



WELCOME TO OUR

August Local Loop

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

This month, we're celebrating bold leaps - both literal and figurative. Our Fundraising and Communications team faced their fear of heights and took on a 12-metre tower challenge to raise vital funds for our charity, and they proved that anything is possible when we come together for a cause.

Feeling inspired? Why not set your own challenge and see what you can achieve! From the vibrant celebration at Nottingham Pride to thoughtful updates like proposed eye tests for motorists over 70, we've got plenty to keep you informed and uplifted.

As the back-to-school season approaches, we're also sharing practical lunchtime tips to help families stay energised and organised. Plus, we're on the lookout for passionate individuals to join us as trustees—could that be you?

As always, we'd love to hear from you. Share your stories, photos, and upcoming events with us—let's keep our Local Loop alive and thriving!

Maria Cooke
Innovations and Communications Director

Sarah Elliott
Communications Coordinator



Social Media - We want to hear from you! Like, Save, Share and Comment on our posts.

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

WWW.AGEUK.ORG.UK/NOTTS



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To find out more about volunteering,
please contact us on:

t: 0115

8414464

e: volunteering@ageuknotts.org.uk

www.ageuknotts.org.uk/volunteer

TRUSTEE RECRUITMENT

We have had fantastic results following our latest Trustee recruitment campaign that started at the end of 2024.

We have 3 new Trustees awaiting full appointment to the board at our AGM in October which is a huge success at a time when many other charities are struggling to recruit Trustees.

They will be formally introduced to you via the Inside Loop following the AGM but you might spot one or two new Trustee faces at our staff conference in September.

We have one final vacancy on the board for a Trustee, and we are seeking an individual with a legal background/legal experience to ensure that skills gap on the board is filled.

We are advertising the role on LinkedIn and other places where previous advertising has shown good results, so please if you see any of our adverts on LinkedIn or on social media, do share them to ensure this important role gets as much reach as possible. Equally if you have any legal contacts, then please feel free to let them know we are recruiting. There is a full recruitment process involved for the role.

Our Trustees do an amazing job - they have overall control of the charity and are responsible for making sure it's doing what it was set up to do. Being a trustee means making decisions that will impact on people's lives; It is a voluntary role but comes with great responsibility!



FUNDRAISING



FACE YOUR FEAR RISING TO THE CHALLENGE!

On Saturday, 16th August, the incredible Fundraising and Communications team (and my husband David!) took on a heart-pounding challenge to raise vital funds for our charity and we did it in style! With a combined total of 284 years of life experience between us, we climbed, abseiled, and even leapt from a towering 12-metre structure at the Forest Facility Adventure Centre in Stamford. For many of us, this was far outside our comfort zone - but with the fearless Elaine leading the charge, we found the courage to face our fears head-on. The amazing team at Forest Facility guided us through every step, helping us build resilience, strengthen team bonds, and share countless laughs along the way. When it came to the terrifying 'Leap of Faith' there were moments of hesitation, nerves, and adrenaline—but together, we stood on the edge, took a deep breath, and jumped!

This wasn't just about conquering heights - it was about showing what we can achieve when we support each other and rise to a challenge. Every step we took was in support of our mission: to improve the lives of older and vulnerable people in our community and the best part? You can still be part of this journey!

We've raised £1320 including paper donations and gift aid* and counting! You can still contribute, simply scan the QR code to donate or click [here](#)



*we paid for the day ourselves so every penny raised will go to older/vulnerable people in Nottingham.



FUNDRAISING HOW CAN YOU HELP?



Feeling inspired by our challenge?

Why not set your own? The new A-Z of Fundraising can be found [here](#). It's full of ideas for you .. how about a team Bake off, a sponsored line dance or a silent disco? Instead of birthday gifts ask for donations to AGE UK Notts!

You can also donate unwanted gifts to Elaine for tombola or raffle prizes and bake cakes for up & coming events!

As they say, every little helps!

