



WELCOME TO OUR

January Local Loop

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

Welcome to the January edition of the Local Loop!

Is it too late to wish everyone a Happy New Year? It's been a cold and frosty start to the year, and we hope everyone enjoyed a restful and restorative festive period. In this month's issue, we're catching you up on all the wonderful things that have been happening across Age UK Notts - from our festive events and the joy the Dear Christmas Friend campaign brought once again, to the fantastic support from Morrisons and exciting updates from our Fundraising Team and we launch 'Together We Walk' our new walking groups.

We've also included a round-up of upcoming social events and key diary dates to look forward to in the months ahead.

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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GOOD TO KNOW...

INFORMATION



TO FIND OUT MORE CONTACT:



**Call us:
Paul Goddard 0115 896 6906**



**Visit us at:
www.ageuknotts.org.uk**



**Email us:
togetherwewalk@ageuknotts.org.uk**

SCAN



WALK YOUR WAY TO WELLNESS - JOIN THE JOURNEY

Our walking groups promote better health and wellbeing through regular exercise and the chance to build strong social connections within our beautiful city and county. Whether you are here for fitness, friendship or fresh air, you'll be part of a supportive and inclusive group.

We're currently offering gentle walks in Sneinton, the Arboretum and Highfields and we're adding new walks all the time. You can find out more about the walks (what you'll see, the terrain etc) on our website.

Together We Walk

Walk Your Way to Wellness - Join the Journey

- togetherwewalk@ageuknotts.org.uk
- 0115 896 6906
- www.ageuknotts.org.uk
- Charity no 1067881

GOOD TO KNOW...

INFORMATION

2025 - A year of news from ageUK Let's change how we age

The Omaze partnership raised £5.25 million in January for brand partners across the country to help support local services for older and/or vulnerable people



The vigorous campaign opposing Winter Fuel Payment cuts was successful with a government U-turn in June.



The State of Health for Older People, Ageing While Black and Corridor Care reports were published in the autumn and winter to illuminate issues faced by older people across the country.



[The Longest Wait - Read the Corridor Care report here](#)

[Ageing While Black - Read the report here](#)

[The State of Health and Care of Older People in England 2025 - Read the report here](#)

SCAMS AWARENESS TALK IN EASTWOOD

Last week, John Bryan, our Scam Prevention & Wellbeing Advisor, delivered his first presentation of 2026 to the 'Breathe Easy' support group in Eastwood.

John provided an informative, engaging, and practical scams awareness session - much appreciated by everyone who attended.

We were delighted to receive the following feedback from the group:

“Best talk yet.”

“Really helpful.”

“Excellent talk, thank you.”

“Has made me more cautious.”

“I'll put my answer phone on.”

“It got people talking and thinking about their own set-up on computers.”

The organiser also shared:

“Thank you for an excellent talk yesterday. Your presentation and setup were professional, and thank you for the Age UK Notts intro telling members about all the other services you provide.”

The session not only raised awareness but also prompted valuable conversations about staying safe and secure at home and online. Here are a few photos from the day:



Contact:

John Bryan

Scams Prevention & Wellbeing Advisor

**Age UK Nottingham & Nottinghamshire
The Lifestyle Centre
16-18 Bridgway Centre
The Meadows
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w: www.ageuknotts.org.uk

Office hours

Weds – Thurs: 8am –4pm



FUNDRAISING

EVENTS 2026

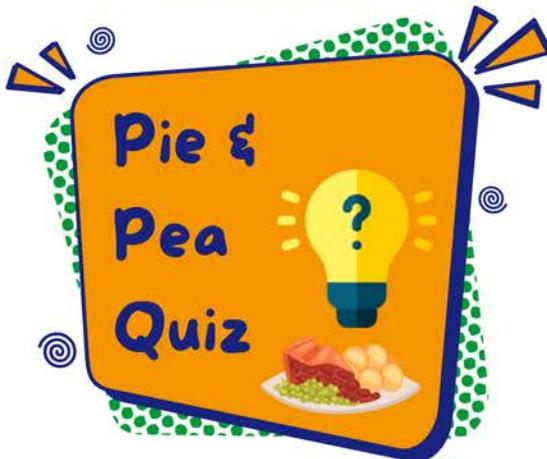


February 2026

**SUNDAY 1ST FEBRUARY
2026**

2PM – 4.30PM

**ST JUDES CHURCH HALL
405 WOODBOROUGH
ROAD
NG3 5HE**



**INCLUDES PIE & MASH,
DRINK & QUIZ £12.00**

March 2026

**WEDNESDAY 11TH MARCH
2026**

2PM – 4.30PM

**ST ANDREWS PARISH HALL,
SKEGBY,
SUTTON IN ASHFIELD**



**INCLUDES AFTERNOON TEA
AND ENTERTAINMENT
£9.50**

Coming soon



**Look out for more events very soon. For
information on our events follow us on
Social media:**

or visit:

www.ageuk.org.uk/notts/about-us

Contact

**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**

FUNDRAISING

EVENTS 2026



MAKE A SPLASH & RAISE SOME CASH!



