



WELCOME TO OUR

November Local Loop

t: 0115 844 0011 e: info@ageuknotts.org.uk info: www.ageuk.org.uk/notts

Welcome to the November/December edition of our Local Loop –



What a fab festive issue, full of Omazing news, words of thanks, good news stories, ways to save and keep you warm!

You know the drill – pop the kettle on, grab a snack and enjoy a catch-up with Age UK Notts.

Maria Cooke
Innovations and Communications Director



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VOLUNTEER ANNIVERSARIES

Five Year Volunteering Anniversary

Margaret is one of our wonderful Dementia Support Volunteers who week in week out goes along to our Sybil Levin specialist dementia service to help the staff in looking after our friends/guests who visit us each day at the centre. We spoke to Margaret and asked her about her volunteering, and she told us:



"I retired about 5 years ago and knew I wanted to use my retirement years volunteering. I was especially motivated to volunteer for Age UK Notts to help our elderly community living with dementia. My own family has been very much affected by this horrible disease. My Dad (for 13 years), Mum (5years) and older sister (13 years) have all died from the disease. In all cases their carers (including me) were greatly helped by respite care. Without this respite I know for certain that each one would not have been able to stay at home for as long as they did. So, volunteering at Sybil's was a no brainer for me! It is very rewarding, the Sybil's community is wonderful, helping so many."

Margaret also used to volunteer as a telephone befriender, and after Covid 19 she started to visit the lady and now they are both firm friends, meeting every few weeks for a coffee and a chat. Margaret also volunteers at the other end of the age spectrum, reading with children in her local primary school which she finds great fun. She is Grandma to one adorable grandson and soon to be Grandma to a granddaughter due to arrive before Christmas. You sound like you have such a busy life Margaret, we are so very grateful that you have chosen Age UK Notts to support through the time you provide as a Dementia Support Volunteer and many congratulations on receiving your silver certificate and badge to denote your 5-year commitment.

Ten Year Volunteering Anniversary

David is a wonderful 84 years young and has been volunteering with the Best Foot Forward service as a volunteer walk leader since November 2014. Elaine Hopkins the Best Foot Forward Volunteer co-ordinator recently went to present David with his gold certificate and pin-badge to mark his 10 year volunteering anniversary.

We are so grateful to David for all the walks he has led for us during his 10 years as a volunteer – I wonder how many miles this would add up to? However many it is, it will be a wonderful total and all the people who join you on your weekly walk will I'm sure want to join with us in congratulating you on the fantastic dedication and commitment you have shown to both your role and the charity. KEEP WALKING!!



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VOLUNTEER AWARD WINNERS 2024



You will remember that we asked for nominations earlier this year for the 2024 Volunteer Awards.

Volunteers across the charity were nominated in the following categories:

- **Longstanding Volunteer**
- **Outstanding Volunteer Contribution**

Staff members on the Employee Forum (representing all areas across the charity) considered each nomination in great detail and with great care and were once again amazed at the commitment and goodwill from each of the nominees and their impact on local older people. After much deliberation, the difficult decision of choosing the winners was made.

Jen from The Companion Service Team for her Outstanding Volunteer Contribution as a Companion Service at home and in the community and Senna, also from the Companion Service Team for her support as a Companion Service at home and telephone befriender as the winner of the Longstanding volunteer award.

Congratulations to both Jen and Senna! Both will receive a framed certificate denoting their award and their two-day break prize (courtesy of Room to Reward) during a celebration event that will be held in the New Year hosted by Di and Michelle our joint Chief Executives.

Full details of why they won and photographs of the celebratory afternoon tea they attend will be posted in another issue of the Inside Loop, so look out for this next year.

[Find out more about becoming a volunteer here](#)



Do you want to help older people and give something back?

People of all ages and all walks of life volunteer for Age UK Nottingham & Nottinghamshire - and we couldn't do our vital work without them!

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Dear Christmas Friend is a great way to spread some Christmas cheer to people in hospitals and care homes during the festive season. There are people in each of the locations who may not get many visitors and we'd like to remind them that they are part of our community and they are not forgotten.

