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be reformed**

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Home service**

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Donations & Legacies

Donations and legacies enable us to offer the 'extras' that **make a real difference** to our patients.

Contact us today to see how leaving a gift in your Will can help us to enhance the healthcare of future generations.

www.northamptonshirehealthcharity.co.uk



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Supporting local NHS hospitals & community services



Get Involved

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01604 626927

KETTERING OFFICE
01536 491569

greenheart@nhcf.co.uk

NorthamptonshireHealthCharity
 NorthamptonshireHealthCharity
 @NHCFGreenheart

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Registered charity no: 1165702

Engage Foreword

From the Chief Executive



Meet the team.

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It feels as if everything has changed since March 2020 when the whole country was locked down for the first time. We have had a roller coaster ride since then of tension, frustration and uncertainty. The vaccine programme has been a fantastic success and is allowing us to take confidence and to live our life more like we did before. For so many who had to bear the direct challenges of the pandemic in their lives, it will always be difficult to put Covid-19 behind us.

Covid-19 has left a nasty legacy of issues that our older clients and patients are still dealing with. In a sympathetic review of the issues:

Six in ten (64%) of people who report being in poor health now agree that 'they are less motivated to do the things they enjoy since the start of the pandemic' and that people living with a

long-term health condition were 'more likely to be in more physical pain'.

This loss of confidence and independence continues to hold so many people back. It reminds me of the quote from Helen Keller that: "a bend in the road is not the end of the road... unless you fail to make the turn."

Age UK Northamptonshire has learnt many lessons from the pandemic. We discovered that we could change, and quickly, if we really had to. Our management team are now the stronger for it. We realised that we needed to embrace new ways of working and newer technologies and that, despite all our best efforts, the future continues to be challenging. It is always likely to be challenging!

We also realised that the whole charity is at its best when working with others and when we look for opportunities. There are now many opportunities for us to help those older clients who need us and we will grasp them now with renewed energy.

Please think about volunteering for our services, or fundraising for us or perhaps making a donation. Carry on supporting your community and help us all to put Covid-19 behind us.

Chris

Chris Duff

Chief Executive

T 01604 611200

christopher.duff@ageuknorthants.org.uk



How you can support us

You, your family, friends and colleagues can help us improve later life in Northamptonshire.

In common with many charities, Age UK Northamptonshire started life as a small group of people who had noticed something of concern and felt that

“something should be done.”

Many older people in 1950s Northamptonshire did not have family nearby to support them and were often very lonely. By 1971 the charity had grown and adopted the name Age Concern.

Age UK Northamptonshire now supports over 15,000 older people and their families every year and we still rely on the goodwill and help of the people of Northamptonshire to enable us to do so. If you wish to ensure that older people in your town or village do not feel forgotten, one of the most effective things you can do is make a donation to us.

Keep one of collecting goblets on your counter

If you are a local business and could hold one of our collection goblets we would love to hear from you.

All money raised helps us to continue to support older people in Northamptonshire.



Choose us as your Charity of The Year

Helen Williams, President of The Inner Wheel Club of Kettering Huxloe, chose us as her Charity of the Year and raised a magnificent £1,000 during the coronavirus pandemic. Helen says she chose us because her late widowed father had been supported by our Telephone Befriending Service.



Donate funds to us

Thank you to Barbara Edmunds and the Byfield Lunch Club committee for their generous donation of £200 to Age UK Northamptonshire. The club has closed after nearly 30 years of providing companionship and tasty meals and we wish Barbara every success in her retirement.



Make a one-off donation

The family of Peter Harris wanted to say thank you to our Extra Help At the End of Life team for supporting them and making his final days memorable and comfortable last year. We are grateful to them for generously paying for 28 handling slings which will be used to help others for whom we are providing care.



Organise your own fundraising event

The family of John Chapman were so grateful for the exceptional care and support he and the family had received from our Extra Help at the End of Life team. Brothers Chris and Aiden organised a fundraising cycle ride from Portrush in Northern Ireland to Kettering Rugby Football Club. We say a huge thank you to Gail Chapman, and to her very special family and friends, who raised an amazing £11,095 for Age UK Northamptonshire.



Funeral collection

Money donated to us in memory of someone who has died can bring comfort, knowing that acknowledging the value of their life will support others for years to come.

Making a regular donation

Setting up a Direct Debit provides a regular income which can help Age UK Northamptonshire plan ahead. Payroll giving through your employer increases the value of donations because of the tax saved.