Are you or your friends, family or neighbours swimmers?
Do you enjoy a dip?
Why not get a team together (no more than 6) and you could help raise funds for us..

Rotary Swimathon 2026 - Organised by Sherwood Sunrisers
Rotary & Nottingham Rotary
Harvey Hadden Sports Village
Saturday 21 March 2026 from 13:00 to 16:00
70% of Funds raised will go to Age UK Notts

Please see [this form](#) for more details and how to enter.

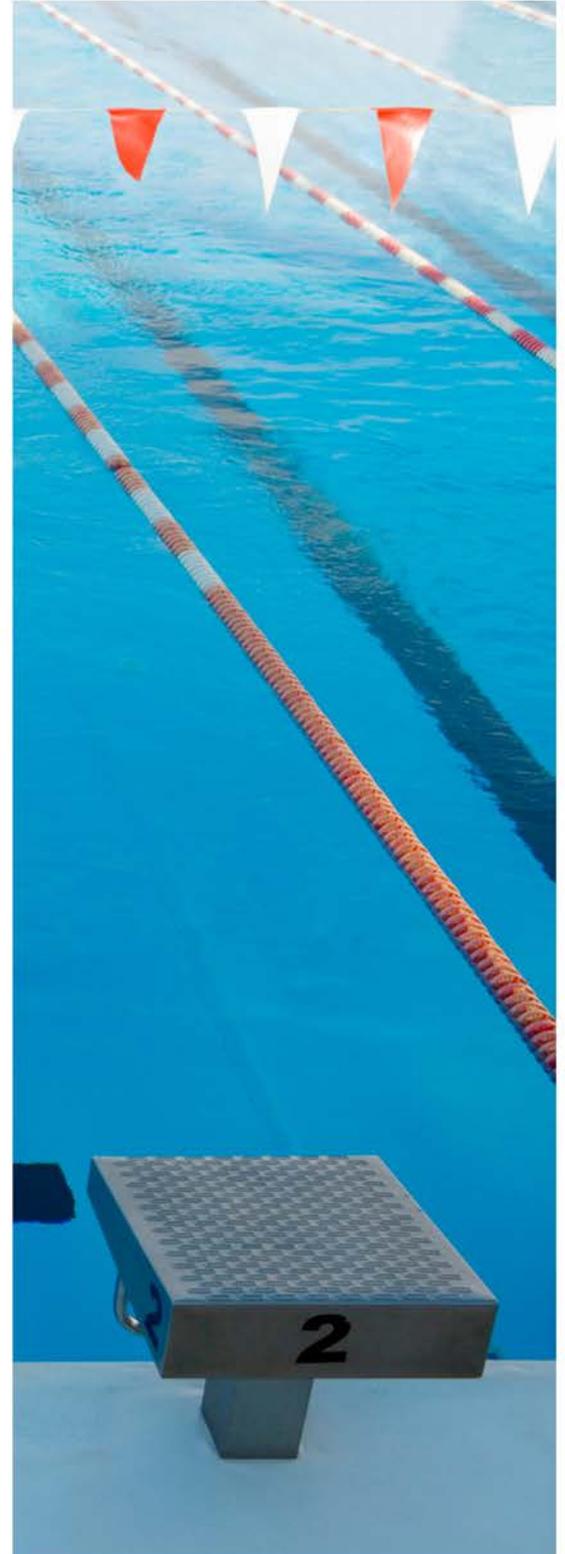
Complete the Team Entry Form [here](#) and return it by Friday 6 February 2026

- Email: heidipawlus@msn.com, or
- Post: Heidi Pawlus, Apartment 341, River Crescent, Waterside Way NG2 4RE

Then contact Elaine Hopkins via email to confirm you are taking part.

 Elaine: 07872 839605

 fundraising@ageuknotts.org.uk



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

WWW.AGEUK.ORG.UK/NOTTS

FUNDRAISING WHAT'S NEW?



