

WELCOME TO OUR

Winter Edition Local Loop

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

Welcome to the Winter Edition of The Local Loop

As the days grow shorter and the festive season draws closer, we're delighted to welcome you to the latest edition of The Local Loop. As we're now publishing quarterly, this edition brings together some of the highlights, achievements and stories from the past few months, alongside a look ahead to what's coming up across Age UK Nottingham & Nottinghamshire. Over the last season, we've seen the incredible difference that our staff, volunteers, supporters and service users continue to make in communities across the county. In this edition, you'll find inspiring stories, service updates, fundraising news and ways to get involved, as well as useful information to help you stay connected, informed and supported throughout the winter months.

Whether you're reading to catch up on the latest charity news, celebrate local successes or discover new opportunities to support our work, we hope there's something here for everyone. Thank you for being part of our community and for helping us make later life better for older people across Nottinghamshire. We hope you enjoy this winter edition and look forward to sharing more stories with you in the spring.

Sarah Elliott
Communications Manager

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

Liking, Saving, Sharing and Commenting on our posts.



WINTER EDITION - LOCAL LOOP

Celebrating 10 Years of Volunteering

Festive Season

Celebrating 10 Years of the Age UK Notts Advent Raffle

Good to know

AUBD Business directory

New ‘Living Well at Home’ service

Dear Christmas Friend 2026

Menopause Awareness Month

Fundraising - Good NEWS....

The Big Knit is Back

Introducing

HR vacancies

Celebrating 10 Years of Volunteering

This month, we would like to congratulate Nick on 10 years of volunteering with Age UK Nottingham & Nottinghamshire. Over the past decade, Nick has dedicated his time to supporting older veterans through our Forces Friends service and, more recently, through our Befriending and Companion Service, providing companionship, conversation and friendship to those who need it most.

Nick first became involved in befriending shortly after retiring, when he saw an opportunity to support isolated ex-forces personnel. As a veteran himself, he got in touch with the charity and quickly became a valued volunteer.

Over the years, Nick has met many different people, each with their own unique stories and experiences. He found his first befriending friend to be a very interesting man, and the two got on very well. Nick recalls that, of all his carers and visitors, he was apparently only the "second best"

Not every placement was quite as engaging – one friend preferred watching cricket to Nick's company, while another, who had initially been very lonely, later found companionship elsewhere.

One of Nick's most memorable befriending friendships, however, was with a former RAF serviceman who shared interesting stories of his wartime service. Nick visited him for several years and was honoured to attend his 100th birthday celebration while he was still living independently in his own bungalow.

Although things have been a little quieter recently, Nick remains willing to support others whenever needed. We are incredibly grateful for his commitment, kindness and dedication over the past 10 years, and we look forward to seeing the positive impact he continues to make.

Congratulations, Nick, and thank you for a decade of outstanding volunteering. 🎉



Nick

GOOD TO KNOW

Sharing good news from across the Charity

PSR - The Priority Services Register (PSR) is a free UK wide service which provides extra advice and support, including when there's an interruption to your electricity, gas or water supply.

You can register here:

Register for the PSR here

WELLBEING HUB
4TH DEC



Event Details
Winter Wellbeing Hub
📅 Friday 4th December
🕐 11:00am - 2:00pm
📍 WINWOOD COURT

News from

You've seen the Autumn Budget was delivered, but what does it mean for you? AGE UK's experts looked through and picked out the measures that are most likely to affect older people now and in the near future.

Read how your money, energy, care, and housing could be affected on the AGE UK website: https://bit.ly/3U0LzB2

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

WWW.AGEUK.ORG.UK/NOTTS

GOOD TO KNOW

Sharing good news from across the Charity

Nottingham & Nottinghamshire ageUK

Derby & Derbyshire ageUK

WARM & WISE

If you are aged 50+ and would like to be warmer and wiser about energy, we are here to help!