Corporate Giving

Why not organise an event and ask your employer to match fund the money you raise? Get in touch with us – we can help you make it a year to remember. We are always keen to work with local businesses and celebrate their support on our website and social media.

Donate your unwanted but saleable items to our shops

Our seven shops in Northamptonshire are a vital source of income for the charity. Every item we sell helps support the services we provide to older people. You can find details of our shops on our website. Keep an eye out for our occasional static donation collections and get in touch if you have furniture to donate. We'd love to hear from you if you're organising a donations collection at your business. We're always open to suggestions!

Fundraising


Get in touch if you're planning to fundraise for Age UK Northamptonshire. Whatever amount you can raise for us, whether it's small or large, you can be sure that your support will really help.

We can work with you to publicise your fundraising activity, supply collecting goblets, give practical fundraising hints and tips. We can explain how you can use JustGiving, a website which makes it easy for people to sponsor you, and help you to stay on the right side of the law when organising raffles or collections.

Looking for ideas?

- Organise or take part in a sponsored swim, bike ride or bake-off. Get in touch about The Rotary Club's annual Swimmarathon. We like to get involved!
- Ask for donations in lieu of gifts at weddings, big birthdays or Christmas.
- Run a marathon, half marathon or fun run and get your friends and family to sponsor you. The 2022 Northampton Half Marathon is in September; the 2022 London Marathon is in October!
- Organise a darts night, pub quiz, race night or 80s disco. Put the fun into fundraising!

Playing our weekly make a smile lottery. For £1 a week you can help raise vital funds for Age UK Northamptonshire, knowing that you are helping support local older people and have a chance of winning the jackpot which goes up to £25,000. It helps us provide a free Information & Advice Service which provides benefits advice and answers queries for people who have nowhere else to turn. For a small monthly payment of £4.34 for one number or £8.68 for two, you can make a real difference.



You must be 18 or over to play **make a smile lottery**. Please play responsibly. Responsible gambling support www.begambleaware.org. **make a smile lottery** is wholly owned by St Helena Hospice a charity working with other good causes to raise much needed funds.

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Registered Charity Number 280919. Registered Office: Myland Hall, Barncroft Close, Highwoods, Colchester, CO4 9JU. **make a smile lottery** office: 4 The Atrium, Phoenix Square, Wyncolls Road, Colchester, CO4 9AS. **make a smile lottery** Privacy Policy and Terms & Conditions can be viewed online.

Leave a gift in your will

By leaving a gift to us in your will you are investing in the future, ensuring we can support older people in Northamptonshire for years to come.

Every single legacy makes a difference

and we appreciate any gift you may choose to leave us after taking care of your family and friends. Why not decide to leave 1% of your estate to Age UK Northamptonshire.

Thank you

We are a non-profit organisation and constantly need to raise funds to support the services we provide. Whether we make a charge or not, there are always administration costs and overheads for which we do not receive any funding.

Our current priorities are:

Our Information & Advice Service which carries out much needed benefit checks for older people and helps people with severe health conditions or disabilities claim Attendance Allowance.

Keeping our seven minibuses on the road. Most people who attend our day centres do not have their own car and cannot use public transport. Our minibuses are vital, enabling them to leave their home and meet up with friends safely. Over the past year our minibuses have cost us £125,017 to run and the costs are only partly covered by the charges we make to clients.

Similarly, the **energy costs of our day centres** are only partially covered by the charges we make. Our day centres provide a safe, supportive environment where vulnerable older people, many of whom are living with dementia, can enjoy a bit of company and stimulating group activities.

Telephone Befriending Service

– provided by volunteers who are DBS checked and supported by our Volunteer Coordinator. Every week around 80 older people who are feeling isolated and lonely can enjoy a chat with a friendly, caring person, helping them feel they have not been forgotten.

Please help in whatever way you can. Your donation or support, small or large, will mean so much to us.

Chris

Chris Duff

Chief Executive and everyone at Age UK Northamptonshire.

If you think you can help us please give us a call on 01604 611200.

Our shops

We had to deal with a variety of challenges in 2021, but we look forward to a happier and more prosperous 2022.

Christmas is always a busy time for the retail sector and an Age UK Northamptonshire charity shop is no different. Our team of staff and volunteers were continually filling up the shop windows with new and exciting gifts.

ebay was something new that we started to pursue in 2021 and we have been pushing forward with it. It is proving popular. We have been very lucky with some great donations which is why this has been, and continues to be, very successful. The feedback received on our items, packaging and delivery has all been very positive:

- **Excellent ebayer!**
- **Top ebayer.....fast delivery, 5 stars...**
- **Lovely ebayers and very pleased to support your charity.**
- **Items in great condition, as described. Delivery and postage were fast and communication was great. Thanks, will buy more from you!**

You can find our ebay shop and view the items on www.ageuk.org.uk/northamptonshire/shops/we-sell-on-ebay/ or by scanning the QR code below. You never know what you'll find.



