

**Free**  
Please take one

## Looking out for men

## Men's Sheds

## Keeping 'fire safe' in Winter

Recipes

+

Puzzles

+

Fundraising

+

Scams

+

more



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# Foreword

## From the Chief Officer

Welcome to the latest issue of Engage. Although the magazine has been prepared in the bright sunshine of a fine summer, our thoughts inevitably turn to getting ready for the months ahead with articles about eating well in the winter and the benefits of the flu jab.

At first glance, this issue may feel like a Men's magazine. "Looking out for Men" discusses the signs of depression, while our report on Men's Sheds is good news for men looking to make new friendships and find new purpose. But this issue is packed with information for everyone who is interested in what we do or what it might



be like to work at Age UK Northamptonshire or anyone who would like to join in the fun and support our mission.

Enjoy.

*Liam*

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Age UK Northamptonshire

# Engage

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# Speaking Out



## Government consulting now on changes to Attendance Allowance

**A**s part of a Spending Review in 2015, George Osborne announced that local authorities would be allowed to retain 100% of the business rates collected in their areas in return for taking on new responsibilities from central Government. This could include councils taking on responsibility for Attendance Allowance and means that, instead of the national scheme, people would need to approach their councils to access support.

While Government had said existing claimants will be protected Age UK strongly opposes the idea of devolving responsibility for Attendance Allowance to councils. At the moment, Attendance Allowance provides a flexible cash payment that can help with the increased and often unpredictable costs associated with disability. We are deeply worried that these proposals would create a patchwork of different approaches in place of a single scheme which gives older people and their families clarity over what they are entitled to.

Attendance Allowance is set at a lower level to social care packages and remains one of the few means of support for older people with lower levels

of disability who do not meet the strict eligibility conditions for council social care. Any move to devolve Attendance Allowance would have huge implications for older disabled people in the future and could effectively mean the end of this vital means of support.

### An invisible and invaluable army

New figures released in May by Age UK show there is an army of carers, 80 years old and over, who are saving the health and care system a massive **£5.9 billion** a year by providing unpaid care. Over the past seven years the number of carers aged 80 and over has rocketed from **301,000** to **417,000**, an increase of nearly **39%**. Now 1 in 7 people aged 80 and over provide some form of care to family or friends.

Meanwhile, for working age people, Age UK's joint report with Carers UK 'Walking the tightrope' published in July, shows that caring for loved ones can have a huge impact on working life and subsequently finances, health and wellbeing. Those caring more than 10 hours a week are a marked risk of leaving the labour market altogether, costing the economy an estimated **£1.3 billion**.



### Cuts in care lead to crisis in hospitals

Almost **3 billion** (2,998,273) hospital bed days were lost between June 2010 and January 2016, at a cost of **£910 million**, according to a report by Age UK. Cuts to community health and social care services have meant the NHS has wasted bed days while patients wait for the right care and support in the right place to become available. The report revealed that there had been a **59.8%** increase in bed days lost awaiting a care package at home since 2014.



# Scams are crimes – help stop them!



Age UK Northamptonshire has joined forces with Northamptonshire County Council Trading Standards to identify and support the silent victims of mass marketing fraud, more commonly known as scams.



removed from the house). Following our intervention, they are no longer responding to scam mail and have said that they are now managing to sleep at night as they are in control of their finances for the first time in a long time.

## You can better protect yourself by taking the following steps:

- ✗ Remember, if it seems too good to be true it probably is!
- ✗ Never respond to scam mail (even those that appear to have official stamps stating “Guaranteed Winner”), e-mails, texts or telephone calls.
- ✗ Never send money in advance to claim a prize.
- ✗ Never give out your personal or financial details to strangers or to people who should have this information already.
- ✗ Always shred anything with your personal or bank details on.

Scammers will use every trick in the book to get you to part with your cash including:

- ✗ Fake lotteries
- ✗ False investment opportunities
- ✗ Pension fraud or bogus equity release schemes
- ✗ Clairvoyant or dating scams
- ✗ Fictitious prize draws where scammers send out catalogues selling food, pills, jewellery, clothes and items for your home. They guarantee a prize to those who order and make it appear like you are the only one to be getting this amazing offer. They never send the promised prize; though some do send cheap goods to keep

you hooked. Instead they send out more promises of non-existent wins to get more orders! Only 5% of scams are reported, as victims often feel ashamed or intimidated and the average financial loss per person is over £1,000.