MEMBER OF

east midlands
chamber

Derbyshire | Leicestershire | Nottinghamshire

We are EMC members!!

We're delighted to announce that we are now members of the East Midlands Chamber of Commerce!

This will bring further visibility and connection for Age UK Notts with our local businesses and communities. It will help share our message about supporting older workers, who are often worker-carers, with the help of our existing services. It will also helping us in developing lasting corporate relationships.

Thank you, East Midlands Chamber, for your warm welcome!

Thank You, **STEP TO CONNECT CHALLENGE**
Balfour Beatty

Earlier this year, Balfour Beatty set a Step Challenge for their teams working on the new Waterside Bridge over the River Trent. 7 groups from the bridge project took part, tasked with walking the most steps during the month of October.

Great humour was applied, with team names such as McCan Do, Mind The Step, One Step Beyond, Walk The Deck and Walk This Way. The teams had fun, felt better, raised awareness about how Age UK Notts help reduce loneliness and helped raise over £440!

The winning team were project partners Pick Everard, who Balfour Beatty presented with a trophy.

Michelle Mann, Social Impact Advisor for Balfour Beatty said

"It has been such a pleasure working with you this year and to be able to support such a wonderful charitable cause".

Funds raised from this challenge will support Age UK Notts' work Companion Service. Thank you, Balfour Beatty and your teams for your support!



WHAT'S NEW?



NBS BRIGHT / BRIGHT MINDS

We've been working with Nottingham Trent University's Business School to invite academic input on some of our biggest challenges. Early last year, Maria Cooke and Heather Griffin set final-year economics students a series of research challenges exploring the future of an ageing society and innovations in fundraising.

The students did not disappoint!

In November we reviewed 7 detailed group presentations that offered fresh perspectives, evidenced with complex research.

We're grateful to the Business School and its students for sharing their work with us. It was also a great opportunity to connect Age UK Notts with a younger demographic, helping them to understand our work and the challenges we navigate



WHAT'S NEW?



Making Merry at Morrisons



A Huge Thank You to Bulwell Morrisons!

We want to extend our heartfelt thanks to the amazing team at Bulwell Morrisons, who partnered with Age UK Notts to give 10 of our service users a truly special festive treat.

The atmosphere was full of Christmas cheer, crackers were pulled, hats were worn with pride, and jokes were shared around the table. The laughter and warmth made it a delightful occasion for everyone involved.

One attendee summed it up perfectly:

“Well, that was certainly worth getting up for!”

For some, this outing meant more than just a meal. One lady in her late 80s, recently widowed and with family living abroad, was so excited she called every day in the lead-up asking, “Is today the day?” Unable to go out alone, she was thrilled to join us.

From the moment we picked her up until we dropped her home, she never stopped chatting! She loved meeting new people and being part of the festive fun. Before leaving, she carefully tucked her Christmas present away to open on Christmas Day - a memory she'll cherish for months to come.



Moments like these remind us how much joy a simple act of kindness can bring. Thank you, Bulwell Morrisons, for helping us make this Christmas brighter for older and vulnerable people in our community.



In July, it was announced streets around Hockley would be transformed into the 'Rainbow Quarter', in a style similar to the popular "Gay Villages" in Manchester and Birmingham.

The area will cover Broad Street, Carlton Street, and Heathcote Street in Hockley and will see historical plaques installed, maps updated to reflect the district's new title, and a collective image for businesses.

The initial proposals were outlined by Sam Harvey, director of The Pastel Project charity which is spearheading the scheme, with the backing of 'It's In Nottingham' and other local organisations.

The project is now expected to be fully complete and open by May 4th, 2026 - a date agreed with It's In Nottingham and the City Council.



BIG NEWS Nottinghamshire County Council

OUT&OK

Next year, our friendly social groups will be coming to **Newark** and **Mansfield** – creating new spaces for **LGBT+** people to connect, chat, and feel supported.

NOTTS LGBT+ NETWORK SINCE 1975 WWW.NOTTSLGBT.COM

More info coming early 2026 Watch this space!

For more details, e-mail outandok@nottslgbt.com or phone 0115 9348485.

BIG NEWS

With funding from Nottinghamshire County Council

We are taking OUT&OK on the road

NOTTS LGBT+ NETWORK SINCE 1975 WWW.NOTTSLGBT.COM

Call or Email us to find out more!

Dear Christmas

DEAR CHRISTMAS FRIEND 2025 A HEARTFELT THANK YOU!