Get in touch: fundraising@ageuknotts.org.uk

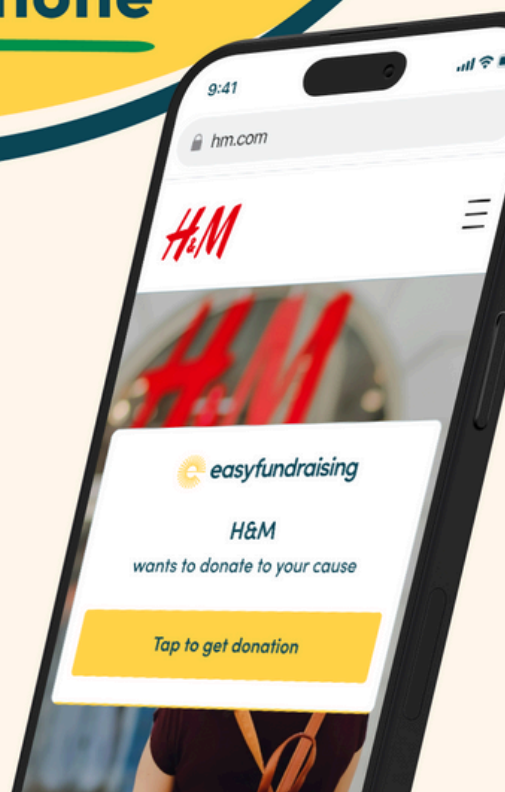
You could raise BIG donations including up to £150 for Age UK Notts when you use #easyfundraising to purchase insurance, your broadband & TV, upgrade your mobile phone and invest in your future with ISAs. MoneySupermarket, BT Broadband, giffgaff, Foresters Friendly Society and many more will donate to us for FREE!

Visit:

**[AGE UK NOTTINGHAM
& NOTTINGHAMSHIRE](#)**

Raise in seconds with the Donation Reminder on your smartphone

Download the app to get
the Donation Reminder



SOCIAL CALENDAR



September

5TH SEPTEMBER
THE GEDLING INN
2PM – 4.30PM



£16.50 INCLUDES
AFTERNOON TEA AND
ENTERTAINMENT

November

8TH NOVEMBER 2PM
KINGS CENTRE
SHIRLEY DRIVE
ARNOLD
NG5 7JX

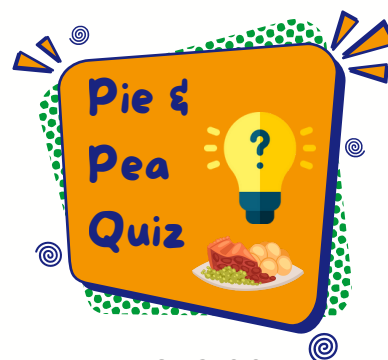


SOS Charity
Fashion Shows
Fashion Show
& Clothing Sale

£6.00
INCLUDES HOT DRINK
AND BISCUITS

January 2026

1ST FEBRUARY 2026
2.30PM – 5PM
ST JUDES CHURCH,
NOTTINGHAM
NG3 5HE



£12.00
PIE AND PEA QUIZ

September

11TH MARCH 2026
ST ANDREWS
PARISH HALL,
SKEGBY,
SUTTON IN ASHFIELD
2PM – 4.30PM



£16.50 INCLUDES
AFTERNOON TEA AND
ENTERTAINMENT

Contact

“Just a quick thank you for another great evening , we all enjoyed it immensely and we are happy you raised so much”
- Chungs Attendee

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:



Elaine: 07872 839605



fundraising@ageuknotts.org.uk



[You can download our Social Calendar here](#)

EMPOWERING EXPERIENCED TEAMS

Did you know that workers aged 50+ currently make up 33% of the UK Workforce?

The emotional strain of providing care for an elder, plus age related financial worry has raised reported mental health issues of the over 55's. Higher in fact than those aged 18 - 34. We can help!

If you'd like to explore supporting us and our local older/and or vulnerable people, please let us know.