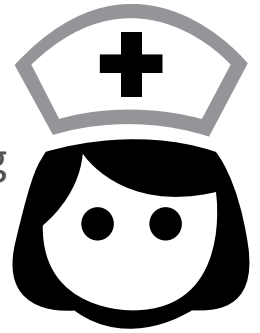
Since the Age UK Northamptonshire/Trading Standards partnership began in 2014, over 400 scam victims have been contacted and provided with advice to help them say NO to scams. One elderly couple in Northampton sent increasingly large amounts of money to foreign lottery and prize draw scams, had scam mail hoarded in every room and had become overwhelmed by the volume they were receiving each week (photo shows one of many bags

*If you feel you have been the victim of a scam please contact the Citizens Advice Consumer Service on 03454 04 05 06. If you would like to request further information about how to deal with scams, please contact Jo Gunnett on 01604 611200.*



**Northamptonshire  
County Council**

# Looking out for Men!



Sudden changes in your life or circumstances can be disorientating and make you feel 'down'. Often this is just a temporary phase and many people bounce back after a few days, but there is also the risk that such events can act as a trigger for depression.

## ***For older men, major life changes can include:***

- ✕ Changes to your daily routine – the sudden shift from working to being retired and the loss of purpose and social interaction that your job provided.
- ✕ Health problems – becoming less independent, losing physical mobility and facing your own mortality.
- ✕ Social isolation and loneliness – losing friends or family, moving into residential care or becoming isolated at home through illness and being unable to lead a social life.
- ✕ Bereavement – the loss of your partner or loved ones.
- ✕ Worries – concerns about money or the future.

**C**hanges in physical activity can tend to hit men more harshly than women – frailty, for example. Many men have more physically active social lives – such as playing sports and going out in groups – while many widowed men are at risk, as in addition to the loss of their partner, they are often simply unprepared for the stresses of looking after themselves.

Bereavement and the resulting changes in living standards can be a risk – some men are more looked after than others from a domestic point of view and

taking on those responsibilities can have an impact.

If you think you may have – or be at risk of – depression, there are some relatively simple steps you can take that may help. It often doesn't come easy to men, but talking about your concerns with a friend or professional can be a huge help.

For older men, getting out of the house and keeping mentally, physically and socially active is key. This can mean meeting up in a social environment, such as the traditional male pursuit of the allotment, social clubs or the pub, but also newer community organisations such as Men's Sheds that have a more male-friendly environment than many traditional older people's services.

Services have tended to be geared more to women than men and what's provided isn't always suitable or appealing to men. Things like Men's Sheds are about finding new ways to provide forums for men to get together and meet.





# Men's Sheds

In March 2016 Martin Price, Chair of Northampton Men's Sheds approached Age UK Northamptonshire looking for support to set up a Men's Shed in Northamptonshire.



**A**ge UK's vision is for a world where everyone can love later life. We do this by inspiring, supporting and enabling in a number of ways so it was clear that we were the ideal partner to help drive this project forward.

A formal committee was formed and work commenced on promoting the idea and searching for suitable premises to occupy. It was agreed that Age UK Northamptonshire should be represented on the committee, as a partner in the project. In July 2016 we met with Mary Markham, Lead Officer for Northampton Borough Council. It was agreed that a three way partnership would enhance the process and they provided initial funding to support us.

Most recently Men's Sheds have been invited to share a business unit on Kingsheath

Industrial Estate with Spencer Contact, a Christian furniture reuse charity. Members of the group will be working towards an official opening on Friday 30th September 2016.

## What is Men's Sheds?

It is a group of men sharing space, tools and other resources to work together on projects of their own choosing. They do this at their own pace in a safe and friendly social environment. It is a place for sharing skills, for informal learning and for exploring ideas. Members engage together following their curiosity, new pursuits and community projects. They find purpose and achievement through discovery, social interaction and collaboration. Men's Sheds are bringing greater connection and vitality to the community.

The Men's Shed movement began in Australia in 1996

where there are now around 1,000 Sheds across the country. Across the UK there are now around 300 Sheds.