Our Dear Christmas Friend campaign for 2025 was an incredible success, and that's all thanks to you!

Whether you sent a card, shared the campaign with friends and family, or simply gave a little time to spread festive cheer, you made a real difference to people spending Christmas in hospitals and care homes.

Bernice Webb - Wollaton Park Care Home told us:

“Residents were thrilled to open cards from “The Friends of Age UK Notts” – and what a response we had! Cards arrived from across the UK and even as far as the south of France. From organisations to individual families, your messages and stories gave us a wonderful glimpse into your Christmas celebrations. The homemade cards from children brought extra smiles and were proudly displayed in lounges, notice boards, individual rooms, and even in residents Christmas gift bags.”

We're excited to keep this spirit alive by connecting with some of the schools involved and continuing correspondence throughout the year.



“Our residents absolutely loved it. The Dear Christmas Friend campaign is such a beautiful, thoughtful gesture it truly touched their hearts.”
- Highfields

“So good to see the cards coming in and making a difference to those patients remaining in hospital over the festive period.”
- Lings Bar



Dear Christmas
Friend 2025

Introducing..



I joined Age UK Notts in October 2024 as a Household Support Fund Coordinator and have thoroughly enjoyed having a role that makes a difference for people.

I love and have a huge passion for animals! I studied animal care in college and worked as an Assistant Dog Groomer for a few years before having to leave due to my health conditions worsening.

I have a bit of a menagerie: a Saluki Whippet cross named Arlo (who just turned one and is the victim of many costumes)

3 cats named Scout, Daisy and River and a leopard gecko named Pukei!



Random FACTS

I'm a video game nerd at heart, spending most evenings in the "gaming room" me and my partner have made.



I once cuddled a Skunk! She was very sweet and cuddly (and not at all smelly!)



Scout



Arlo

River & Daisy



pukei

I'm a big bookworm, my favourite genre being



anything involving mystical magical fantasy worlds!



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

and Finally.....

Tell Us Once

There's a lot to think about and do when you lose someone close to you so don't be afraid to ask for help with the practical and financial matters.

Tell Us Once is a service that lets you report a death to most government organisations in one go.

When to use Tell Us Once?

You can use Tell Us Once if the person who died was living in England, Scotland or Wales. This includes if the person died while they were abroad temporarily, for example on a holiday or business trip.

The death must have been either:

- registered
- reported to a coroner and you have a final or interim death certificate

[Find out more here](#)

In our September issue we talked about The Age UK LifeBook which is there to help you keep track of everything. It's a way to keep all your important information in one place. So when you need to dig out some details about a pet, an energy supplier or a savings account, you know exactly where to look.

It also ensures that your loved ones have the details they need if they ever have to sort something out on your behalf. Keep it somewhere safe. Let someone you trust know where it is. And enjoy peace of mind knowing your important information is in order for when it's needed.



[Download your LifeBook here to get started](#)

If you'd prefer a print copy of the LifeBook to fill out, you can order one for free by calling the Advice Line on

0800 678 1602.



DATES FOR FEBRUARY

1st February : World Hijab Day

World Hijab Day is dedicated to supporting and understanding women who choose to wear the hijab (a traditional head covering for many Muslim women) as a symbol of their faith and identity.



14th February - Valentines Day

Nearly half of UK adults consider themselves to be romantic, and Valentine's Day is considered the day of romantic love, often celebrated with a candlelit meal or a romantic getaway.

Even in Shakespeare's time, Valentine's Day was a celebration of choosing a mate and expressing love. At its heart, it reminds us that love is love - timeless, universal, and for everyone.



5th February - Time to Talk Day

Time to Talk Day is the nation's biggest mental health conversation. It's a day for all of us to come together to talk, listen and change lives. Why is talking important? Talking openly and honestly can be the first step towards better mental health for everyone. It can reduce stigma and help people feel comfortable enough to seek help when they need it.



'The power of being able to talk about your own experiences and turn them into something positive is huge.'

17th February - Random Acts of Kindness Day

There are no strict rules on this day - everyone can choose their own way to show care and attention. Here are some popular ideas:

- Help those in need - from donations to supporting volunteer organisations.
- Give a compliment or express gratitude to your loved ones or colleagues.
- Pay for coffee or lunch for a stranger.
- Share knowledge or skills - offer to help someone with their studies or work tasks.
- Volunteering - participation in social or environmental projects, cleaning the park, helping shelters, etc.



HR

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



Bank Support Worker
(Specialist Dementia Day Service)

Dementia Support Worker



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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