



WELCOME TO OUR

August Local Loop

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

Welcome to the August edition of our Local Loop –

As summer draws to a close and we head towards Autumn we look at what's to look forward to in September.

Read on to find out about more news in and around our Charity.

Maria Cooke

Innovations and Communications Director



Social Media -
We want to hear from you!
Help us by...

Liking, Saving, Sharing and
Commenting on our posts.

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BRIGHTENING LIVES

Our Companion Service makes it possible for older/vulnerable people to still enjoy their life and to do the things that mean something to them with the support of a carefully chosen volunteer companion. Read on to find out how this service had such a positive impact on *Sarah's life.



Sarah is 85 years old and was an early sign-up to our new Companion Service. She was a prominent, independent and active member of her local community and ran a number of shops and family businesses with her husband. Sadly, her husband died a few years ago and her children and their families don't live in close proximity although they are a close-knit family. Living alone in a large house, Sarah found it challenging. Her mobility remains affected by her health conditions and she knows she can be a bit forgetful and confused. The challenges of daily life can be distressing. Sarah and her family were concerned about the decline of her mental health and ability to cope. A detailed conversation with Sarah and her family enabled us to begin the search for the right volunteer to meet Sarah's needs and bring some enjoyment back into her life.

"Sarah is a very special lady and I value the time that we are able to spend together"
(Anne - Volunteer)

Our Companion Service offers the chance to do the things you love with someone. Whether that's staying in or going out, the choice is yours!



0115 8599206



companion.service@ageuknotts.org.uk

[Visit the Companion service page here](#)

*Anne is one of our very experienced volunteers who has supported multiple service users and lives locally to Sarah. We made the introduction and allowed time for Sarah to become comfortable with Anne who fully utilised her excellent communication and listening skills. The relationship has developed well and Sarah has even enjoyed a visit to her beloved Marks and Spencers to do some shopping – a much missed treat. She's also been able to reconnect with her local community so her overall quality of life is much better.

Sarah is now looking for more support and we'll soon be introducing Sarah to another wonderful volunteer who can offer more time to nurture the Companion relationship. Sarah and her family have also been made aware of other support services such as Age UK Business Directory, dementia services, and care agencies who can potentially provide more specialised services as they are required.

This is what Sarah, Anne and the family say about the Companion Service :

"Anne brightens up my day and means the world to me, she is lovely and so kind and patient. I look forward to her visits and spending time together"
(Sarah – Companion customer)

"Anne has made a huge difference and impact to all our lives. We are very reassured and appreciate everything that the Companion Service has done and is doing to support our mum and family, thank you so much"
(Family members)

WEST BRIDGFORD NEWS

August 30th marks the last day of trading for our West Bridgford shop. For 30 years, we've brought a great range of pre-loved items to the community in West Bridgford and we are sorry to see the shop go because the lease is at its end.

More than that, our wonderful staff and volunteers over the years have brought friendship and comfort to customers and that has been much valued. They've been signposted to other Age UK Notts services, found support in the local community and had a place to come for a chat and a giggle to help them feel less lonely. We are grateful to all those staff and volunteers for making the shop much more than a place to buy things – it's been a place to belong.

We are pleased to say that some of the volunteers will be transferring to other services within the charity and we're thrilled to retain all their knowledge and experience, and we are supporting staff who will be leaving us in any way we can to minimise as much as possible the obvious impact on their lives. Our heartfelt thanks go to all staff and volunteers for the contribution they have made to the success of the shop over the years.



Thank you to everyone who has supported the shop with donations and purchases – the income raised has helped us deliver services that we know older people value so much. We've been glad to be part of your world and we hope you've enjoyed being part of ours.

[Click here for information our Sutton in Ashfield shop](#)



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BREAKFAST WITH MARIA!

The BBC Breakfast logo, featuring the letters 'B B C' in white squares on an orange background, with the word 'BREAKFAST' in large white letters below.