In addition to our existing services, we can provide:

- Group awareness sessions about our local services
- Tailored information, such as pre-retirement support



8:30-11AM
WEDNESDAY 15TH
OCTOBER

Come and have breakfast with us at Capital One and find out more about supporting experienced teams.

Please rsvp by 25th September to:
heather.griffin@ageuknotts.org.uk

minds of all kinds
NOTTS

Welcome to

Minds of All Kinds

Your **safe space** online where you can learn about all the things that make your mind special and find help and information about **Autism** and **ADHD** in Nottingham & Nottinghamshire.

I am a...

Parent / Carer

Young Person

Adult

© 2025 Minds of all Kinds - Notts

[Cookie Policy](#)

[Privacy Policy](#)

NEW WEBSITE LAUNCHED!

Minds of All Kinds, to provide tailored support and resources for all ages who are/or who may be neurodivergent, including those with ADHD and Autism.

www.mindsforallkindsnotts.co.uk

Developed by NHS Nottingham and Nottinghamshire ICB, the website is designed to be a central hub for families, carers, and professionals seeking accessible, trustworthy information and guidance. It has been co-produced and developed with young people and their families with lived experience, as well as health care professionals and other local stakeholders.

Minds of All Kinds includes:

- Clear, jargon-free explanations of ADHD, Autism, and other neurodivergent differences.
- Local service directories and referral pathways for Nottingham and Nottinghamshire.
- Practical advice for navigating education, health, and social care systems.
- Personal stories and lived experiences from young people and families.



THE QUARTER 5 SURVEY FEEDBACK FROM OUR WARM & WISE SERVICE SHOWED:

87%

felt that the help and advice received helped them to feel warmer and had a positive impact on health



78%

felt that the help and advice provided has helped them to use their heating system more efficiently



93%

stated that they would recommend Warm & Wise to their family and friends



Here's some of the comments from Warm & Wise service users:

"Arrived on time and gave some excellent tips. Booklets were informative"

"Very informative, courteous and patient and a real feeling of having your best interests at the forefront"

"Having conversations about bulbs and savings was really helpful. Explained everything in detail and given advice on all environments. Very happy to receive all information"

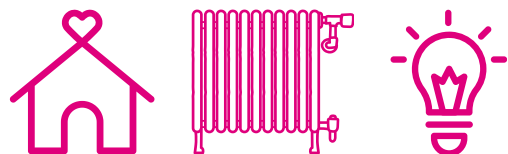


If you are aged 50+ and would like to be warmer and wiser about energy, we are here to help.

What we can do:

- 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

Support is available through home visits, telephone or online



Find out more by contacting our friendly team:

t: 0115 8599 209

e: warmandwise@ageuknotts.org.uk



EDI WORKING GROUP NEWS

AGE UK NOTTS AT NOTTS PRIDE 2025



Thousands of people gathered in Nottingham city centre to celebrate the 26th annual Notts Pride festival, a vibrant event dedicated to visibility, education, and celebration of the LGBTQ+ community. AGE UK Notts proudly participated with a stall, showcasing our services and support for members of the LGBTQ+ community.

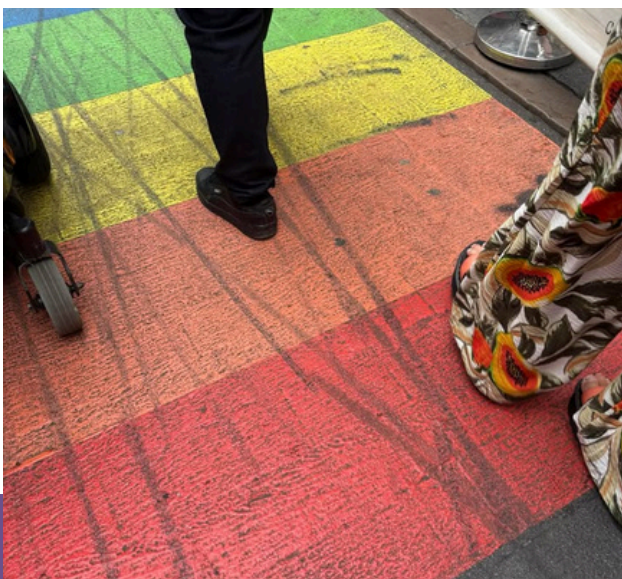
The day featured:

- A visibility march with over 11,000 participants.
- A bustling market area with educational and community stalls.
- Live performances from local LGBTQ+ artists.
- A family area offering a quieter space for attendees of all ages.