We can:

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

Our Energy Advisors will help you to become Warm & Wise, with support available through home visits, over the telephone or online

Nottinghamshire: 0115 844 0011 Derbyshire: 01332 531111

info@ageuknotts.org.uk

www.ageuknotts.org.uk

Age UK Nottingham & Nottinghamshire is a registered charity (registered in England and Wales with charity number 1067881) and a company limited by guarantee (registered in England and Wales with company number 3455485).
Registered office: The Sybil Levin Centre, 577a Nuthall Rd, Nottingham, NG8 6AD
Sept 2026 V1 © Age UK Nottingham & Nottinghamshire

Nottingham & Nottinghamshire ageUK

Business directory





From hanging up the lights to checking the pipes, we've got members who can get your home ready for Christmas.

Visit www.aubdnotts.co.uk and find a member near you, we promise that they're all on the nice list!

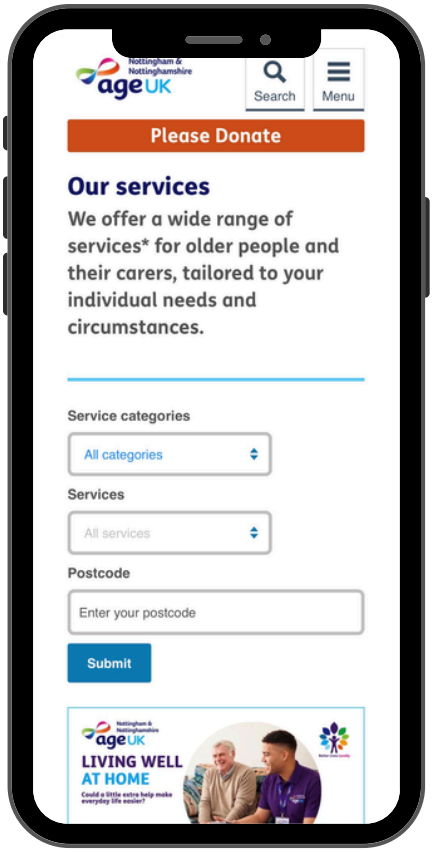
Age UK Nottingham & Nottinghamshire Launches New 'Living Well at Home' service to Support Independent Living Across Rushcliffe

NEW service

Independence means something different to everyone. For some, it's being able to get to appointments. For others, it's staying on top of household tasks, getting out to see friends, or simply having someone to check in regularly. Our new Living Well at Home service is designed around what matters most.

Launching across Rushcliffe at the end of the month, Living Well at Home offers practical support, companionship and peace of mind to help people stay independent at home.





Find out more here

LEARN MORE »

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

WWW.AGEUK.ORG.UK/NOTTS



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 recommend sending your card, letter or drawing (or maybe all 3!) from late November onwards.

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 drawings
- 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 or resident or resident or resident 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 or resident 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





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
Acer Court Care Home
172 Nottingham Road,
Nuthall,
NG8 6AX

Dear Christmas Friend - Age UK Notts
Alder House Care Home
172A Nottingham Road,
Nuttall,
NG8 6AX

Dear Christmas Friend - Age UK Notts
Acorn House
1 Oak Street,
Carrington,
Nottingham,
NG5 2AT

Dear Christmas Friend - Age UK Notts
Beechdale Manor Care Home
40 Beechdale Road,
Nottingham,
NG8 3AJ

Dear Christmas Friend - Age UK Notts
Clifton View Care Home
67 Widecombe Lane,
Clifton,
Nottingham,
Ng11 9GH

Dear Christmas Friend - Age UK Notts
Edenhurst
11 Denmark Grove,
Alexandra Park,
Nottingham,
NG3 4JG

Hawthorn Nursing Home
School Walk,
Bestwood Village,
Nottingham
NG6 8UU

Dear Christmas Friend - Age UK Notts
Highfields Nursing Home
330 Highbury Road,
Bulwell,
NG6 9AF

Dear Christmas Friend - Age UK Notts
Mulberry Court Care Home
61 Darnhall Crescent,
Bilborough,
NG8 4QA



Age UK Nottingham & Nottinghamshire, The Sybil Levin Centre, 577a Nuthall Rd, Nottingham NG8 6AD. Registered charity number 1067881. Company number 3455485. ®Age UK Nottingham & Nottinghamshire 2026. All rights reserved



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
Wollaton View Care Home
21 Lambourne Road,
Wollaton,
NG8 1GR