Research shows there to be a growing number of Northampton men, especially in later life who are seeking greater purpose and companionship. In this area, over a third of those over 65 live alone.

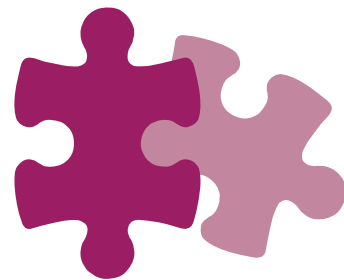
## Come and join us

*We are keen to meet men who are interested to join us as "Shedders". Some come expecting to learn new skills, others bring abilities that they can then share.*

*If you are interested in joining us please call Kate Kingston at Age UK Northamptonshire on 01604 611200.*



# Puzzle Page



	8			7				6
					6			3
2					9			5
7								
5								8
	2	4	5					
	5	8	3				2	
4		9					7	
				5				9

## Sudoku

### The Game of Logic

Place each of the digits 1 to 9 in each row, column and 3x3 box. There is only one solution.

## Quick Quiz

Test your **general knowledge** in our Quick Quiz.

1. Which actor played Jack Bell in Carry on Nurse that began his well-known catchphrase, 'Ding Dong'?
2. What part strikes a bell to make the chime?
3. Which 1960 Harper Lee book became a 1962 Oscar winning movie?
4. Which 1996 Helen Fielding book became a 2001 Oscar nominated movie?
5. In Which TV series does the Character Khal Drogo appear?
6. What was the original name of the Wembley Stadium?
7. What artist designed the logo for Chupa Chups lollipop?
8. In the Wild West, how was Henry McCarthy better known?
9. What is the only Anagram of the word English?
10. Henry VIII is buried alongside which of his wives?

## Answers on page 15



A	L	E	A	V	E	S	A	R
B	U	C	L	H	H	C	I	A
R	E	T	N	I	W	A	J	I
E	L	Q	U	G	S	R	K	N
M	O	D	F	M	S	F	K	W
P	R	E	S	E	N	T	S	O
N	R	P	F	R	O	S	T	N
C	H	R	I	S	T	M	A	S
H	A	L	L	O	W	E	E	N

## Wordsearch

### Which One is Missing?

Can you find which one of these Seasonal words from the list below is missing?

AUTUMN  
WINTER  
RAIN  
HALLOWEEN  
CHRISTMAS  
FROST  
PRESENTS  
LEAVES  
SNOW  
SCARF  
PUMPKIN



A photograph of an elderly couple sitting together. The man, on the right, is smiling broadly and looking towards the woman. The woman, on the left, is seen from the side, looking towards the man. They are both wearing casual clothing. The background is slightly blurred, suggesting an indoor setting.

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enjoy  
older age

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# Nordic Walking

## What is Nordic Walking?



**N**ordic Walking is an enhancement of ordinary walking. It makes something most of us can do without thinking, twice as effective. Using the specific Nordic walking poles means the upper body muscles are used as well as the legs, and the poles help to propel the walker along. This means you work harder than usual yet the support given by the poles makes it feel easier. No matter what your fitness level, Nordic Walking can improve your posture and the poles can help reduce the pressure on your joints and muscles.

### Qualified instructors

A network of qualified instructors, trained by Nordic Walking UK is available to teach you the specific technique. The instructors can also show you how to use the poles to make you fitter and life easier. Join your local Nordic Walking group today and enjoy a sociable, fun form of exercise in the world's largest gym – the great outdoors!

Visit [www.nordicwalking.co.uk](http://www.nordicwalking.co.uk) to find your local instructor or course or you can contact Age UK Northamptonshire Lifetime Office on 01604 611200.

### Walks with Age UK Northamptonshire

Now is a good time to get out and enjoy the countryside, join us for a Nordic Walking exercise course, to register for one of the walks below please call Kate Kingston or Jason Williams on 01604 611200.

- ✕ Every Tuesday – Castle Ashby, Buttery car park, starting at 2pm-3pm – poles are supplied - £5.
- ✕ Every Wednesday – Abington Park, Ardington Road Entrance, starting at 4.30pm-5.30pm poles are supplied - £3. (Times will vary in the winter months).



For more information and to book your place on our Beginners Learn to Nordic Walk course please contact either Kate Kingston or Jason Williams on 01604 611200.