Paul Goddard commented about the day:

"We had a fantastic day at Pride on Saturday 26th July participating in the community celebrations. The stall was a huge success with lots people talking to us and asking about our services.... and some were also interested in volunteering for us in the future. Thanks to all the team who helped out on the day ❤️ and made it such a good one!"





NEWS FROM AGE UK



DOORSTEP CRIME MAIL SCAMS TELEPHONE TEXT MSGS/WhatsApp INTERNET SAFETY

Important notice regarding a phishing campaign impersonating Age UK, and advice around what to do if you believe you've received a phishing email of any kind.

We've been made aware of a phishing campaign impersonating Age UK (the national organisation). These fraudulent emails are targeting individuals as well as local Age UK Brand Partners such as ourselves.

Scammers are sending fake emails claiming to offer a "Free Age UK Health Monitoring Kit." These emails are designed to misuse Age UK's trusted name and trick recipients into clicking on links that lead to malicious websites.

If you believe you have received a phishing email of any kind



DO NOT CLICK ON ANY LINKS OR OPEN ANY ATTACHMENTS.

DO NOT FORWARD THE EMAIL TO OTHERS.

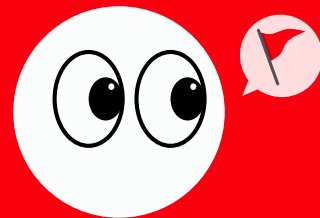
Age UK have already taken positive steps by reporting these emails to the National Cyber Security Centre (NCSC) and are monitoring the situation closely.

Add action fraud number

Say no to scams!



BE EXTREMELY VIGILANT FOR EMAILS WITH THESE RED FLAGS:



Sender name:

May appear as "Age UK - Health Monitoring" or similar variations.

The following things that are also red flags in relation to all phishing emails:

- **Irresistible offers:** promises of free health kits, urgent offers, or anything that sounds too good to be true.
- **Suspicious links:** hover over links (without clicking!) to check if they point to unusual or unknown domains (e.g., not ageuk.org.uk).
- **Poor quality:** watch for bad grammar, misspellings, unprofessional formatting, or language that tries to pressure you into immediate action.
- **Unusual contact details:** any contact information that doesn't look official.

EYE TESTS REQUIRED FOR MOTORISTS OVER 70?

This week, the government announced they are considering introducing compulsory eye tests for motorists over 70. This change is one of several new measures that are expected as part of a new road safety strategy due to be published this autumn.

Current rules

Under current legislation, everyone over 70 is required to renew their driving licence, and update their photograph every three years.

When renewed, any problems with eyesight must be reported to the DVLA (this does not include being short-sighted, long-sighted or colour blind).

Everyone over the age of 60 is entitled to a free eye examination through the NHS, usually every two years.

Latest news update

Drivers over the age of 70 could be banned from the roads if they fail compulsory eye tests under a radical overhaul of the UK's road safety laws.

In what is expected to be the biggest shake-up of driving rules for almost two decades, the government would also look to reduce the drink-drive limit and punish drivers with penalty points if passengers failed to wear a seatbelt. There could also be tougher penalties for uninsured drivers.

The final strategy will be published later this year.