Dear Christmas Friend - Age UK Notts
Wollaton Park Care Home
2 Lambourne Drive,
Wollaton,
Nottingham,
NG8 1GR

Dear Christmas Friend - Age UK Notts
Wilford View Care Home
1a Brookthorpe Way,
Silverdale,
Nottingham,
NG11 7FB

Dear Christmas Friend - Age UK Notts
Winterfell Care Home
23 – 29 Herbert Road,
Nottingham,
NG5 1BS

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

Dear Christmas Friend - Age UK Notts
Older Person's Care Unit Inpatients
Blossomwood
Mansfield Road,
Sutton in Ashfield NG17 4JT



Age UK Nottingham & Nottinghamshire, The Sybil Levin Centre, 577a Nuthall Rd, Nottingham NG8 6AD. Registered charity number 1067881. Company number 3455485. ®Age UK Nottingham & Nottinghamshire 2026. All rights reserved

Valuing Everyone

Nottingham & Nottinghamshire ageUK



Menopause Awareness Month 2026 ran throughout October 2026.

Menopause is a natural stage of life, but for many women it can bring symptoms that make day-to-day life, including work, more challenging. Symptoms such as fatigue, poor concentration, memory lapses, low mood, reduced confidence, and hot flushes can all have an impact on wellbeing and performance.



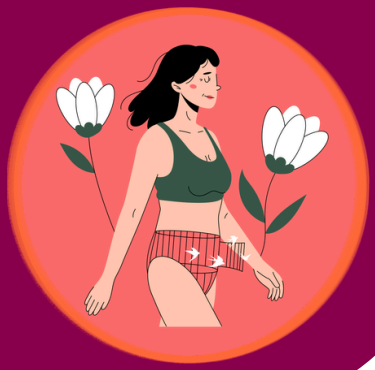
Everyone's experience is different, and that's why hearing real stories matters. We'd love to know about the practical tips, advice, or support that have made a difference to you. For example, one colleague found it helpful to make a list of symptoms before speaking with their GP, making it easier to discuss concerns and explore support options. Small changes, such as dressing in layers to manage changing temperatures, can also have a positive impact.

Most importantly, no one should feel they have to struggle alone. Talking openly, seeking support, and sharing experiences can make a real difference.



Menopause Awareness Month 2026

Learning more about menopause can help you feel informed, confident and in control. With so many resources available, including books, podcasts, support groups and online information, it's easier than ever to find support. However, it's important to rely on trusted, evidence-based sources. If you're unsure about anything you've read, or your symptoms are impacting your quality of life, talk to your GP or a healthcare professional. You don't have to navigate menopause alone, and support is available.



Podcasts can be a great way to learn more about menopause, hear real-life experiences and discover practical advice.

Here are some highly rated and popular podcasts to get you started.

Rock My Menopause
Information resource and support for perimenopause and menopause
Website: www.rockmy.com

Support For Women's Hormone Health Through Life | Henpicked

www.menopausematters.co.uk

Best Menopause Podcasts to Listen to in 2026

www.nottinghamwomenscentre.com

We exist to help all self-identifying women in Nottinghamshire reach their full potential, have their voices heard, and overcome barriers to create a better future for themselves and their children.



Discover 88 of the best menopause podcasts for 2026. Selected for their quality, audience engagement, reviews, reach, and influence, these podcasts offer expert advice, practical tips, and personal stories to support women through every stage of menopause. Whether you're looking for information, inspiration, or trusted voices in women's health, this list has something for everyone.

Do you have any podcasts you'd recommend?
Share your thoughts and experiences with us!

Menopause Awareness Month 2026

Top Tips for Managing Menopause

Everyone's experience of menopause is different, but small changes can sometimes make a big difference.