Simply write a letter, draw a picture or send a card (maybe all 3!) to someone and brighten their day. Check out the guidance notes to help you decide what to include and enjoy spreading a little happiness between now and Christmas.

We're so pleased to be able to bring back this lovely opportunity to add a little cheer to the life of an older person spending Christmas in their care home or in hospital.

There are some very simple rules to follow so everyone can enjoy the experience:



DO:

- Get the younger generation involved. If you have children or grandchildren, encourage them to make a card, write a letter or do some drawing
- If writing a letter, share general information about yourself, such as your job, hobbies, seasonal anecdotes, Christmas traditions or your favourite things about winter
- If sending a card, remember that not everybody is religious or of the same religion, so choose or draw designs that are suitable for everyone
- Offer some reminiscence opportunities. You could mention favourite places or childhood memories, for example
- Postcards with pictures of gardens, animals, pets, art works, or coastal views can all help to stimulate conversations and memories
- Ask questions to encourage the patient to think about their own lives, for example, 'Christmas Pudding is my favourite part of the meal. What's your favourite?'
- Sign your card or letter with your first name only



DON'T:

- Don't stick anything onto your card. Glitter, sequins, twigs and cotton wool might fall off and make a patient uncomfortable or create extra work for the cleaning staff. Letters, paints, felt-tips, wax crayons or pencils only, please
- Don't add any details that will identify you specifically such as your address, date of birth or age
- Don't be political or share conspiracy theories
- We have so many different venues for you to choose from and we recommend sending your card, letter or drawing (maybe all 3!) from late November onwards.





Where to send

Please remember to put a stamp on your envelope and send to any of the locations below:



Dear Christmas Friend - Age UK Notts
C/O Kerry
Acer Court Care Home
172 Nottingham Road
Nuthall
Nottingham
NG8 6AX

Dear Christmas Friend - Age UK Notts
C/O Hayley Wood
Alder House Care Home
Avery Place
172 Nottingham Road
NG8 6AX

Dear Christmas Friend - Age UK Notts
C/O Racheal
West Lodge Care Home
238 Hucknall Road
NG5 1FB

Dear Christmas Friend - Age UK Notts
C/O Bernice
Wollaton Park Care Home
2A Lambourne Drive
NG8 1GR

Dear Christmas Friend - Age UK Notts
C/O Charlotte
Acorn House Care Home
1 Oak Street
Nottingham
NG5 2AT

Dear Christmas Friend - Age UK Notts
C/O Tracey Cook Deputy Manager
Highfields Nursing Home
330 Highbury Road
Bulwell Nottingham
NG6 9AF

Dear Christmas Friend - Age UK Notts
c/o Anna Ellerton
Lings Bar Hospital
Beckside
Gamston
Nottingham
NG2 6PR

Dear Christmas Friend - Age UK Notts
c/o Louise Page
Modern Matron
Mental Health Services for Older People
Nottinghamshire Healthcare NHS Foundation Trust
Blossomwood
Sutton in Ashfield
Nottinghamshire
NG17 7JT

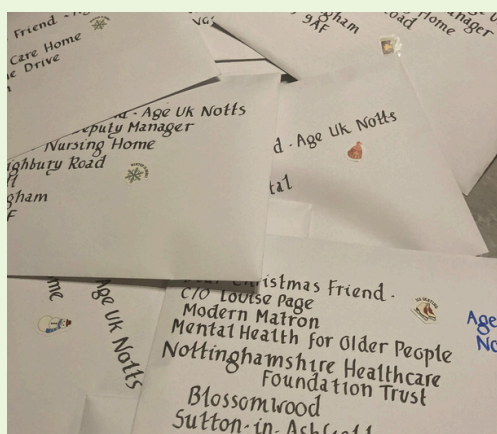




S has handstitched some beautiful little Christmas cards and written a letter for 2 recipients in each of the Dear Christmas Friend venues. What a great job, S, - we know they will bring a lot of festive cheer to whoever is lucky enough to receive them. S loved the project and really enjoys writing letters so she's always up for a pen pal project.

We have some very talented and generous people in our charity and we're glad to have them involved in this lovely project.