We made the National news !!
Well done and thank you to our very own TV star Maria Cooke for representing older people regarding the winter fuel payments changes. The interview was filmed at our shop in Sutton-in-Ashfield and was aired at 8.23 on 14th August on BBC 1 breakfast news - Unfortunately BBC Breakfast only remains on iPlayer for 24hrs.

It was a great advertisement for our shop and Charity. The shop looked good Suzanne Taylor!



POPPING UP AT PAUSA

As part of our collaboration with Dunelm, we have held drop in sessions at Dunelm's Pausa cafes - here's Elaine & Heather in the Mansfield Store. Information, handouts, and a selection of Men In Sheds products.

Not only great for getting information out to the public and raising awareness of the fabulous services we offer the pop up's create a good opportunity to raise funds!

Look out for more events with Dunelm very soon!



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SPOTLIGHT ON TRAVEL FRAUD

With the kids heading back to school you might be on the lookout for a hot summer deal.

However, be cautious of “too good to be true” offers on flights and/or accommodation. Criminals may advertise holiday packages at rock-bottom prices using fake payment pages to obtain your personal and financial information. Remember, if it looks too good to be true, it probably is!

If you are going overseas, make sure your card company has your up-to-date contact details so they can contact you if there is an issue with your card while you are abroad. Only take debit and credit cards that you intend to use, leave the others securely at home. Always keep your passport, ID and bank card safe when travelling as criminals can try to steal them, or the information on it.

It's also a good idea to keep your bank and credit card company's 24-hour telephone number with you in case you need to contact them while you are away. If you use a card machine aboard, make sure you cover the machine when you're entering your PIN and check your bank statement when you get home for any transactions you don't recognise.

[Find out more about the Take Five campaign here](#)

**DON'T LET YOUR
DREAM HOLIDAY
TURN INTO
A NIGHTMARE**



Scams



Protect yourself

**If you are aged 50 or
over please call:**

Age UK Notts
0115 855 3388

email: scamsawareness@ageuknotts.org.uk

CARERS, HAVE YOUR SAY!

Please make sure you spread the word - let's make a difference!

Have you got experience of a loved one being discharged from hospital to another place of care?

This could be (but is not limited to):

Mansfield Community Hospital
Lings Bar Hospital
Connect House, Clifton View or
Wollaton View

NHS Nottingham and Nottinghamshire are creating a new Patient and Carer Charter to help people understand what to expect from this discharge route. They want to hear from you about what to include in the charter and what information would have best helped you and your loved one.



If you're interested in sharing your experiences, you can book onto one of the focus groups listed below, or get in touch to arrange a phone call.

Focus group times and location:

**5th September - 10am-11am:
Retford Primary Care Centre, North Road,
Retford, Nottinghamshire, DN22 7XF**



To book or to arrange a phone call at a convenient time, please email carersspacenotts@nottinghamshirecarers.co.uk or contact James on: 07966 391612



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DATES FOR SEPTEMBER

5th September: International Day of Charity

The International Day of Charity 2024 is on 5 September. There is a significant reason that the 5 September was chosen as the date for World Charity Day, and this is to commemorate the anniversary of the death of Mother Teresa of Calcutta. The main purpose of the International Day of Charity is to raise awareness and provide a common platform for charity related activities all over the world for individuals, charitable, philanthropic and volunteer organisations for their own purposes on the local, national, regional and international level.



18th- 24th September : International Week of Happiness at Work

We spend a large part of our lives at work, and this has a significant impact on the rest of our lives. Therefore, paying more attention to happiness at work can make a difference. By declaring the last week of September as the Week of Work Happiness, it's ensured that the movement towards greater work happiness grows, for both organisations and individuals.



10th September: World Suicide Prevention Day

Sometimes the hardest words to say are the most important.

World Suicide Prevention Day, to show everyone that talking about difficult feelings, including suicidal thoughts, doesn't have to be scary. A recent poll found that only 45% of people feel comfortable talking to family and friends about suicidal thoughts, compared to 74% who said they feel comfortable talking about mental health. By talking more openly about suicide, we can give people the chance to express how they feel and get the support they need. It could even save a life.