# The GERT Suit

What does it actually feel like to be elderly, frail and suffering from pain and discomfort from multiple health conditions?



**T**he GERT suit is an extremely effective way of providing just a taster of the everyday problems that exist for many elderly people. It is made up of a number of component parts and depending on what conditions need to be replicated different pieces are used. The effects of arthritis, blindness, tinnitus, poor mobility, deafness etc can be induced and in fact we can cover most of the conditions experienced in later life.

It is used in training people involved with the general public to better understand and empathise with the issues for their patients/clients/customers, or indeed relatives, friends and the wider community. Most recently we used the suit to work with Accident & Emergency staff at Northampton General Hospital. The feedback was astounding and clearly demonstrated that despite their caring role they had never previously really understood just what their patients were suffering.

Elsewhere suits have been used with bank staff, who may well be a little impatient when shaky rheumatic hands mean that it takes a significant time to complete a form or sign a document. The special glove attachments deliver minute shocks to the hands making gripping a pen very difficult and producing legible writing an almost impossible task.



Some police forces, ambulance and fire services also use the suit to great effect, as do some supermarkets and retail stores.

In fact walking a mile in someone's shoes by using a GERT suit may help all of us be just a little more tolerant and patient, pity there aren't more suits around.

*If your company or group are interested in our GERT suit training please call Derry Miller at Age UK Northamptonshire on 01604 611200 or email [derry.miller@ageuknorthants.org.uk](mailto:derry.miller@ageuknorthants.org.uk)*

# Our Wellbeing Centres

Would you enjoy a day out? (or maybe more than one!). Age UK Northamptonshire have Wellbeing Centres providing day care for clients all across the county, from Brackley in the south, to Kettering in the north and at six other centres in between.



**O**ur centres offer people a safe, stimulating environment where they can take part in activities and meet and make new friends. Coming to an Age UK Northamptonshire wellbeing centre in a specialist centre or other care setting is a great day out, where older people can feel supported and have fun.

The regular sessions improve quality of life and help people maintain their independence, so that they can live in their own homes for longer.

The centres offer a range of other services from personal care to medication management, from bathing to hairdressing, from shops to religious services for clients. Whilst not all services are available at all centres, this gives an idea of

the range of activities that people can take part in.

We really provide opportunities for everyone, whether you like wrestling with a crossword, taking part in a gentle exercise class, listening to visiting entertainers, getting information like advice about keeping warm in winter, or protecting yourself and family from scams, all of these have taken place recently at one or more of our centres.

If you don't have your own transport, don't worry, it may be possible for us to pick you up from home and drop you back there in one of our specially adapted fleet of minibuses. The minibuses and drivers can assist with a variety of mobility issues if needed, although there may be a wait for a place. If you prefer and can arrange

your own transport, you will usually be able to start within a week or so of your enquiry.

## *How about a hot meal?*

A meal is included as part of your day at all of our centres.

## *Love to travel but don't like long journeys?*

In the last few months we have had a seaside special (with candyfloss!) at one centre, and a Bollywood week, complete with saris and exotic food at another!

There are also trips arranged, whether to a local barbecue (kindly hosted by a local Rotary group) or a trip down memory lane in a vintage double decker bus that ended at the park for an ice cream.

There are a huge range of activities and opportunities to make friends – all assisted by our friendly, trained and experienced care staff and volunteers.



## *Fancy volunteering to help people enjoy themselves?*

Contact our Volunteer Co-ordinator  
Jo Gunnett  
on 01604 611200  
for details.



# A Day in the Life of a Wellbeing Centre

(this is a typical example but activities will vary).

In the morning you will be picked up at home by your regular minibus driver and taken to the centre with the same group of people with whom you will soon make friends.

Shortly after you arrive at the centre, you will settle in with refreshments and biscuits and look forward to the day's activities.

In the morning you may take part in a quiz, discuss the news, engage in reminiscence activities, take part in a gentle exercise group, or have a visiting speaker.

You sit down to a two course hot lunch (or perhaps a salad or vegetarian alternative).

In the afternoon, there will be other activities or perhaps today a visiting entertainer – and maybe the chance for a bit of a singalong.

Then it is back on the bus to be taken home and dropped at your door, with plenty to think and talk about until your next visit.