Do you have a passion or project you'd like to share with us? Email: sarah.elliott@ageuknotts.org.uk



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NOTTINGHAM CITY WARM HUBS

Many residents may be struggling this winter to deal with increasing household bills, as the cost-of-living crisis continues, and the days become colder. Nottingham City Council, partners, community and voluntary organisations, have opened up a number of buildings as warm spaces for any resident to freely access and stay warm during their opening hours.

NORTH LOCALITY

Basford

Renew Community Café
Basford Road Baptist Church Basford Road,
NG6 0JL
Wednesday Morning, 11am - 1pm
A range of Hot and Cold Drinks, Cakes &
Pastries available for a small donation. We
also have board games and craft activities
to take part in. We aim to make this space
somewhere for you to be comfortable
where it's ok not to be ok.
Nicola Darlington
07790276892
enquiries@basfordroadbaptist.org.uk

Bestwood

Arnold Rd Evangelical Church
Arnold Road NG5 5HN
Tuesdays 10am- 11:30am
Coffee morning
pastor@arnoldroad.org
0115 920 1788

Bilborough

Beechdale Community Centre
Ambergate Road, NG8 3GD
Monday to Friday 6pm – 8pm
Warm space
0115 915 0285
07889662637

Bilborough

Beechdale Community Centre
Ambergate Road NG8 3GD
Monday to Friday 10am-4pm
Games, Hot Meals, Hot drinks, Advice,
Support, Food bank, various group activities
01159150285
07889662637

Sherwood

#Well Café, The Pillar Box
566 Mansfield Road NG5 2FS
2nd & 4th Thursday of the month 3pm – 5pm
Our cafes are designed to connect individuals to like-
minded people in the community, sharing well-being
tips, interests and skills. There is offer of tea, coffee
and biscuits.
katie.hale@nottinghamshiremind.org.uk

CENTRAL LOCALITY

Aspley

St Martha's Church 137-139 Frinton Road NG8 6GR
Wednesdays 10am- 12pm
Community Café
0115 9298899
Info@wearewoven.church

Aspley

St. Marthas Vicarage
135 Frinton Road NG8 6GR
Wednesdays 10am- 12pm
Free community cafe
0115 929 8899
Info@wearewoven.church

City Centre

Emmanuel House Support Centre
53-61 Goosegate, NG1 1FE
Monday, Tuesday, Thursday and Friday, 12.30pm –
1.15pm.
Food and company. Community members can use
the centre as a warm safe place to help reduce fuel
bills at home.
Charging £2 for meal or £10 for 10 meals when
ordered in advance.
0115 950 7140
E-mail
admin@emmanuelhouse.org.uk

NOTTINGHAM CITY WARM HUBS

City Centre

Grace Church

1 Castle Boulevard NG7 1FT

Tuesday 10am- 11:30

Family Foundations sessions - free play, support parcels for young families (including food parcels if needed), befriending and signposting
hello@gracechurchnottingham.org

City Centre

#Well Café, National Ice Centre,

Bolero Square NG1 1LA

Mondays 10:45am – 12:30pm

Our cafes are designed to connect individuals to like-minded people in the community, sharing well-being tips, interests and skills
katie.hale@nottinghamshiremind.org.uk

Hyson Green

Salaam Shalom Kitchen; The Bridge Centre, 49a, Gregory Boulevard NG7 5JA Every Wednesday, 5pm - 6.30pm
Warm space and hot meals ; also take away meals and groceries
07729288460
info@salaamshalomkitchen.co.uk

Hyson Green

SFiCE House; 75a, Raleigh Street
Arboretum, NG7 4DL

Tuesdays, Wednesdays & Thursdays, 4pm- 5.30pm

Hot meals for the homeless and communities in need. Free, or small donation if one can afford it
0115 978 9256
07941378265
info@sfice.org

Wollaton

Wollaton Park Community Coffee Shop, Harrow Road
NG8 1FG

Thursdays 8:45am- 11:45am

A warm safe place to help reduce fuel bills at home. We run a coffee shop and offer subsidised hot drinks and food.
0115 928 8860
wpcommunitycentre@googlemail.com