**Caroline Abrahams,
Charity Director at Age UK said:**

"At present everyone is legally obliged to declare certain eye conditions when they renew their driving licence at age 70, but reports suggest the Government is considering introducing some form of compulsory eye test at age 70 instead. "It is certainly good for our eye health as we age to have a regular eye test - every two years the NHS advises - but this doesn't automatically mean that a compulsory eye test at age 70 is appropriate. People can develop eye problems at any age so why confine such an approach only to those aged 70 and not to younger drivers too? A regular eye test for drivers of all ages may be a better idea, one less open to the accusation of ageism - but we would need to see all the evidence to form a final view. "A further consideration is that the latest published official statistics on road accidents reveal an upward trend in the numbers of fatal or serious accidents involving older drivers, something that of course we should take seriously, but without more information it is difficult to say exactly why this is happening - the precondition for proposing effective solutions. Certainly though, from the data we have seen there is no reason to suppose that eye problems lie behind a significant proportion of these accidents. Therefore, while there may be a case for introducing a regular mandatory eye test for drivers of all ages, it is not clear that this would have a big impact on the numbers of serious accidents involving older drivers."





Blood Pressure UK

Helping you to lower your blood pressure



Nottingham and Nottinghamshire



KNOW YOUR NUMBERS!

The national campaign is "Know your Numbers" a campaign to raise awareness of having blood pressure checks to avoid risk of cardiovascular disease.

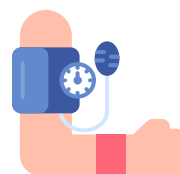
The week this national campaign takes place is 8th to 14th September 2025.

350



Every day in the UK, 350 people have a stroke or heart attack that could have been prevented. See why Know Your Numbers! is needed.

1.5 million



1.5 million people have had a free blood pressure check during the annual Know Your Numbers! Week, the UK's biggest blood pressure testing and awareness event.

6 million

6 million people in the UK have high blood pressure and don't know it.



120/80

An ideal blood pressure is under 120/80mmHg. Do you Know Your Numbers?



When you Know Your Numbers! you can take steps to look after your blood pressure and lead a long and healthy life. Look out for details of this campaign across social media and in your local GP Surgeries and health centres.



Introducing..

Hi

I'm Chris Dorkes, Chair of Trustees. I joined the charity as a volunteer about 7 years ago as I wanted to give something back and as my parents were getting older Age UK Notts seemed like the perfect fit.

I initially started being part of the older peoples advisory group but soon after was asked if I'd like to consider being a trustee. Things moved on and now I've chaired the board for about 4 years. I am married with 2 daughters, one of which has just graduated from University with a first class honours degree in Marine Biology and a second who is a farmer.

I'm training for the Nottingham Half Marathon, it's tough as I haven't run properly for about 6 years. I need to lose a few pounds too having just returned from holiday so I've got more than one thing to concentrate on! I'm always up for a challenge and think that leading from the front inspires others within the charity to do the same. I'm happy to help the charity in any way I can. You can sponsor Chris below.

WWW.JUSTGIVING.COM/PAGE/CHRIS-DORKES-RUNS-AGAIN



I dislike bad service and poor punctuality. I feel that time is precious and find wasting time incredibly frustrating!!



I enjoy spending time fixing things on the smallholding where we live.



RANDOM FACTS

I like playing golf



I own 2 Dobermanns



I operate large diggers regularly



I love DIY and this year to date I have fitted a new bathroom, replaced the suspension and steering system on my daughter's car and built a new wood store.



Why not share your story next? Contact me! sarah.elliott@ageuknotts.org.uk

DATES FOR AUGUST

5th September:

International Day of Charity

From traditional giving to strategic philanthropy, charity today is a driving force in social innovation, poverty reduction, and inclusive development.

