



WELCOME TO OUR

June Local Loop

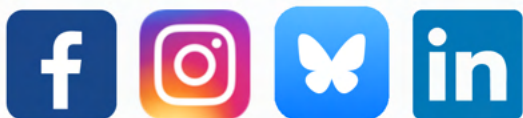
t: 0115 844 0011 e: info@ageuknotts.org.uk info: www.ageuk.org.uk/notts

Welcome to the June edition of The Local Loop

Wow – what a scorcher it’s been this month! We hope you’ve all managed to stay cool during the recent heatwave. In this edition, you’ll find helpful tips on keeping cool, along with a delicious treat to enjoy, there’s plenty of wonderful news from across the charity too - from our Raising a Hat at our Line Dancing taster, more fundraising highlights like enjoying good company Italian-style, updates from our Big Knit campaign, and a chance to get to know our very own Maria Cooke a little better. Plus, don’t miss our brand-new social calendar, packed with opportunities to get together and have fun.

As the hot weather continues, it’s also a great time to look out for others in your community. A quick check-in with a neighbour, friend, or loved one can make a real difference during extreme temperatures.

Sarah Elliott
Communications Coordinator



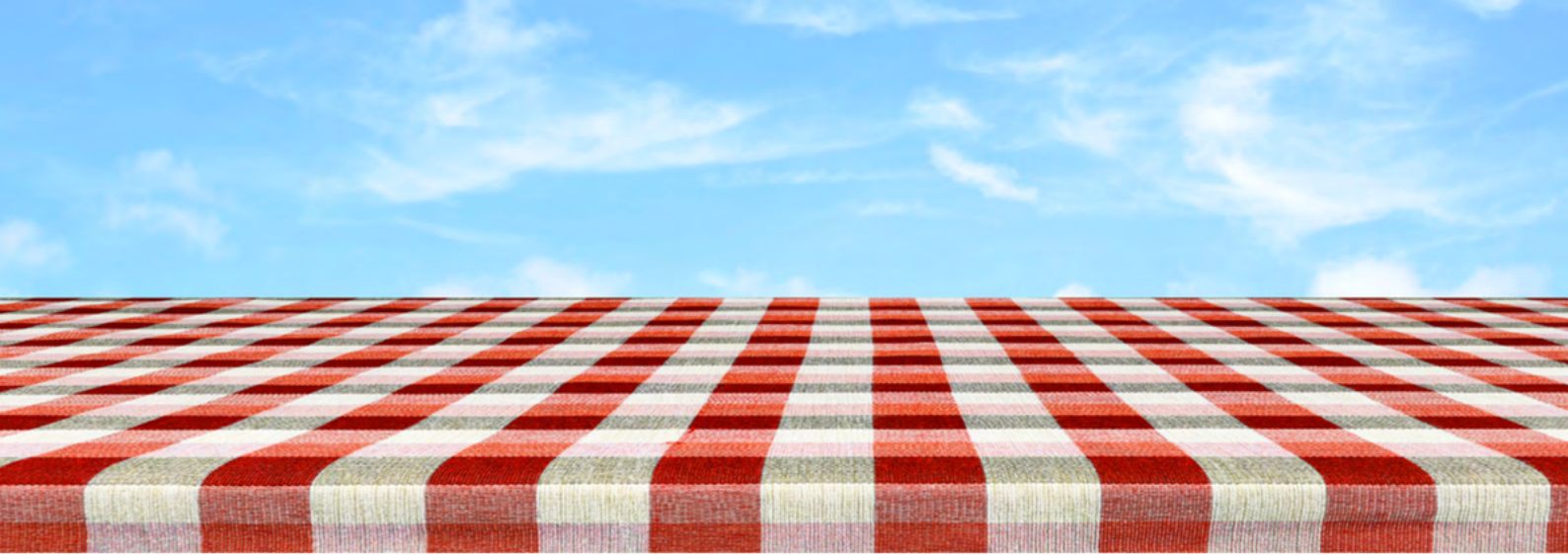
Social Media -
We want to hear from you!
Help us by...



Liking, Saving, Sharing and
Commenting on our posts.

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

WWW.AGEUK.ORG.UK/NOTTS



CONTENTS **JUNE**

VOLUNTEERS UPDATE - VOLUNTEERS WEEK

GOOD TO KNOW INFORMATION

STAYING SAFE IN HOT WEATHER

EDI VALUING EVERYONE

FUNDRAISING EVENTS 2026

FUNDRAISING- PEOPLE SKILLS CONFERENCE

NEWS FROM AGE UK

INTRODUCING

AND FINALLY

DATES FOR AUGUST

HR VACANCIES

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

WWW.AGEUK.ORG.UK/NOTTS



Claire first joined Age UK Notts in 2017 and has since supported the charity within both the Advocacy service and, more recently, at Sybil's as a Dementia Support Volunteer.

Having previously worked within the NHS and for a mental health charity, Claire was drawn to volunteering with the charity at a time when her health prevented her from working full-time.

The opportunity enabled her to maintain a sense of purpose within a sector she was passionate about, while also giving her the space to focus on stabilising her health.