21st September : World Alzheimer's Day

World Alzheimer's Day is a global opportunity to raise awareness around, educate, encourage support of and demystify dementia. You can find out more our Sybil Levin Specialist Dementia Day Service - a SPECAL- informed day service, unique within Nottinghamshire; which uses an innovative approach which quite simply changes the lives of people with dementia below.

[Find out more about Sybils here](#)



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AND FINALLY...

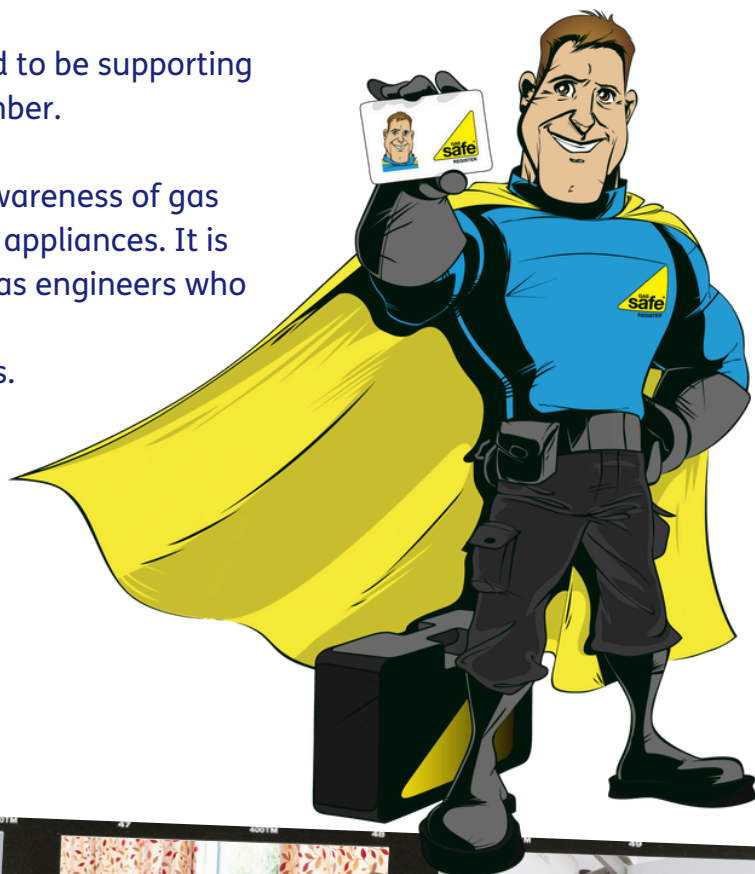
ARE YOU GAS SAFE?

Together with our Warm & Wise service we are proud to be supporting Gas Safety Week 2024, taking place 9th-15th September.

Gas Safety Week is an annual safety week to raise awareness of gas safety and the importance of taking care of your gas appliances. It is coordinated by Gas Safe Register, the official list of gas engineers who are legally allowed to work on gas.

The theme this year is Checking—Every Check Counts.

Badly fitted and poorly serviced gas appliances can cause gas leaks, fires, explosions, and carbon monoxide (CO) poisoning. CO is a highly poisonous gas that can kill quickly and without warning, as you cannot see it, taste it, or smell it. By taking care of your gas appliances properly you are taking care of your home and your loved ones. No matter how big or small every check counts.



If you are aged 50+ and would like to be warmer and wiser about energy - Our Warm & Wise service can help:

- Fit **FREE** energy saving measures such as draught excluders, timers and LED light bulbs
- Give advice on how to reduce energy usage and bills
- Advise you on how to maintain a healthy temperature at home
- Provide energy saving tips, information and signposting

Find out more by contacting our friendly team:

t: **0115 859 9209**

e: **warmandwise@ageuknotts.org.uk**

[Click here to visit our Warm & Wise service page](#)



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)

Benefits Advisor

Strategic Director (Community Services) | Age UK Nottingham & Nottinghamshire

Advocate | Age UK Nottingham & Nottinghamshire

SPECAL Support Worker Age UK Nottingham & Nottinghamshire

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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