Wollaton West

St Thomas More's Church Hall

2 Glenwood Avenue NG8 2GA

Fridays, 12.30pm - 2pm

Food and company. Community members can use the centre as a warm safe place to help reduce fuel bills at home.
0115 929 5907
st.thomasmore.wollaton@outlook.com

SOUTH LOCALITY

Clifton

Holy Trinity with St Francis Church Farnborough Road, NG11 9DG

Wednesdays 9 - 11am

Drop-In Cafe with tea, coffee, toast and biscuits. Have a chat and make new friends. All free.
DROP IN CAFÉ with prayer time at 11am (all welcome, no pressure to take part in prayers)
074591382105
juleshilton@outlook.com

NOTTINGHAM CITY WARM HUBS

Dales

Oliver Hind Youth Club

Edale Road, NG2 4HT

Mondays, Tuesdays, Thursdays: 12 - 3pm

Wednesdays, Fridays: 10am - 3pm

Come relax, chat, or simply take a break from your day. You can sip on tea or coffee, savour fresh fruit, and perhaps indulge in a biscuit or two. Plus, feel free to make the most of our facilities - enjoy a game of table tennis, pool air hockey, or table football.
0115 837 2021

Sneinton

Sneinton Hermitage Community Centre

51 Sneinton Boulevard NG2 4FD

Tuesday 10-1pm Warm Hub

Thursday 11-1.30pm Noor Project

Warm Hub is a drop in session run by social prescribers offering advice, health & finance etc. various activities i.e board games/quizzes/card games. refreshments available

Noor Project offer a hot meal and pudding,

social interaction with other people

Yoga and various other arts/crafts activities

sneintonhermitagecc@gmail.com

07974394042

St Ann's

Chayah Development Project

26 Robin Hood Chase NG3 4EZ

Wednesdays, 9am - 2.30pm from November 2024

Community members can use the centre as a warm safe place to help reduce fuel bills at home. Hot meals for £1.00, free hot drinks
Hya@chayahgroup.co.uk

St Ann's

Open Kitchen

207 Mansfield Road NG1 3FS

Mondays to Thursdays 11am-2pm

Fridays 11am- 1pm

mail@muslimhands.org.uk

People are able to pop into the café without booking

Muslim Hands

01159117222

For more information visit:

<https://www.placesforpeople.co.uk>

[Find a Space](#)




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2024 ADVENT RAFFLE

Have you got your tickets?

Tickets are selling fast, with prizes once again generously donated by one of our volunteers and by  , prizes include a Le Creuset casserole dish (worth £125), Toff men's watch, electrical beauty items, a hand knitted large stitch wool throw, a BBQ, vouchers, gift sets and a whole host of other fantastic items including luxury alcohol. All prizes are worth far more than the value of the £5 ticket price!

There are 24 prizes up for grabs, one for each day of December from 1st to 24th inclusive. Tickets will be drawn daily on weekdays and winners notified by phone or email. Tickets for the dates which fall on a weekend will be drawn either on the previous Friday or following Monday.

Tickets are on sale now email
victoria.pearce@ageuknotts.org.uk &
pay for your tickets by debit card via phone

Tickets £5 each -
Call Finance on :
0115 8966907 before 2.30pm

There is no facility this year for cash payment.
(please note we cannot accept payment by credit card).



You can purchase as many tickets as you like until Friday 20th December 2024. Your ticket/s will stay in the draw until either drawn or the end of the raffle.

CHRISTMAS OPENING HOURS



It's getting darker and the shops are full of ever-smaller tubs of chocolate. Is it nearly Christmas??

Here's what's happening over the Christmas period:

Christmas Eve – phone lines close at 12 noon and the charity closes at 1pm.

Merry Christmas! Happy New Year!

Thursday 2nd January – all phone lines and services resume their normal hours.

Sutton in Ashfield shop – open 10am – 3pm on Monday 23rd December and then closed until Thursday 2nd January.

THANK YOU, TEAM SUTTON!



Sarah recently became a volunteer at our Sutton in Ashfield shop and she wanted to share her experiences.