✅ **Keep cool - Wear layers and choose natural, breathable fabrics to help manage changes in body temperature.**



✅ **Track your symptoms - Writing down your symptoms before a GP appointment can help you explain your concerns and discuss the best support options.**



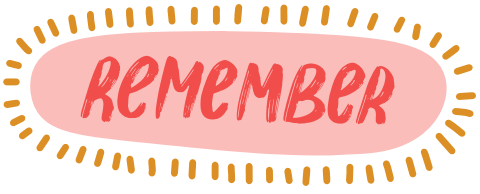
✅ **Talk to others - Sharing experiences with friends, family or colleagues can provide reassurance, practical advice and emotional support.**



✅ **Keep moving - Regular exercise can help improve mood, sleep and overall wellbeing. Weight-bearing activities, such as walking, dancing or strength training, can be particularly beneficial for bone health.**



✅ **Review your diet and lifestyle - Simple changes, such as reducing caffeine, limiting alcohol and eating a balanced diet, may help ease some symptoms.**



Menopause affects everyone differently. What works for one person may not work for another, so don't be afraid to seek advice and find an approach that suits you.

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

WWW.AGEUK.ORG.UK/NOTTS

FUNDRAISING GOOD NEWS....



Our collection of fundraising stars is growing strength to strength, with exceptional drive and dedication. They're inspiring out future stars, too! To those involved, Thank You for the difference you are making to local lives.

Autumn saw over £8k raised by coffee morning hosts, skydivers, half marathon runners and line dancers.

THIS. IS. REMARKABLE!

It doesn't end there, either. We now have a team of Christmas skydivers, a London Marathon runner, more line dancers and knitting groups all working hard to raise funds, as well as our Social Calendar fundraising events!

THANK YOU!!

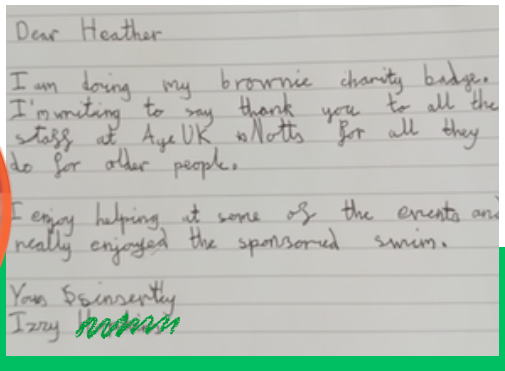
Volunteers who chose to fundraise for us are greatly appreciated. Here are a few insights to their fundraiser journeys.

A huge well done to Izzy and her Grandma, who were part of a fantastic team of five taking part in a sponsored swim in support of Age UK Nottingham & Nottinghamshire!

Together, they raised an incredible £796, helping us continue to support older and/or vulnerable people across Nottinghamshire.
Not only did Izzy help raise these vital funds, but she also earned a Brownie badge for her contribution to charity, including creating a poster to help promote our services.

We're so proud of your hard work and community spirit. Well done, Izzy, and keep up the great work!





Dear Heather

I am doing my brownie charity badge. I'm writing to say thank you to all the staff at Age UK Notts for all they do for older people.

I enjoy helping at some of the events and really enjoyed the sponsored swim.

Yours Sincerely
Izzy

OWEN GOES THE DISTANCE FOR AGE UK NOTTS

Fresh from passing his driving test, Owen is still choosing two legs over four wheels as he continues his fundraising journey for Age UK Notts!

In just a couple of months, Owen has gone from online gaming on the couch to clocking up more than 16k in his training runs, all in preparation for his Nottingham Half Marathon. His hard work and determination paid off as he completed the race in 2 hours and 27 minutes, while raising a fantastic £804 to support our vital services.

With youth on his side, plenty of dedication, and amazing support from family, friends and donors, Owen has shown what can be achieved when you set your mind to a challenge.



"Had a great time and felt great crossing the finish line but felt even better knowing I had done it for a good cause."

FUNDRAISING

GOOD NEWS....





ALAN MARSH

Alan Marsh, who kindly volunteers with our Financial and Wellbeing Services team. Alan ran the London Marathon in 1983 and he has decided to mark his 74th birthday next year by running it again! Spaces for the London Marathon are notoriously difficult to secure. In 2026 there were over a million entries for 59,000 places.

Alan's tenacity has been key in successfully securing a place through our brand partners, Age UK. Well done, Alan! Because Alan wants his marathon to support Age UK Notts as well as Age UK, it's been agreed that funds raised over and above £2,500 will go to Age UK Notts. Thank you, Alan! Alan's total target is £3,000 and I'm sure we can help him to reach it.