In October our Thrapston shop took part in the yearly Charter Fair with this year's theme being 'Celebration'. Tracy, Chrissy and the wonderful team of volunteers created an amazing window display which earned them first place. This win was the seventh time that our Thrapston shop has lifted the trophy since 1995. An amazing track record and the team are already eager to know this year's theme so they can start planning.

During 2021 we started to roll out static donation collections, where we have identified a small town or village with no charity shops but there is a need for the local community to drop off their donations. Our first location was Long Buckby where we had permission to park our van in the Buckby Library and Hub car park from 10am – 1pm. From the moment we arrived people were keen to hand over their donations. We had people coming with cars full, the odd bag under the buggy on the way to the school run and back

again later. The donations didn't stop coming all morning. We left with a full van and we also signed up 19 new Gift Aid donors. Our second location was Chapel Brampton followed by Nether Heyford, Flore and Great Brington. This new venture at all of the locations has been received positively by residents and donations received have been overwhelming. A lot of people asked when we were coming back as this is an easy way for the local community to drop off their donations, for us to receive donations in bulk and register customers for Gift Aid. During 2022 we want to continue with these collections.

If you know anyone in a Northamptonshire village or other places where you think this idea would work, or can help secure permission for our furniture van to be parked from 10am – 1pm, then please email yvette.prior@ageuknorthants.org.uk

We'd love to secure a date.





Thrapston win Charter Fair trophy

With Spring soon upon us this is an ideal time for you to have a clear out. We always need good quality donations. If you're thinking of clearing out your Winter wardrobe why not pop your unwanted items along to one of our shops. Unwanted Christmas presents? Pop them along to one of our shops. At every shop you will be greeted by a manager or deputy and a great team of volunteers who are on hand to take your donations. All seven of our shops across the county take a lot of pride in how well the shop is looking, from overall cleanliness, quality and quantity of stock, to the variety on sale. We have recently recruited two new members to the retail team, Jody

Robertson is the new manager for Kingsthorpe and Roxanne Brown is the new deputy for St Giles Street. Both are enjoying their new roles and knowing that they are working hard towards the end goal of raising much needed funds, reusing and repurposing items others no longer have the use for, makes it very rewarding. They are amazed how much work goes on behind the scenes to prepare good quality stock for our customers.

For us to continue to deliver the high standards we have set ourselves we rely on volunteers. If you would like to help in Age UK Northamptonshire's shops,



Gift Aid Thanks Clair

there are a number of voluntary positions you could consider: till work, where you could be front of house, meeting and greeting our customers, making them feel welcome, helping and supporting them with their purchase or encouraging them to register for Gift Aid when making a donation. Back room work is vital, with roles such as steaming clothes, preparing stock, cleaning the bric-a-brac and many other tasks.

If you are interested in volunteering in one of our shops, please contact our Volunteer Coordinator or drop an email to

yvette.prior@ageuknorthants.org.uk



Big Knitter Margaret at our Rothwell shop with Natasha (pictured right)

In all of our shops we are still trying to encourage the reuse of carrier bags where we can. If you have any spare bags please drop them off at your nearest Age UK Northamptonshire shop and they will be gladly accepted.

We all look forward to seeing you throughout 2022 either in our shops or at one of the static donation collections. Find us on our social media or why not leave us a review on Google.



@ageuknorthantsretail



@ageuknorthantsretail

Home Energy Checks

Age UK Northamptonshire is pleased to offer **FREE** Home Energy Checks that will run until March 2022.

This project is available to people living in Northamptonshire who are struggling to pay their fuel bills, targeting householders who are 65 and over and are on a low income (or means tested benefits) or have a long-term debilitating illness or live in a hard-to-heat home. The householder could have difficulties paying their bills because they are on the incorrect tariff with their existing provider and do not have the confidence to compare energy provider prices. It may be that they are not claiming benefits they may be entitled to.

Energy providers have faced unprecedented challenges in the past year and those providers that have so far managed to stay afloat have increased their charges to a price that increasing numbers of people are finding hard to afford. Many householders are choosing to restrict their energy use as Winter approaches and this can have a devastating impact on existing health conditions, particularly where a person's mobility or breathing is affected.