**If you are interested in attending or for further information on one of our Wellbeing Centres you can call our Service Advice Team on 08456 772 220.**



## Answers and solutions

From page 10

3	8	1	4	7	5	2	9	6
9	4	5	2	1	6	7	8	3
2	6	7	8	3	9	1	4	5
7	1	6	9	4	8	3	5	2
5	9	3	7	2	1	4	6	8
8	2	4	5	6	3	9	1	7
1	5	8	3	9	7	6	2	4
4	3	9	6	8	2	5	7	1
6	7	2	1	5	4	8	3	9

A	L	E	A	V	E	S	A	R
B	U	C	L	H	H	C	I	A
R	E	T	N	I	W	A	Q	I
E	L	Q	U	G	S	R	K	N
M	O	D	F	M	S	F	K	W
P	R	E	S	E	N	T	S	O
N	R	P	F	R	O	S	T	N
C	H	R	I	S	T	M	A	S
H	A	L	L	O	W	E	E	N

1. Leslie Philips
2. The Clapper
3. To Kill a Mockingbird
4. Bridget Jones Diary
5. Game of Thrones

6. Empire Stadium
7. Salvador Dali
8. Billy the Kid
9. Shingle
10. Jane Seymour

# Keeping 'fire safe' in winter



As autumn and winter months set in and the dreaded colder weather arrives, people once again think about how best to keep themselves and their homes warm.

**F**or many, this means portable heaters and electric blankets are dug out of storage and fires are lit in long dormant fireplaces.

The joint Prevention and Community Protection Department (Northamptonshire Police and Northamptonshire Fire and Rescue Service) would like to use this opportunity to remind the public how they can cut the risk of fires in their homes.



## ***Top tips for staying warm and safe this winter:***

- ✓ Store electric blankets flat, rolled up or loosely folded to prevent damaging the internal wiring.
- ✓ Unplug electric blanket before you get into bed, unless it has a thermostat control for safe all-night use.
- ✓ Try not to buy second hand blankets and check them regularly for wear and tear.
- ✓ Try to secure portable heaters against a wall to stop them falling over.
- ✓ Keep portable heaters well away from curtains and furniture and don't sit too close to heaters. Never use them for drying clothes.
- ✓ Never smoke in bed and do not leave lit cigarettes, cigars or pipes lying around. They can easily fall over and start a fire.
- ✓ Make sure you, and anyone else who lives with you, knows how to escape the property safely if a fire breaks out.
- ✓ Make sure the exits in your home are not blocked with clutter. It is vital to keep these routes clear.
- ✓ Be careful when using an open fire – always make sure you use a fireguard.
- ✓ Ensure your chimney is swept regularly.
- ✓ Ensure smoke alarms are fitted on every level of your home and that they are tested once a month.
- ✓ Book a Home Fire Safety Check. These visits are offered and prioritised for people who are unable to help themselves or who need specialist advice. During these visits, tailor made advice is offered about preventing common fires, what to do if a fire starts, and how to form the best escape plan. Details about smoke alarms and smoke alarm testing are also covered. In some cases, smoke detectors can also be installed.

***To request one of these checks, visit the Home Fire Safety link on [www.northantsfire.org](http://www.northantsfire.org). For urgent referrals, ring 01604 797000.***



# Are you protected?

Get protected against shingles and the flu!



People in their seventies are being encouraged to get a shingles vaccination to protect themselves from this painful infection.

Anyone aged 70 can have the shingles vaccine on the NHS. You become eligible for the vaccine from the first day of September after your 70th birthday. It's not available on the NHS to anyone aged 80 and over because it seems to be less effective in this age group.

Shingles is caused by the reactivation of the chickenpox virus which is commonly caught in childhood. The virus can lie dormant in the nervous tissue but may reappear as shingles. An episode of shingles typically lasts around two to four weeks. The main symptoms are pain, followed by a rash. It is possible to have shingles more than once.

Although shingles vaccination is often offered at the same time as the annual flu vaccination, the shingles vaccine is available at any time throughout the year to eligible people. Remember, you only need it once, so if you've already had a shingles vaccination, the good news is you don't need it again.



## Have you had your flu vaccination?

**A** flu vaccination takes just a few minutes but could be a lifesaver this winter.

For most people flu is unpleasant but usually they will feel better within a week or so. However, older people and those with underlying diseases are at particular risk of severe illness such as pneumonia or bronchitis, which can need hospital treatment.