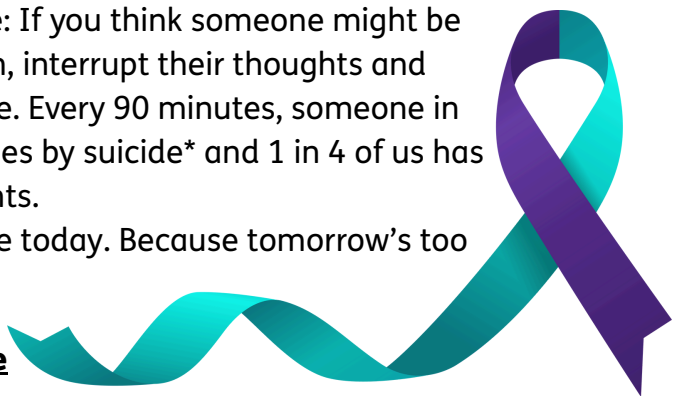


10th September: World Suicide Prevention Day

This World Suicide Prevention Day, we're sharing one important message: If you think someone might be suicidal, take action, interrupt their thoughts and show them you care. Every 90 minutes, someone in the UK or Ireland dies by suicide* and 1 in 4 of us has had suicidal thoughts.

Let's prevent suicide today. Because tomorrow's too late.

Find out more here



21st September -

World Alzheimer's Day

World Alzheimer's Month takes place every September and World Alzheimer's Day is on 21 September each year. It's a global opportunity to raise dementia awareness and support people affected by the disease.

Find out more about

**The Sybil Levin Specialist
Dementia Day Service here**



15th -21st September:

National Inclusion Week

National Inclusion Week® offers an opportunity to spark conversations and inspire thinking about inclusion across your organisation. It serves as a platform for discussion, generating ideas, or launching new initiatives. What makes National Inclusion Week® unique and exciting is that it involves everyone. It's a great week to discuss intersectional issues and include all your communities – across gender, race, religion, LGBTQ+, disabilities, carers and social mobility.



Look out for more information on the work of our Equality, Diversity and Inclusion Working Group.

23rd September - International Day of Sign Languages

The aim of the special day is to remind big companies, worldwide organisations and global governments of the importance and significance of sign languages.

According to the World Federation of the Deaf, there are approximately 72 million deaf people worldwide.

There are over 300 different sign languages and over 70,000 deaf people in the UK have British Sign Language as their first language.



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Back to School?

Looking for kids' lunchbox ideas?

Ditch the soggy sandwiches and get inspired with healthy, speedy and scrumptious packed lunch ideas and snacks.

What should a healthy packed lunch contain?

According to [NHS choices](#), a balanced lunchbox often contains:

- Starchy foods like bread, rice, potatoes or pasta
- Protein foods like meat, fish, eggs or beans
- A dairy item, like cheese or yogurt
- Vegetables or salad and a portion of fruit



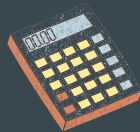
You're a star sarnies



Super-salad wraps



Lunchbox pasta salad



Feasts in a flask



Got kids heading off to Uni?

These student recipes are a great way to get started with easy, cheap and filling dishes that are packed with flavour. The best part?

All these dishes can be ready on the table in 30 minutes.



EASY SAUSAGE TRAYBAKE (Popular with the whole family)

- 1 small butternut squash peeled or unpeeled, about 750g/1lb 10oz
- 2 red onions, sliced into rings
- 2 apples, unpeeled, cored and sliced
- 12 pork sausages
- 3 tbsp olive oil
- 1 tbsp runny honey
- 1 tsp English mustard

salt and freshly ground black pepper
15g/½oz fresh flatleaf parsley, finely chopped, to garnish (optional)

Method

Preheat the oven to 220C/200C Fan/Gas 7.

Cut the squash into quarters and leave it unpeeled. Remove the seeds then cut each quarter into 5mm/¼in slices. Place the squash a very large baking tray with the onion, apple and sausages. Drizzle with 1 tablespoon oil and season well with salt and pepper. Roast for 20 minutes.

Meanwhile, whisk together the honey, mustard and remaining oil in a small bowl. Drizzle over the sausages and vegetables and turn to coat everything in the dressing.

Return to the oven for 10 minutes until the sausages are browned and cooked through and the vegetables are tender. Sprinkle over the parsley, if using, and serve.

For an easy veggie version replace the sausages with your favourite veggies, aubergine, leeks and a tin of your favourite beans!

HR

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



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

Benefits Advisor



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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