Our Handyperson, Graham Tarry, will carry out the free Home Energy Check. By taking you through a simple questionnaire, he will aim to identify areas where you can save money. He can install energy saving devices and equipment in your home or suggest changes you can make to reduce your energy consumption. Inefficient traditional lightbulbs can be replaced by energy-saving LED lightbulbs for example, or foam draught excluders can be placed under internal doors to block out draughts. Plug-in nightlights, which are especially useful to keep on in a hallway or landing, are far less expensive than keeping a main light on if you need to get up in the night. Closing doors on unused rooms will retain heat in the rest of the home and keeping unused rooms aired will reduce condensation and ensuing mould growth. Graham will also help you

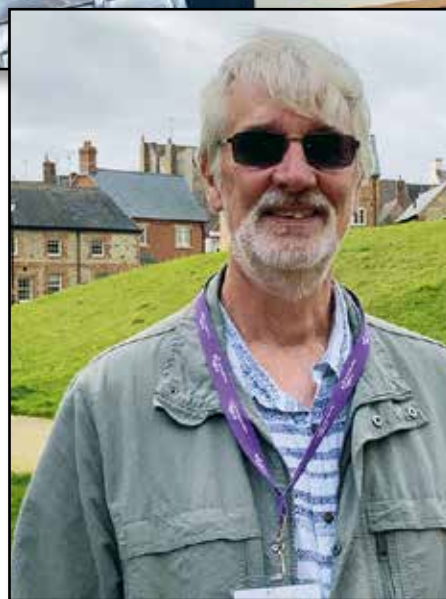


Graham Tarry - Home Energy Checks

learn how your heating system works as you may be able to save energy by running it more efficiently. As he is employed by Age UK Northamptonshire, Graham can provide information on our other services, such as the Home Care Cleaning Service and Toenail Cutting Service. Our free Information & Advice Service can carry out a welfare benefit check for you.

Many older people, especially those with chronic health conditions, are still concerned about the threat of Covid-19 so the Home Energy Checks can be carried out over the telephone or Graham can arrange a visit to the home, observing social distancing at all times. Each home visit lasts about one hour. The householder can choose whether they prefer a home visit or telephone call only.

Referrals can be made by anyone to our Handyperson and Gardening Team on 01604 611200



Martin is part of our Handyperson and Gardening team

To advertise in the next issue of this publication please contact

Laurence

Tel: 01536 334218

Email:

laurence@lanceprint.co.uk

Walking Befriending



Walking Befriending project in Northampton and Kettering

The Walking Befriending project has been a lifeline for many people in the county following the lifting of Covid-19 restrictions. We provide the support that helps people feel less isolated and we give them the confidence to get back outside again. We also enable people to socialise and make new friends. A friendly volunteer will come to your home and accompany you on a gentle walk in your local area once a week. Once you have built your confidence after several weeks of one-to-one walks, we will then support you in joining one of our walking groups in the county where you will be able to make new friends and continue to grow in confidence.

Walking Groups

We have several walking groups throughout Northamptonshire which our Walking Befriending project clients join after their one-to-one sessions with us. The groups are also a great place to come if you already feel confident enough walking, but would like some company and to meet new people.

Come along to our walks in Abington Park and Hunsbury Hill in Northampton and Wicksteed Park in Kettering, with new groups starting in 2022.

Lifetime Activities

Age UK Northamptonshire runs a variety of activities and exercise sessions that improve your quality of life.

New at the William and Patricia Venton Centre

Games Club and Kurling Group

Last November we launched two new weekly clubs in Northampton.

- **Games Club**, every Friday
3.30pm - 4.30pm, £15 for six weeks, booking essential - with payment on booking.
- **Kurling Club**, every Wednesday
3.30pm - 4.30pm, £30 for six weeks, booking essential - with payment on booking

We welcome new members, whatever your ability. Come and join us!

Tai Chi

Are you seeking a comfortable way of meeting new and likeminded people with the added benefit of gaining a little more fitness, then maybe our Tai Chi sessions are for you. Dominic has developed his craft specifically to help older people in our community and has an excellent exercise programme to develop strength, balance and flexibility for all who attend. Dominic has led the standard Tai Chi for several years becoming very popular with all who attend. He has recently added Chair Friendly group sessions catering for those with more limited mobility issues.

Both groups meet every Tuesday with Dominic leading the way to helping all who attend feel comfortable with the pace and sessions themselves.

All interested parties must complete our enrolment forms to attend, payment to be made upon completion of forms.

Cost: £24 per month

The Pastures Centre, NN2 8PN Tuesday 10.30-11.30am and 11.30am-12.30pm.

