at running the Bingo and joined in other fun activities such as arts and crafts, which the clients thoroughly enjoyed.

We would like to thank everyone from the Avis Group in Swindon for their valued support and the energy they brought to the centre!

THANK YOU

to Booth Lane College students



We enjoyed a wonderful afternoon of dancing and socialising at Nether Heyford Village Hall on Thursday 14th February thanks to tutor Andrea Brown and her business studies students at Northampton College. Around 30 older people bopped and waltzed to big band music, relayed from a mobile phone to the village hall speakers!

The students generously provided the Valentine's Day-themed decorations and a delicious buffet spread, and were delightful hosts to the local people who had turned up to have a good time. Thank you to everyone who supported this event. By joining in community activities you are helping to raise vital funds for a local charity (us!) as well as meeting your neighbours and making new friends. Every penny raised helps provide support and services to older people in Northamptonshire. In total they raised a fantastic £150.72.

Fantastic swimmers raise over £700.00

Huge thanks to our swimmers for their magnificent efforts at the Rotary Clubs of Northampton's Swimarathon on Saturday 27th April 2019.

Chris, Judith, Paul, Francesca, Denise, Jade, Dylan, Lewis, Matt and James made up two Age UK Northamptonshire teams and swam a combined total of 237 lengths, raising a fantastic £782.50 for charitable causes. Every penny will help to make a positive difference in our community and we are thrilled that £391.26 will come to Age UK Northamptonshire - so another big thank you to everyone who sponsored swimmers in the event.

Our swimmers have already starting talking about training for next year's Swimarathon and are looking forward to swimming even more lengths!



Our staff have been out and about in Northamptonshire sharing information on the services and support we offer to older people in the county.

New Kurling equipment presented to Goldcrest club



On Wednesday 19th September Jason Williams and Ken Nokes of Age UK Northamptonshire were delighted to present a new set of Kurling equipment to the members of the Goldcrest Wellbeing and Friendship Club in Northampton.

The club was set up by Age UK Northamptonshire in 2015 with funding from the Growing Together charity. Growing Together also provided funding for the new Kurling equipment. The Goldcrest Wellbeing and Friendship Club meet every Wednesday for three hours and is now self-governing and have taken over the running of the monthly Curry and Kurling events. They will also use the Kurling set on other occasions.

The Wednesday sessions cost £2 each week and include a delicious hot meal, tea and coffee. The club provides physical and mental stimulation through gentle exercise sessions and also provides information on health improvements. Other activities include presentations, discussions, craft making, days out and in-house games such as Boccia, Beetle Drives, Hoy and quizzes. The club is open to older people living in Weston Favell, Blackthorn, Goldings, Brookside and other areas of Northampton. For more information please contact Kate Kingston at Age UK Northamptonshire on 0300 303 3931

Kinky Boots

Jason Williams visited the Hawthorns in Northampton and met up with Steve Pateman who was sharing the story of Kinky Boots with all the residents.



Our Brackley charity shop celebrates 25 years of trading

Shop Manager Diana Da Silva and her hardworking team were delighted to welcome customers and invited guests, including the Mayor of Brackley Cllr Mark Morrell and Chief Executive Christopher Duff, to celebrate 25 years of trading on Tuesday 26th February. Our shop at 25 Market Place plays a vital role in enabling Age UK Northamptonshire to improve later life for thousands of people in Northamptonshire every year. Every penny spent in the shop helps support the services we provide for local older people.

The Mayor explained that he regularly visits the shop with his young grandson and they usually buy a small toy, most often a car. Christopher thanked Diana and Assistant Manager Sue, calling them "a class act." He also expressed his thanks to all the volunteers whose time and effort have made the shop such a success and kept it trading, at a time when many high street shops are struggling. The volunteers make the shop a special place where people become friends and enjoy being able to give something back to their community.

Northamptonshire Art Group enjoyed the Pierre Bonnard exhibition

On Thursday 18th April the group was treated to an informative and fun tour of Tate Modern's exhibition of paintings by French Impressionist Pierre Bonnard. Our weekly Art Group meets every Thursday at Abington Bowls Club in Park Avenue South. The group is already discussing their next arty trip, which is planned to be in June to the Van Gogh exhibition at Tate Britain. If you are interested in joining this friendly group please call Kate Kingston on 0300 303 3931.



Northamptonshire

Our pop-up shop in Kettering was the place to go to find out more information on our services and volunteering for us

Four Seasons day centre manager Mark Morgan and his team of staff and volunteers were delighted to set up a [temporary] shop in The Newlands Centre on Saturday 23rd March so that shoppers in Kettering could find out more about the services and support we provide in the area. Volunteer Co-ordinator, Jo Gunnett was on hand to answer questions about volunteering for Age UK Northamptonshire and Team Leader of our Handyperson

Service, Wendy Ryan, provided information about her service, explaining how we can help older people stay independent.