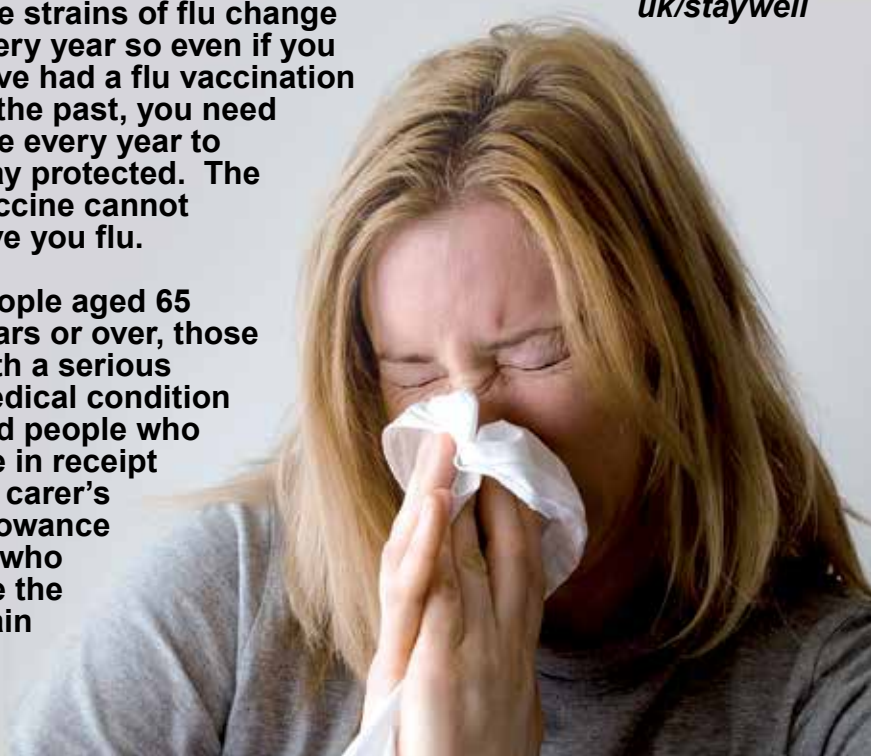
The strains of flu change every year so even if you have had a flu vaccination in the past, you need one every year to stay protected. The vaccine cannot give you flu.

People aged 65 years or over, those with a serious medical condition and people who are in receipt of carer's allowance or who are the main

carer of an older disabled person are all included in the groups eligible for a free flu vaccination.

To get your free flu vaccination either contact your GP to arrange an appointment or contact your local pharmacy as many also offer this service.

To find out more about the flu vaccination and how to stay well this winter, go to <http://www.nhs.uk/staywell>



## **Harlestone home care 1/2**

## **Advanced driving and riders 1/2**



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# Eating well during the winter months

Choose the right food to give yourself the best chance of a healthy winter



## Vitamin D

From late March to September sunlight on the skin enables the production of vitamin D which is needed for the absorption of calcium from foods. This helps to keep the bones strong and thus preventing falls. Vitamin D also can prevent bone pain and discomfort associated with conditions like osteomalacia.

Sources of vitamin D are oily fish like salmon, sardines and mackerel (easy to keep in tins), eggs (another good standby), red meat and liver (which also provide protein and zinc plus iron) and fortified foods like spreads. Due to the limited number of foods containing vitamin D the Department of Health recommends that people should take a daily supplement containing 10mcg of vitamin D throughout the year if they are not often outdoors or wear clothes that cover up most of their skin. Therefore a supplement may be helpful during the winter months and vitamin D supplements are usually inexpensive and easily taken.



## Fruit and vegetables

Five portions of fruit and vegetables (400g) are advised per day as part of the “eatwell guide”. It is useful to keep bags of frozen vegetables and fruit in the freezer as well as cans in the cupboard as standbys to use in making meals.

## Protein foods

Proteins are needed for maintenance of body tissues and new research shows that older people need plenty of protein. So items like eggs at breakfast can be useful. Try to have at least 2 portions of fish per week including one of oily fish. Meat and poultry as well as offal all contribute to protein intake.