For more information or to enrol for this class please call us on 01604 611200 or see our website www.ageuknorthants.org.uk

Tai Chi Class



Burton Latimer Exercise Class

Art Club

Rooftops Art Centre, Corby

We are collaborating with the wonderful artist Annie and the Rooftop Arts Centre in Corby to run weekly art sessions for the over 55s in one of their studios. People can be supported in exploring and learning to use different art materials in the classes. It's a very relaxed class and suitable for all abilities. Art is wonderful for people's wellbeing and mental health, as well as being immensely enjoyable. It's an excuse to learn something new, whilst making new friends and enjoying a cup of tea.

Art Club, every Friday 10.30am - 12 noon, £40 for six weeks, booking is essential - with payment on booking.

New participants are very welcome at all our clubs, so if you are interested in coming along, please get in touch with the Lifetime Activities Team on 01604 611200.

Social Care Reform

The Government recently announced and debated proposals to invest approximately £36 billion into the health and social care sector over the next 3 years. The aim is to address issues in the NHS and social care which have been both exacerbated and highlighted by the COVID-19 Pandemic.

As well as addressing specific issues, the funding is also intended to address concerns over the sustainability and fairness of social care funding.

Potential changes to care funding in England

from October 2023

Below is a summary of the current basic rules* for care funding in England, together with the Government's new proposals.

Level of assets

Over £23,250

Current Rules

Self-funder – You pay full cost for your care, whatever that may be

£14,250-£23,250

Contribution – You pay all relevant income towards your care, plus a "tariff income" of £1 for every £250 you have in capital assets over £14,250

Under £14,250

Supported – You pay your relevant income towards your care only. Nothing is paid from savings or capital.

Property – Under current rules, your house is disregarded from your financial assessment in certain circumstances (for example if you, a spouse or dependent relative live there). This rule is currently intended to remain under the new proposals.

Level of assets

Over £100,000

Proposed Rules

Self-funder – You pay full cost for your care, whatever that may be.

£20,000-£100,000

Contribution – You pay all relevant income towards your care, but if this does not cover all of the care costs, you must contribute up to 20% of your "chargeable assets" each year.

Under £20,000

Supported – You pay your relevant income towards your care only. Nothing is paid from savings or capital.

The proposals suggest that adults (of any age) who receive social care after October 2023 will benefit from the new changes, even if care is arranged without the involvement of Social Services and if it is received in their own home.



What about the care cap?

The Government's proposed "cap on personal care" may have grabbed some attention in the media, but it is worth noting that the cap will only apply to part of the services you pay for within a person's "care fees". In fact, "personal care" may only make up a small amount of the overall cost you pay towards care fees. Other costs may be referred to generally as "care fees" but they actually represent "hotel" costs or "bed and board", such as food and accommodation.

Proposals

The proposed cap of £86,000 for personal care costs will only limit part of the care fees payable and may never be reached for some individuals, particularly when considering the generally limited life expectancy of individuals in care facilities.

The summary indicates that a notional rate of £200 per week will be applied for “daily living costs”, otherwise representing rent, food and contribution to heating and bills. This would be paid by those receiving care, in addition to the care element of their fees.

Suffice to say, there is a long way to go yet before the details of the proposals are finalised and become law and so everything about is subject to change. We will monitor the situation with interest.

** Please note that this is just a general overview relevant at the time of publication. As there will inevitably be some exceptions and disregards in income and capital not detailed here, you should consider seeking advice in relation to your individual circumstances.*

Written by
Tonina Ashby

Trustee for Age UK Northamptonshire
and Solicitor specialising in law
for older people.



Care in Your own Home Survey

North Northamptonshire Council aims to gather the feedback from older people living in North Northamptonshire (or their representatives) on their requirements and expectations for receiving care in their own homes. The findings from this survey will aim to shape the commissioning of future Homecare provision.

To take part in the survey or to find out more,

please contact Rachel White:
Rachel.White@northnorthants.gov.uk

07843345721

Toenail Cutting Service



We run a basic toenail cutting service for anyone who is unable to manage their own nail care.

Judith Draper says her father was a stickler for wearing shoes that fitted well and although her feet are in pretty good condition, she struggles to bend down and trim her own toenails. Judith, who is now in her eighties and has lived in Northampton all her life, says she feels very well looked after by her daughter and two sons who live locally. She also relies on Toenail Cutting Service Worker Lesley Mahony who visits every six to eight weeks to help her look after her feet by cutting her toenails.