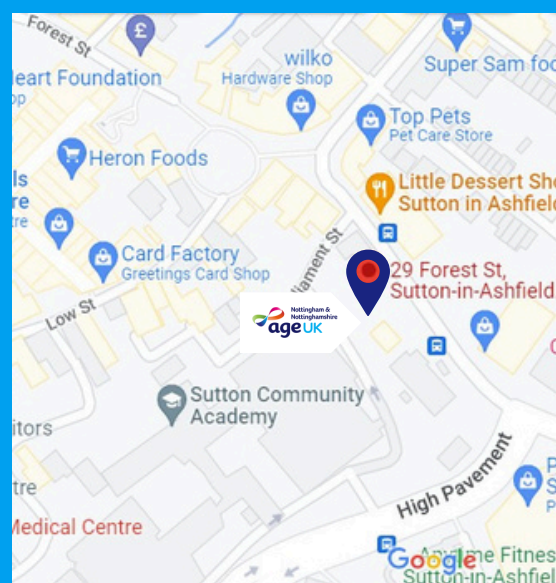
Sarah lives with a number of serious health complaints (including sensory ganglionopathy and Barrastuups disease which affects her spine). She's previously worked as a chef and with young offenders in educational settings.

Sarah became ill in December 2021 and spent 4 months in hospital and continues to receive treatment and support from the Neurology department at QMC.

The adjustment to a new way of life was understandably challenging but Sarah has gained confidence through her volunteering and meeting new people and she's back to socialising independently.

Sarah's really enjoying her volunteering time in the Sutton shop and says the team are brilliant – time just flies by! She really values the support and friendship from our staff and volunteers and Suzanne confirms that she's been a great addition to the team with lots of really interesting ideas.

Thanks for the feedback, Sarah.
We appreciate your support.



Monday - Saturday
10am - 4pm



29 Forest Street
Sutton in Ashfield
NG171DA



telephone :
01623 488201



email:
info@age.uk.org

A PRE LOVED CHRISTMAS

In a season where everyone is told to buy, buy, buy; it's easy to forget about the joys of second hand gifts. There are so many good reasons why you should consider getting your loved ones preloved gifts this year!

Buying gifts can be hard, especially when you don't want to go in to debt over the festive period. Second hand gifts are the perfect way to make sure everyone on your list gets a thoughtful gift, and you can stay well within your budget.

There used to be a stigma surrounding these types of gifts but they're becoming more and more popular nowadays.

Thrifted gifts are the more eco friendly option, they're one of a kind and cost a fraction of the price of items bought new.

Don't forget about our Sutton shop for all your Christmas needs - from gifts for all, fun Christmas jumpers, puzzles, books and tableware even the emergency chairs for last minute guests we have it all!

Find us:
29 Forest Street
Sutton in Ashfield
NG171DA

Open Monday - Saturday
10am - 4pm



Books & Puzzles



Gifts & Crafts



Furniture & Bric a Brac

t: 0115 844 0011 | e: info@ageuknotts.org.uk

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OMAZING NEWS



Right now, almost a million older people in the UK are struggling in silence.

Together we have the power to change loneliness into connection

Enter now at
www.omaze.co.uk



LIVE IN. RENT OUT. SELL UP.

All of us at Age UK Nottingham & Nottinghamshire are so excited to share Age UK's news that they are the new OmazeUK charity partner for their latest house draw! 💜 Every local Age UK will benefit from the partnership allowing us to provide more vital services for older people in our community.

Enter today for your chance to win this enchanting £4million house in the Lake District, along with £250k in cash, and help the Age UK Network support older people.

This Enchanting House, worth £4,000,000, is a luxurious sanctuary on the shore of Coniston Water, complete with a spa, private jetty and summerhouse. And when you enter the Lake District House Draw supporting Age UK, you could be waking up next year to the magic of Christmas right here. There's no stamp duty, mortgage or conveyancing fees to pay. And with furnishings included, plus an incredible £250,000 in cash to help you settle in, one guaranteed winner will be free to move in, rent out or sell-up. So why wait?

[Find out more here](#)

Enter today to win even more!