Dried milk powder is a useful standby but a spoonful can be added to liquid milk, cereals, custards, mashed potatoes and soups to boost the protein.

Dried lentils provide protein and are quick and easy to cook and can be added to savoury mince and other items. Cans of baked beans, kidney beans and chickpeas are also useful in stews and casseroles. Such vegetables source of protein are part of the “eatwell guide”.

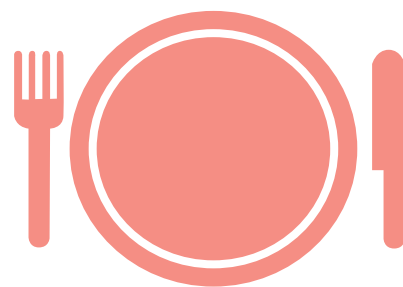
**2016 is “the year of pulses” with ideas at <http://iyp2016.org>**

*Written by Dr Mabel Blades,  
Independent Freelance Registered  
Dietician & Nutritionist*



# Winter Recipe

Fish is always a good choice once or twice a week. White fish contains low fat protein and oily fish such as salmon is a good source of the omega 3 fats that doctors recommend for their heart protective properties.



## RECIPE

### FISH PIE



**PREP TIME** 5 Minutes

**COOK TIME** 60 Minutes

**SERVES** 2

**DATE** Winter 2016

**This fish pie provides a balanced meal for those winter evenings, with potatoes for carbohydrate and vegetable's giving vitamins and minerals. You can add chopped parsley instead of cheese to the sauce to lower the saturated fat content.**

#### METHOD

Put the fish in a shallow saucepan and add the milk. (If the fish has skin on, put it in skin side up to prevent it from sticking). Put the lid on and bring to the boil, then simmer for five minutes.

Turn off the heat and leave to cool. Meanwhile peel and chop the potatoes and boil for 20-25 minutes. Once cooked, drain the potatoes, and mash with a little extra milk or butter.

Steam or boil the leeks for seven minutes until soft. Once the fish is cool enough to handle, pour the milk it was cooked in into a bowl or measuring jug, and flake the fish into an ovenproof shallow dish, discarding any skin or bones.

Add the leeks.

Melt the butter in a saucepan, and add the flour.

Cook over a low heat for a couple of minutes, stirring all the time, then add the milk that the fish was cooked in, a little at a time until it thickens. Season with chives and pepper. Whisk to ensure there are no lumps and then keep stirring, adding a little extra milk if needed, to make a thick, smooth sauce. Take off the heat and stir in half the grated cheese.

Pour the sauce over the fish and leeks. Cover evenly with the mashed potato and use a fork to make patterns on the surface. For extra flavour, add the other half of the grated cheese to the top. Bake in a moderate oven on gas mark 4/180°C/350°F for 20 minutes, or until the top is golden and the fish mixture underneath is bubbling.

**Serve with peas, runner beans or broccoli.**

#### INGREDIENTS

A packet of prepared fish for fish pie or a selection of mixed chopped fish such as smoked haddock, cod and salmon (330g or 12oz approx.)

¾ pint/450ml of milk

450g/1lb potatoes

1 leek, chopped

75g/3oz butter

1 tbsp plain flour

Black pepper

1 tbsp chopped chives

50g/2oz grated

cheddar cheese



# Our services

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- 

To find out more about our services please call

**08456 772 220**

[www.ageuk.org.uk/northamptonshire](http://www.ageuk.org.uk/northamptonshire)





# Did you know?

In Age UK Northamptonshire:



\* **Last year we performed some kind of service to over 10,000 people**



\* Our Information & Advice service dealt with around 8,000 different enquiries. Over 2,000 enquiries were for benefits advice and half of those were specifically for Attendance Allowance.



\* We couldn't have done what we did without the support of our 544 volunteers.



\* We put around £2.4M into the pockets of older people in the County.



\* Handypersons performed over 1,000 jobs for 846 people.



\* 304 older people benefitted from our toe nail cutting service.



\* Our Home Care service gave support to 1,129 older people, plus 450 people started the service for the first time last year.



\* We supported over 1,200 patients in Northampton General Hospital A&E department during the year.



\* Around 1,200 older people were supported back to independence by our Hospital Aftercare & A Little Help services.



\* Around 750 people in a network of Age UK supported Lunch Clubs.