Regular training is now underway. It was wonderful to hear Alan say that elevating his training has made him feel "incredibly alive". A role-model for staying active, as well as fundraising! Good luck, Alan. Thank you for doing this and keep us updated!

Alan's current total is ££1,029! The London Marathon is in April. If you'd like to support Alan, here's the link: Alan's page

MEET JO SAXTON

Chef to our Friends at the Sybil Levin Specialist Dementia Day Centre and long-term fundraiser. Jo recently hosted coffee mornings in aid of Age UK Notts and raised £235 for the day centre. Thank you, Jo! That's not all that Jo has raised for Age UK Notts, though. Over the years Jo has organised raffles, hampers and taken part in Christmas runs and marathons. Her total for Age UK Notts now stands at a staggering £3,000! Incredible!

It all started when Jo was invited to a Race for Life at Trent Bridge when her children were at primary school. She came 11th and realised that perhaps she could do more with her running. Quite so .... Jo has since run 8 marathons, including an ultra! Altogether, Jo has raised over £20,000 for charities. This is an astonishing achievement. Jo, you are an inspiration. Thank you for sharing your fundraising story with us.

Jo tells us that she's already making plans for a fundraising clothes swap event in the Spring. As with her marathon running, she is quite clearly our "unstoppable Jo"!



FUNDRAISING

GOOD NEWS.....



ROTHERA | BRAY



SANTA SKYDIVE

Can you imagine jumping out of a plane, in Christmas fancy dress?!

Well... three courageous solicitors from Rothera Bray will be doing just that to help fundraise for Age UK Notts! Sarah, Rowan and Millie have set themselves the challenge to raise £2000 in the process. We look forward to hearing more about their outfits and whether they'll be shouting "Ho Ho Ho" as they leave the aeroplane! Thank you, Sarah, Rowan and Millie.



FEELING INSPIRED?

If you'd like to help fundraise, let us know!

We have an A-Z of activity suggestions and can help you get set up.

Get Inspired here

For every £10 raised, we're able to help local people access over £100 in much needed benefits entitlements.

And because we're independent, all funds raised in Notts are spent in Notts.
fundraising@ageuknotts.org.uk

FUNDRAISING

EVENTS 2026









PIE & PEA

Another successful Pie & Pea event was recently held at St Jude's Church Hall in Mapperley. Guests enjoyed a delicious selection of pies, while an engaging quiz sparked plenty of conversation, laughter and friendly competition throughout the afternoon.

One lady who lives alone and finds Sundays particularly difficult shared:

"I have really enjoyed today. It has been my best Sunday ever."

A gentleman who cares for his wife said:

"Coming to events such as this is truly a lifeline to me, giving me some respite and allowing me to go home with a smile on my face."

Comments like these remind us just how important opportunities to connect, socialise and feel supported can be. Thank you to everyone who attended and helped make the afternoon such a success.

DON'T FORGET

USE EASYFUNDRAISING!

If you're shopping online – you save money with your Blue Light card and the charity receives a small donation from the retailer. Everyone's a winner!

Scan the QR or follow the link:
https://www.easyfundraising.org.uk/causes/ageuknotts



FUNDRAISING

EVENTS 2026





Whether they were experienced dancers, complete beginners, or simply lovers of great music and good company, people came together for a boot-stompin' Danceathon to raise vital funds in support of older and/or vulnerable people across Nottinghamshire.

Organised by our HR Director, Laura, alongside her line dancing friends, the event was a fantastic success, bringing the community together for a day of fun, friendship, and fundraising.

Together, they raised an incredible amount , with the possibility of a little more still to come. What an amazing achievement!

With such a fantastic result, it looks like they're already calling the next dance and stepping into next year's event. We'll be looking forward to seeing those dancing boots back on the floor in 2027!











"What a brilliant afternoon our Line Dancing Dancethon turned out to be! We raised nearly £2,000 for Age UK Notts, which is amazing, but for me it was also about everyone getting together, having some fun and doing something a bit different. There was lots of dancing (5 hours!) and laughter, a fab raffle organised by Polly and even some singing! It was just a really lovely atmosphere and everyone got stuck in and danced their boots off! A massive thank you to everyone who supported us, whether that was dancing, donating, helping out or cheering us on." Yeeeehaw!