For a limited time, Omaze is offering you the chance to win their Biggest Early Bird Prize Ever when you enter early. So not only could you win the Grand Prize, an enchanting house worth £4 million, you'll also have the chance to win a share of £1 million in cash, just in time for Christmas. You could win one of 5 huge cash prizes, including the top prize of £500,000. But only when you enter by Sunday 8 December.

You can enter the draw by clicking here

For full T&Cs



BEST FOOT FORWARD

Over 52 walkers supported our celebration walk at Wollaton Park during our Sponsored Walk Week. I joined them on the mild autumn day with the glorious house as a back drop the walkers chose from the option of a shorter or longer 2.5 miles walk around the grounds. Taking in the wonderful sights, squawking geese, dewy grass, imposing stags and deer's and scurrying squirrels, as I crunched through golden crisp leaves I couldn't think of a better office for the day!

As we set off it was clear these walks are not simply 'walks' for this group of cheery walkers they are a lifeline. The walkers on the day may have ranged from 21 to 89 years with varying levels of mobility, but the benefit they get from these walks is very similar.

Meeting with friends (some made within the walks, some already firm friends recruited to enjoy the camaraderie of a group!) getting some exercise whether a gentle amble or a faster walk, enjoying fresh air and connection with nature are just some of the benefits.



"I really look forward to my Tuesday walk - it gives me a real sense of belonging knowing my friends will be there."

**Over £1600 was raised.
Thank you to all those who supported this fundraiser.**



#BFFwalks



#wollatonpark

With leaders at both the front and back of the group walkers chat, with no pressure to keep up, everyone walks at their own pace. At the end of the walk we enjoyed hot refreshments and delicious scones and a selection of cakes at the hall of St Judes church.

With a tummy full of cake and a heart full after listening everyone's BFF journey I headed back - here's what a few of our walkers shared with me:

"When I joined the walk over 9 yrs ago I was suffering from crippling anxiety and was on medication. I had terrible lack of confidence and poor general health. Going on these walks helped me so much - not only am I much more confident but I don't take any medication now."



"When I lost my parents within weeks of each other I felt lost - I needed an outlet for my grief, talking to people outside of my friends and family really helped me to open up, I could talk about things I couldn't discuss with my family."

You can still donate here:



[Best Foot Forward Sponsored Walk Week 2024 - JustGiving](#)

SHED NEWS!



Thank you to everyone that came to our Open Day on Saturday, it was a successful event and great to see so many new and familiar faces.

Also a big thanks to our volunteers and members that made it happen and to Jan for taking care of the hot drinks and cake station.



If you missed the event but would like to take a look at the items our 'shedders' make, please pop down to shed, we're open Tues - Thurs 9am - 1pm.

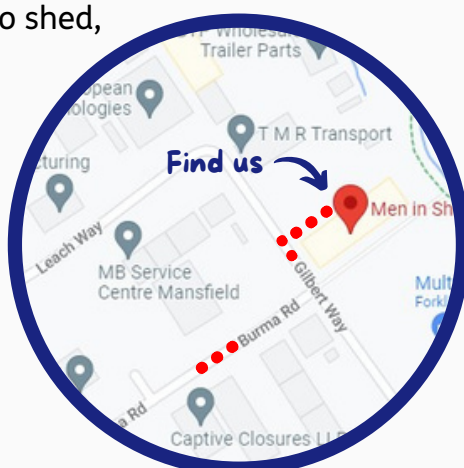
Men in Sheds - Blidworth
Unit 4, Boundary Court
Gilbert Way,
Burma Road Industrial Estate
Blidworth
Nottinghamshire
NG21 0RT

t 01623 797 750

email: meninsheds-blidworth@ageuknotts.org.uk

Follow us for regular updates:

[Men in Sheds Blidworth](#) | [Mansfield](#) | [Facebook](#)



Great News!

From Thursday 7th November Workop Men in Sheds will be open 4 days a week. We're adding an extra session on a Thursday morning 9am - 1pm.

If you are male and over 50 why not come and join our existing members, enjoy the camaraderie and a natter over tea / coffee and of course biscuits...with a bit of woodworking thrown in too! Each session is only £3 (this includes refreshments).