"I look forward to her visits as she does such a good job and is so pleasant," says Mrs Draper. Age UK Northamptonshire's Toenail Cutting Service is for anyone who needs help cutting their toenails, including people who are diabetic. We are happy to treat clients with dementia, although it is desirable that they have a familiar person to accompany them at the appointment.

The Toenail Cutting Service charges £25 per treatment.

To find out more about this service please call us on 01604 611200 or visit our website www.ageuknorthants.org.uk



Home Care Cleaning Service



We enable older people to live independently in their own home.

87 year old Pauline Bending says she wouldn't be without Louise Church, her cleaner. "I can't speak highly enough of Age UK Northamptonshire. They have helped me so much over the years."

Until the coronavirus pandemic began in early 2020 Mrs Bending was able to do her own shopping by taking a taxi to the supermarket, but keeping on top of the housework and changing the bedding is beyond her. "I'd sooner get help and be at home," she says. "I sit down a lot to do things as I can't stand for any length of time."

Mrs Bending's son lives in the area, and she has two very good neighbours, but arthritis and angina restrict her mobility and she is glad to have a weekly visit from Louise who cleans the house from top to bottom. "Louise has been my cleaner for nearly nine years," says Mrs Bending. "She is very reliable and has become part of the family."

The Home Care Cleaning Service charges £16 per hour.



To find out more about this service please call us on 01604 611200 or visit our website www.ageuknorthants.org.uk

More time for the moments that matter...



Tailored for you

Move sooner than
you think with our
Home Exchange*
Service



...with fewer maintenance worries

From talking to our Customers, we know that maintenance worries are one of the top reasons Owners decide to move. With Churchill you can enjoy your retirement without the concerns that often come with maintaining a larger property.

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Volunteering with the Hospital Discharge & Community Team

Our service provides short-term support to older people who are living with long-term health conditions. We support them following a stay in hospital. We focus on helping people who do not have family or friends nearby or other networks of support.

We also encourage our clients to take steps which will improve their wellbeing. We work with them so that when our service ends they will feel more confident about managing on their own, possibly with the support of other organisations including Age UK Northamptonshire services where there is a charge.

As a volunteer you will provide low-level practical support for about four weeks up to a maximum of six weeks. This support will vary. Sometimes all that someone needs is for you to do a bit of food shopping when they are discharged from hospital. You might collect a prescription for them if the pharmacy does not deliver. Our volunteers also do light housework such as vacuuming, mopping the kitchen floor and tidying worktops. You may also telephone a client for a friendly chat to see how they are.

If you, or anyone close to you, has spent time in hospital you will know that you might well be considered medically fit for discharge, but it often takes time to get used to being back home. You may not feel 100% and you can struggle to get back into a routine.

Sometimes when people return home they miss the company and activity of the hospital ward. They might feel lonely and risk becoming isolated. Having a friendly, caring volunteer visit for about an hour a week to have a cup of tea and a chat can make a huge difference. It gives people something to look forward to every week.

Every client is a different personality and has a different set of needs. We try to meet those needs as best we can, either through Age UK Northamptonshire services or within the local community.



One of the best things about volunteering with our service is that week by week you generally see a person's wellbeing improve. As a volunteer who visits regularly you become our eyes and ears on the ground and can let us know if you have any concerns about the client's welfare. For example, you may help someone with a weekly shop and then notice the following week whilst putting away the groceries that the food has not been eaten. If you let us know, we can follow up and find out the reason for this.

Volunteering for our service can often lead to other opportunities at Age UK Northamptonshire. One of our volunteers has recently found paid employment with the charity's KGH Support Service at the hospital.

If you like helping people and would like to make a difference to their experience of coming home from hospital, if you enjoy carrying out small practical tasks, then this is the role for you. All we need is your time. We can pay your travelling expenses/mileage and any other reasonable expense incurred when carrying out your volunteering role so that you are not out of pocket. We do not expect you to feel responsible for the person you are placed with. If you

are unable to make a visit for any reason, we ask that you let the HD&CT co-ordinator know so that we can make other arrangements.

We will contact you every week and we ask you to send us a short email/communication at the end of each week explaining what tasks you have done and a brief description of any conversations/concerns. This is so that we can keep our records up-to-date. So please get in touch, we'd love to hear from you!



Call 01604 611200
for more information or
visit our website
www.ageuknorthants.org.uk

Meet Sadie

My name is Sadie Howton and I've been awarded an amazing opportunity by my employer John Lewis & Partners to work with Age UK Northamptonshire for three days a week, through a volunteering programme called The Golden Jubilee Trust.