\* 883 people attended day centres during the year.



\* Our Carers Sitting Service provided over 5,000 hours of care to 160 carers.



\* Each month, around 700 people participated in a range of classes including Keep Fit and Aquafit, Nordic Walking, Horse Riding, Tai Chi, Art, Photography, Bridge & Whist, Family History and IT at various levels.

# A day in the life of a minibus driver

An interview with Alan Atkins,  
read on to find out more ....



## How long have you worked for Age UK Northamptonshire?

*I started at Age Concern as it was then at the beginning of July 1996.*

## What made you want to join the organisation?

*I was a TV/Video Electrical engineer all my working life serving an apprenticeship and in later years a Workshop Supervisor.*

*I was made redundant in December 1995, I tried working for myself but it didn't work out. I saw in the local paper an advert that Age Concern wanted a part-time temporary driver so I applied, took the test and started the next day.*

## Use one word to describe Age UK Northamptonshire?

*That is a very hard question to answer. Age UK Northamptonshire has many services that are essential to the older people, I think the only word I could use is 'caring'.*

## What is the most meaningful part of your role?

*The people that I have worked with over the years really amaze me. They are all so caring, if you have come across a problem there is always someone to talk to who will offer help and advice. They all seem to go that extra mile to help you out.*

## How do you help older people in the county?

*I like to think I can make a difference to the older people of Northamptonshire (as I am now one). Being a driver taking our clients to day centres all over the county, it is not just a driving job, you also need to be a carer and listen to the clients.*

*When you pick up the same clients each week you can spot if they are worried or if they appear to be unwell, I then have the opportunity to talk to someone within Age UK Northamptonshire to try to help them.*

## How is working for a charity different?

*Compared to my previous job where everything was about money and getting the jobs done as soon as possible, a charity is totally different to work for. Staff seem to have more time for other people and care if you are in trouble. At my previous employer you were just a number not a person.*

## What's the best memory of the charity you have?

*My best memory of Age UK Northamptonshire was the opening of the Venton Centre by the Queen Mother back in 1998. I was at the time the Caretaker at the Venton Centre and was involved with a lot of the planning of the event. It was a wonderful day, everybody was really happy from the staff/drivers/clients that attended and I will always remember that day with great affection.*

## If you could reach out to people in Northamptonshire how would you encourage them to love later life?

*I think you need to keep a positive outlook on later life. Take each day at a time, you will have bad days that is a fact, but look forward to the next day which may be a great day. We all have to get older so do as much as you can, keep as fit as you can. If you can do anything to help out family or a charity then do so.*







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# Keeping you up-to-date

News and fundraising updates from  
Age UK Northamptonshire



**W**elcome to the Fundraising and news page for Age UK Northamptonshire. This page brings you up to speed with some of the news and happenings that have taken place since the last edition.

## Fundraising!



**Great Donnington Run** - one of our colleagues Ralph Stahman participated in this raising money for the older people of Northamptonshire.

### Cheese & Wine Evening

one of our volunteers Muriel James kindly held this evening at her home, a great time was had by all.



### Curry Evening

The Royal Bengal, Bridge Street, Northampton hosted this event with proceeds going to Age UK Northamptonshire.



### Gangster Granny Collection

A bucket collection took place at the Royal & Derngate in Northampton after the matinee show

### Coming soon...

- \* Earl Spencer's Bowls competition.
- \* Stanwick Village Fete.
- \* Quiz Night.
- \* Girls Night in



### Charity Quiz Night

Richmond Village hosted this very successful event.

Keep up-to-date with up and coming news and events by following us on our.....

**Web:** [www.ageuk.org.uk/northamptonshire](http://www.ageuk.org.uk/northamptonshire)



/ageuknorthamptonshire



@AgeUKNorthants



### Big Chin Wag

This was held at our Venton Wellbeing centre, our colleague Ralph Stahman dressed up in a GURT suit to raise money for this. This was to raise awareness of how it feels to get older and the difficulties that some people experience.





# **SECC Legal Care**

## **Providing Legal Care for the Elderly and Vulnerable**

3rd November 2016 is the launch date for a new concept in the provision of legal care and advice specifically for the elderly and vulnerable.

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SECC Legal Care is a joint business venture of Seatons Law Ltd and Evans Cook Solicitors.



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