Men in Sheds - Workop
Unit 2
Kilton Terrace
Kilton Road
Nottingham
S80 2DQ

t 01909 549 078

email: meninsheds-workop@ageuknotts.org.uk

Follow us for regular updates:
[Men in Sheds Workop](#) |
[Workop](#) | [Facebook](#)



THANK YOU!

2024 has been the start of a new fundraising chapter for Age UK Notts.

Heather and Elaine were tasked with a variety of activities to boost our visibility in the community and our income.

This often requires input and support from teams across Age UK Notts, which they always find to be given warmly and willingly.

Heather and Elaine want to thank you all. Be it requests for details in a grant application or helping at events, your support has been consistently positive. And for those who may not have been directly asked for support, please know that the quality of your work at Age UK Notts also makes a huge contribution. Having projects and services that are delivered to a high standard means fundraisers can share powerful case studies and impact reports.



**THANK
YOU!**

Heather and Elaine also want to share a celebration... They have surpassed their 2024 income target!!

Over **£40,000** has been raised!
This would not have been possible without the support of others.

Thank you.

These funds will support services such as ISA, Best Foot Forward and Men In Sheds, as well as back office functions.

Are Heather and Elaine planning to slow down between now and the New Year?
Of course not!



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GET THOSE NEEDLES CLICKING



The much-loved innocent Big Knit campaign is back for another yarn-spinning year, and Age UK Notts, in partnership with Innocent drinks is calling on all knitters and crocheters in Nottinghamshire to join the fun and help make a big difference to the lives of older people, while being part of this infamous campaign.

Since 2003, Age UK and Innocent have teamed up to inspire the nation's crafters to knit little hats for innocent smoothie bottles. The campaign has raised an incredible £3.2 million for Age UK since it began. For every behatted smoothie sold, Age UK receives 30p, helping to provide crucial support to older people both nationally and locally. The 2024-25 campaign aims to knit 1.4 million little hats, with the smoothies hitting shelves in October 2025.

So why not grab your knitting needles, start stitching, and make a real difference? The funds raised will help Age UK Notts continue to provide older people with vital information, advice, and friendship.

Let's get those needles clicking and create a real yarn to remember! Crafters have until 1st July 2025 to send in their hats, so there's plenty of time to get involved.

Why not share your efforts with us and spread the knitting joy on our social channels:
Click on the icons to visit the channels:



For more information visit:

<https://www.ageuk.org.uk/notts/about-us/news/articles/2024/the-big-knit-2024/>

Big Knit drop points:

**Re:Store
Age UK Notts
29 Forest Street
Sutton in Ashfield
Notts
NG17 1DA**



**Advantage Mobility
16-18 The Bridgeway Centre
The Meadows
Nottingham
NG2 2JD**

You can also post your completed hats to:

**Age UK Notts
16-18 The Bridgeway Centre
The Meadows
Nottingham
NG2 2JD**

DATES FOR DECEMBER



3rd December **International Day** **of Disabled** **Persons**



2nd - 8th December **National Grief Awareness Week**

National Grief Awareness Week is a compassionate and important observance dedicated to raising awareness about grief, providing support to those who are grieving, and fostering a better understanding of the grieving process. It acknowledges that grief is a natural response to loss and aims to break the stigma surrounding this deeply personal experience.



5th December **International** **Volunteer Day**

International Volunteer Day was established on December 17, 1985, by the United Nations General Assembly.

- There are currently an estimated 109 million full-time volunteers internationally
- Over a billion people do some form of volunteering, either formally or informally

31st December - Hogmanay

The singing of “Auld Lang Syne” on New Year’s, now a worldwide custom, originated during Hogmanay. The holiday also reportedly introduced the practice of bell ringing to mark the new year.



13th December - **Christmas Jumper Day**



13th December - National Hot Chocolate Day The origins of hot chocolate can be traced back to the ancient Mayans, who made a bitter drink from roasted cocoa beans. Today, hot chocolate is enjoyed all over the world and comes in many different varieties. Some people prefer their hot chocolate with marshmallows, whipped cream, or a sprinkle of cinnamon, while others like to add a shot of espresso for an extra kick. In addition to being a delicious winter treat, hot chocolate also has some health benefits. Cocoa powder, the main ingredient in hot chocolate, is high in antioxidants and can help lower blood pressure and improve heart health. Milk, another key ingredient, is a good source of calcium and vitamin D, which are important for bone health.