The Golden Jubilee Trust gives Partners the chance of a lifetime to work for a charity of their choice while continuing to get their normal pay.

After the pandemic I really wanted to be more involved in my local community. I contacted our Community Liaison Coordinator who found several projects for me to work on, but none of them sparked an interest in me until she forwarded the dementia project, led by Sue Watts.

There are three objectives to the dementia project.

- 1 To raise awareness, build confidence and provide a capable resource, in particular, for front line staff. This would be an appropriate course or courses, with support and reference materials.
- 2 To develop and set up a Day Centre or Centres that will be popular with clients, their families and carers and respected in terms of the quality of provision.
- 3 Finally, to create a plan to raise awareness of both of the above objectives appropriately, internally and externally, including the public and the media.

Sadly my Mum passed away 11 years ago from vascular dementia at quite a young age which instantly gave me a personal interest in this project, and I was extremely keen to be involved. As a family we all pulled together to give Mum the care she needed, but as the disease progressed we found it physically and emotionally challenging and had to seek outside support for her.

From a personal perspective if we had known about the services and support that Age UK Northamptonshire had to offer, we would have taken full advantage of them, particularly in the early stages of Mum's diagnosis.

To have a comprehensive dementia training package for frontline staff would mean giving clients and their families peace of mind to use the services available to them. Also, to give staff the confidence when caring for clients with dementia is extremely important and is a huge driving factor for developing the training available to them.

Since being with Age UK Northamptonshire I have seen the positive impact that the day centres make to the clients. How their faces light up when they see their friends and staff, the energy that the entertainment creates, a song that takes them back to a special memory and the bonds shared between clients and staff that generates a true family environment.

I am proud to be working on this project so it is tremendously important to me that the objectives are achieved and that the project is a great success!

Day Care at Home

A friendly face to visit you safely in your home

Some older people feel nervous about leaving their homes but they would still benefit from a bit of company and being about to join in fun activities. We know that many older people are missing their friends and need extra support at home during the coronavirus pandemic. **Our Day Care at Home Service** is designed to provide the day care experience to older people in their own home. A friendly, caring member of staff will visit on a regular basis and spend time doing a jigsaw puzzle together, maybe pottering in the greenhouse or looking through family photo albums and chatting about happy times. We can provide the support that is appropriate for the client. No personal care is provided but we can prepare a light lunch, or wash a client's hands and apply nail varnish, if that is something they would enjoy.

Debbie visits 92 year old Les for an hour every week, arranging her visits to coincide with Les' supermarket food delivery, which is ordered online by his granddaughter. Les lives independently in his own home and has relatives who live in the local area, but his family are reassured by Debbie's regular visits. They know that Les will have someone to chat to and to check on his wellbeing. Les enjoys unpacking his shopping delivery and putting things away; Debbie makes sure the chilled items go in the fridge and checks the use-by dates of items already in there.

If you, or your family member, are interested in this service, please get touch with us on 01604 611200. We charge £14 an hour and will do our best to provide the service you need, Monday to Friday 9am to 4pm. Our staff will wear the appropriate PPE and observe social distancing rules to keep clients safe. We have a small team, so the same person would visit each time and get to know their client. A regular visit from our friendly staff can have a hugely positive effect on an older person's wellbeing. We are flexible and try to provide the service that fits your needs.



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AGM

Our 25th annual general meeting was held on Tuesday 16th November

An invited audience, that included the Mayor of Northampton Cllr Rufia Ashraf, the Mayor of Daventry Cllr Karen Tweedale and 12 people on Zoom, heard reports from our Chairman Julia Faulkner, Chief Executive Chris Duff and Honorary Treasurer Ann Batom at the Moulton Community Centre in Northampton.

Chris Duff explained that the past year has been extremely detrimental for the wellbeing of many older people in Northamptonshire. Age UK Northamptonshire had focused on maintaining as many services as possible, keeping our NHS contracted services going throughout the financial year.

The total number of active clients on our database reduced slightly from 15,678 at April 2020 to 15,452 by the end of March 2021. Most other services also saw a reduction in the number of new clients although our Extra Help at the End of Life Service, Information & Advice Service, KGH Support Service and Hospital Discharge and Community Team saw increases. It is positive to note that our services are used by people across the county, with clients' postcodes reflecting the more rural areas as well as urban centres of population. Our records also indicate that ethnicity, where declared, matches the profile of the older population from which our clients are drawn.

Our annual report with audited accounts is available on our website and paper copies can be collected from The William and Patricia Venton Centre.



Did you know you can support Age UK Northamptonshire through make a smile lottery? Scan this code and join today!