- Laura, Organiser.

FUNDRAISING

EVENTS 2026





SOS Charity Fashion Shows & Clothing Sale



Three generations of one family, from a 14-year-old teenager to a 92-year-old great-grandmother, took to the catwalk at our ever-popular Fashion Show & Clothing Sale, bringing style, confidence and plenty of smiles to the afternoon.

Guests enjoyed browsing an impressive range of high street and designer brands, including Seasalt, M&S and Nobody's Child, all available at fantastic prices. Alongside the fashion, attendees relaxed with tea, coffee and delicious homemade refreshments, while our much-loved raffle added an extra touch of excitement to the day.

With great bargains, a lively atmosphere and the chance to catch up with friends old and new, the event once again proved why it remains such a firm favourite in our community. We would like to thank everyone who attended, volunteered and helped make the day such a success.

Missed this one? Don't worry. Our next Fashion Show & Clothing Sale takes place in March, and we'd love to welcome you. Come along for a fabulous afternoon of fashion, friendship and fundraising while helping us support local older people across Nottinghamshire.



Find our Social Calendar here

Don't forget to check out our NEW 2026/27 Social Calendar to see what other fabulous events we have coming up - there's more to look forward to! We're grateful to everyone who joins in with our events, as they also help raise vital funds that support our local services. For more information about events or how to book:

Contact

fundraising@ageuknotts.org.uk

Let's get those needles clicking!

THE BIG KNIT IS BACK

We're thrilled to announce that Age UK's partnership with Innocent drinks, The Big Knit, is back, and we need your help! It's time to grab your knitting needles and crochet hooks and get involved – Age UK Notts receives 30p for every hat knitted, helping provide much-needed services and support to help older people live well.

How to get involved:
We'd love you to knit lots of lovely little hats for this year's Big Knit and whether you're a knitting novice or a purling pro, it couldn't be easier.

Download the knitting patterns below, make yourself a nice cup of tea, find a comfy chair and knit away!

Download your knitting patterns

The money we raise from the Big Knit helps us be there for older and/or vulnerable people who have no one else to turn to – so those little hats really do make a big difference!

You can drop off or send your hats to:
The Big Knit -
Age UK Nottingham & Nottinghamshire
16-18 Bridgeway Centre
Nottingham
NG2 2JD
United Kingdom

The exact date for when hats will be on-shelves is not yet confirmed, but it will be either January or February 2028.



"Just to say how much I've enjoyed knitting simple little hats from small balls of wool! It has kept me busy through some lonely evenings, and I've enjoyed helping those less fortunate than myself."

Cherie, Big Knitter



HR

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



Living Well Assistant



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

INTRODUCING

Ellie *HODGSON*



Business Directory Administrator (AUBD)



Challenges of working from home. Meet our 8-week-old kitten called Merv and his 1-and-a-half-year-old mum Mabel, who we rescued from Millwood Cat Rescue 3 weeks ago. A wonderful addition to the family.

MY journey to Age UK Notts:

I moved to Nottingham for University in 2003, and I stayed after I graduated, after falling in love with the place. I spent the next 10 years working at a Finance company and then moved onto an ecommerce company before joining Age UK Notts - Business Directory Team in 2023.

Working for Age UK Business Directory lets me help people in our community and others up and down the UK connecting them with reputable tradespeople. It's so important that we have this service, and I enjoy the work. I am a Mum of 2 boys who keep me on my toes, and I enjoy travelling, having been fortunate to have visited many beautiful countries such as France, Iceland, Spain, Greece, Italy, Germany, Australia, America and many more.

I love to go and see live music, comedy gigs, going for walks and the theatre.





Went on a trip of a lifetime last year to Disney World Florida, a fantastic family holiday visiting the parks and even saw a rocket launch while we were there!

I attend a regular Sound Bath with friends, which really helps me relax through meditation.





I am a lino print maker and enjoy designing and making prints!



I'm a BIG foodie and love seafood!