We would like to say a big thank you to the Newland Centre for allowing us this space, it was very much appreciated and thank you to everyone who popped in to say hello.



Seasons Garden Centre, Burton Latimer

Jo Gunnett our Volunteer Co-ordinator was at Seasons Garden Centre on 13th and 14th March to answer questions and queries about volunteering and services that we provide to the older people of Northamptonshire. Thank you to the staff at Seasons for allowing us to be there and making us feel so welcome.

Nordic Walking

If you fancy taking in some of the lovely county scenery whilst enjoying the Summer weather why not give us a call and find out more about the Nordic Walking classes we offer?

For further information on our activities call Kate Kingston on 0300 303 3931 or visit our website www.ageuk.org.uk/northamptonshire



Learn Short Mat Bowls with us

We hold these sessions monthly at Moulton Community Centre. We'll teach you the rules and show you how to bowl. The sessions run from 11am until 1pm and cost £10 which includes lunch, tea and coffee. To find out when our next session is give Kate Kingston a call on 0300 303 3931.



Age UK Northamptonshire's Day care centres

Come for a taster and see if you like us!

Age UK Northamptonshire provides reliable, professional day care for older people at seven locations in Northamptonshire. We believe that giving older people the opportunity to socialise and take part in fun group activities in a safe environment can be of huge benefit to their wellbeing. But sometimes arriving by yourself at a new venue can feel a bit daunting, especially if your health is not good or you have been recently bereaved. Some older people can be reluctant to try out new clubs or day care because they worry it will not suit them or that they will find it overwhelming.

If you or a relative are thinking about day care why not join us for a taster day. You can meet our staff and other clients to see whether our day centre would suit you. All our managers welcome the opportunity to show prospective clients and their families round their centre. They understand that it can take time for people to feel confident in new surroundings and to make new friends. Just pick a day when the centre nearest you is open and arrange with the manager to come in the morning. You can stay for as long or as little as you like and all you pay is £5 if you have lunch.

Our regular clients are free to spend their time with us in the way that suits them. Some people enjoy sitting with a cup of tea and chatting with friends, others like to play indoor skittles or take part in quizzes and play bingo. We have clients who enjoy being in company but prefer to sit by themselves with a newspaper, appreciating the hubbub around them and the occasional friendly nod from staff. Different people enjoy different activities but most people soon make a group of friends that they can look forward to meeting up with every week. Our staff organise occasional visits by outside entertainers and they always try to ensure everyone feels well looked after.

The Venton Centre in Northampton and Four Seasons Centre in Kettering are able to look after people who have higher care needs because of dementia. Both centres have a dedicated room especially for them where they can feel safe and supported. We also make sure



there are quiet rooms in our centres where people can go if they do not feel like listening to music entertainers or taking part in seated chair exercises, for example.

Older people and their families are also welcome to call by for a cup of tea and a chat with the manager if they'd rather not stay for lunch. Come and meet our friendly staff and other clients at the centre and find out more. Call us on 0300 303 3931 or visit our website for more details www.ageuk.org.uk/northamptonshire

Day care costs are between £41 and £50.50 depending on assessment of needs for those requiring additional support.

There are reductions in these charges if our transport is not required. Your day at our day centre will include a two course hot meal, tea and coffee. We also cater for individual dietary requirements

Northampton Community Sheds

Members of Northampton Community Sheds find fresh purpose while enjoying conversation and companionship. The 'Shedders' like to make stuff, fix stuff, talk about stuff and sometimes do nothing at all – but together. Shedders continually discover and explore new ideas and develop new skills.



Derek Thorndyke a valued member of Northampton Community Sheds (formerly Men's Shed) through Age UK Northamptonshire. (Retired ex-serviceman)

“ We are a group of retired men and women who meet twice a week. We all have different backgrounds and skills, we like to talk, make things for ourselves or for the local community. Sometimes we do nothing. The wellbeing, isolation, loneliness of people in later life is a growing problem. If this is you, why not come and meet us to see for yourself, it worked for me. ”

Mick Emms

“ I come to the community shed for the company and banter from the other members. Retirement can be very lonely as I have found out. I enjoy making wooden animals, whirly gigs and wrought iron plant stands. We spend most of the time drinking tea and eating biscuits. ”



Bill Gill and Derek Thorndyke are both ex-serviceman who enjoy the camaraderie of the shed. The shed has now been going for just under three years and has evolved into Northampton Community Shed (Men's Shed incorporated). We are pleased to have ladies on board, who come along to make and repair furniture and

then re-upholster it. We are currently applying for charity status in our own right,' says Derek.

If you are interested in joining the Northampton Community Sheds group please email info@ncsheds.org.uk

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