Our trustees David, Tonina and Ann with the Mayor of Northampton Cllr Rufia Ashraf

Welcome to Paul Bertin our newly appointed Chair of Trustees and David Langley who has recently joined our Board of Trustees

Paul - was born and educated in London moving to Northamptonshire with his family in 1996. A graduate of the Chartered Institute of Purchasing and Supply and with a Masters degree in Business Administration.

After taking early retirement he has spent eight years working at Northamptonshire Healthcare NHS FT, first as a Non-executive Director and then as Chairman. Outside of work Paul has been a volunteer with the Princes Trust for 20 years and is actively involved with Rotary supporting Northamptonshire Young Carers amongst other local charities.



David - was born in Northampton in 1991 and has remained in the town for most of his life. David has a degree in Geography and is fluent in Spanish. He is a highly competent Project Manager and Operations Manager in his current employment and has always worked within tech and digital industries, applying his keen eye for process and procedure to make any company he has worked for efficient. Outside of work, David is a keen gardener, a Cobblers fan and plays football every week. He has also volunteered in the past with Age UK Northamptonshire, helping in 2019 with our social media and other technical queries. He has also volunteered with the Wildlife Trust in Northamptonshire, along with positions as an English Language teacher at Northampton Library.



Fundraising and News

Age UK Northamptonshire is a local, independent charity and all donations and fundraising made for us is used to support older people in Northamptonshire. There are many ways you can help us make life for older people more enjoyable and less lonely.

The Big Knit 2021-2022

Please help us reach our big target of 20,000 little hats.

Every little hat you send to us by 23rd June 2022 is worth 25p! If we reach our whopping target and send off 20,000 little woolly marvels, innocent will donate a magnificent £5,000 to Age UK Northamptonshire. Every penny will be spent improving later life in Northamptonshire.

For more information on our Big Knit call **Jo Bird** on **01604 611200** or see our website **www.ageuknorthants.org.uk**

You can send your little hats to us at The William and Patricia Venton Centre, York Road, Northampton, NN1 5QJ.

Age UK Northamptonshire goblets

A huge thank you to Sam (pictured on Page 6) and his customers at Roade Post Office for displaying another one of our goblets and raising £33.51. We would also like to thank the Olive Branch Café, Brixworth who continue to support us.

If you are a local independent business and could display one of our goblets, we would love to hear from you. Call **Jo Bird** on **01604 611200**.

Local MP hears that "Care Can't Wait"

We were delighted to welcome Northampton South MP Andrew Lewer to our William and Patricia Venton Centre to hear about the work of the charity and to discuss the urgent need for social care reform. He also met four local people who rely on the centre for support.



Big Knitter Jean



Rodger in Brixworth

Once again we say a huge thank you to the Northampton Lions Club

Their motto is "We serve" and they consider the season of goodwill to be a time when we should all help and remember others less fortunate than ourselves. We are delighted to accept their "Can Collection" so that we can give the groceries and festive goodies, which have been donated by people living in Northampton, to vulnerable older people in our community.



Lions Club Donations



Andrew Lewer MP meets Jen and David

Age UK Northamptonshire thanks Operation REPEAT and the Police, Fire and Crime Commissioner for the excellent free training our staff attended

Awareness training for trusted workers can protect thousands of older people - Age UK Northamptonshire staff attended a Doorstep Crime and Fraud Awareness training session by Reg Burrell and Marilyn Barratt of Operation REPEAT (Reinforce Elderly Persons' Education at All Times) on Monday 22nd November.

In Northamptonshire, this vital, free training for health and social care sector staff is funded by the Police, Fire and Crime Commissioner so that messages to vulnerable clients will be continually reinforced by a trusted visitor.



Sonia of our Home Care Cleaning Service pictured (centre) with Reg and Marilyn



Ken Nokes at the Roade Drop In

Find out about services and support in your local area

Our staff are always pleased to be given the opportunity to promote the services and support we offer in Northamptonshire.

Please get in touch if you are holding an event or organising a group meeting who might be interested in hearing a few words from Age UK Northamptonshire.

If you can think of a way you can fundraise for us and raise vital funds for older people in Northamptonshire please get in touch on 01604 611200 or visit our website www.ageuknorthants.org.uk



Roger Harris with some of the Wootton Senior Club committee members

Age UK Northamptonshire and Lifeline24 have partnered to offer local residents a 24/7 personal alarm service from as little as £2.77 per week.

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For more information call Roger



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Christopher Bryden
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Northamptonshire Sport
chris.bryden@northamptonshiresport.org
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