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AND FINALLY... HOW TO KEEP WARM

Keeping warm when working from home with the temperatures rapidly dropping can be tricky. UK's houses are infamous for being cold and poorly insulated, which is why we need to get creative and think of ways to stay warm while working away at our desks this winter. Especially as we find ourselves in the midst of an energy crisis and a newly increased energy price cap starting from January 2024, when putting the heating on with the need to only warm up one room in the house is not the most economical solution for a large or small home office idea.

Now, I'm off to put another layer on and make a hot cuppa to warm up!



Here are some ways to keep warm while working from home:

Layer up: Wear several layers of clothing, such as a thermal vest, long-sleeved top, wool, cotton, or fleecy fabric, tights, trousers, and thick socks or slippers. Trapping air between layers helps prevent body heat from escaping.

Use a hot water bottle: A hot water bottle or heat pack can be placed on your lap or under a jumper.

Use an electric blanket: An electric blanket is an energy-efficient way to warm your whole body.

Drink warm liquids: Drinking warm liquids can help keep you warm, but avoid caffeinated and alcoholic beverages, which can make it easier for your body to lose heat.

Close doors: Keep doors closed to prevent heat from escaping your workspace.

Use a smart thermostat: A smart thermostat allows you to control the temperature in your home from anywhere.

Bleed your radiators: Bleeding your radiator can help keep your home warm and save money on your bills

Our specialist Warm and Wise team helps adults living across Nottinghamshire to stay safe, warm and independent in their own homes.

Contact: warmandwise@ageuknotts.org.uk
[01158 599209](tel:01158599209)

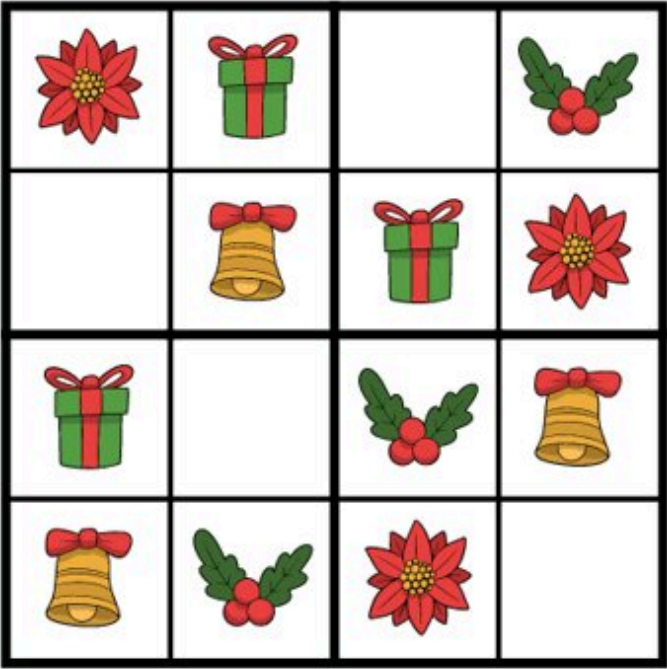


Word Search Puzzle

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

- connect
fundraise
scam
dementia
- advocacy
donate
warm
benefits
- advice
companion
wise
worry catcher
- charity
information
inclusion
walking

Sudoku



Spot the Difference



Can you spot the 5 differences in the photo below?



Feeling funny?

1.Which of Santa’s reindeer can you see from space?



2.Why don’t Christmas trees knit?



HR

Make a lasting impact on the lives of older people in Nottingham and Nottinghamshire - Join our team!



**Bank Support Worker
(Specialist Dementia Day Service)**

SPECAL Support Worker

Advocate

A MESSAGE FROM COMMUNICATIONS



Tell us what you think of this month's loop!

If you have any news or information you would like to see included please forward onto to us.

Send any comments to
maria.cooke@ageuknotts.org.uk

If we can make it better, we will. If you like what you see, please tell us.

Maria & Sarah

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