'My first role was in the advocacy service. The role was perfect for me because it involved going into the care home one morning a week and the rest I could do at home as and when I felt able'

'My role was incredibly rewarding because I would meet the older person in the care home and then I would follow their case through to discharge 3 months later. Once they were home, I would ring regularly and help them access services in the community to tackle social isolation.

I would also ensure they were receiving all benefits they were entitled to. By the end of our contact, you knew that that older person's quality of life was improved by our work and that was so rewarding. '

After a short break from volunteering with the charity, we were delighted when Claire got back in touch towards the end of 2025 to say she was looking for a new volunteering opportunity. She is now volunteering two days a week at the Sybil Levin Day Service as a Dementia Support Volunteer.

'Sybils is an incredible place, and I feel so privileged to be able to go there every week. I had not used the SPECAL method before but within hours I could see the difference it made to the friends who attend the centre. My 2 days at Sybils are my favourite part of my week. People say that volunteering is good for you and gives something back. Volunteering at Sybils is the epitome of this. My days are filled with laughter and companionship. I spend my time immersing myself into each friend's world and finding ways to share some moments of joy together. It really is the most joyful place. And I have learnt many skills in how to support those living with dementia.'

When speaking about what volunteering at Age UK Notts has meant to her, Claire shared:

'Outside of the work the thing that has been the constant throughout my volunteer journey has been the teams that I have volunteered within. They have made me feel so welcome and a part of the team and have helped so much in me regaining my confidence in the workplace again. I can't thank Age UK Notts enough for all that they have done for me and the opportunities they have offered me.'

Likewise, we would like to thank Claire for her time, dedication, and support. We are very fortunate to have a volunteer like her and truly appreciate everything she has contributed. Her commitment has made a meaningful difference, and we are grateful for her involvement.

Information

10.30am - 7.30pm
1st AUGUST

FREE!

LIVE
MUSIC
GOOD
VIBES
GREAT
TIME

LIVE
MUSIC
GOOD
VIBES
GREAT
TIME

St Ann's Family Fun Festival LIVE SHOW A GREAT FAMILY DAY OUT



Local Stars from Nottingham

The Chase
Neighbourhood
Centre, NG3 4EZ
&
SYCAMORE
SCHOOL
FIELD

IF YOU WOULD LIKE TO **PERFORM**
OR **BOOK A STALL**, EMAIL BY THE 24TH JULY
RACHEL.GRAHAM@STANNSADVICE.ORG.UK

ACTIVITIES
& STALLS
12PM-4PM



FOOTBALL
TOURNAMENT
10.30am



FOOD
STALLS



LIVE
PERFORMERS

**CHARGES MAY APPLY A



If you know anyone who is interested in booking a stall at the event, they can email rachel.graham@stannsadvice.org.uk for a booking form.

Age UK Notts

Information

Join the Silver Scientist Event Free for Older Adults



We're pleased to share an exciting opportunity from the University of Nottingham.

Silver Scientist is a free, interactive one-day event taking place on

16 July 2026 (10am–2pm) at the School of Psychology.

Designed especially for older adults, this engaging event offers a chance to explore the world of psychology in a welcoming and accessible environment.

On the day, you can:

- Meet and chat with university researchers
- Learn about the latest psychology research
- Take part in interactive demonstrations
- Enjoy complimentary sandwiches, tea, and coffee

Whether you're curious about how psychology works or simply looking for an interesting day out, this event is a fantastic opportunity to get involved.

Find out more and sign up here: <https://lnkd.in/eTE-nF3Q>

If you have any further questions before or after the event, then please don't hesitate to contact the Silver Scientist team at Sarah.Cassidy@Nottingham.ac.uk

Information

85 years of impact - told through your stories

This September, we're starting the celebrations for our 85th birthday next year - 85 years of dedication, compassion, and community.

We're creating a timeline that captures our journey through the voices of our volunteers and staff - and we need your help to complete the picture.

Share your memories, photographs, and experiences, and be part of telling the story of our legacy.

Share your story with us - email: marketing@ageuknotts.org.uk

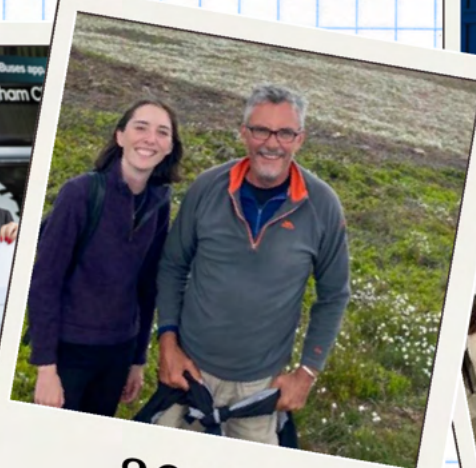
Nottingham &
Nottinghamshire
ageUK

85 years

1922 - 2027



2009



2025



2024

Staying Safe in Hot Weather

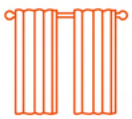
Some people enjoy hot weather because their bodies cope well with heat, helping them feel relaxed and energised in the sun. However, during the recent heatwave - one of the hottest Junes on record - high temperatures can place extra strain on the body, and for older adults or those with underlying health conditions, this can make the heat feel overwhelming and increase the risk of becoming unwell. Here are some tips on staying cool



Look out for those who rely on your support. Check in on neighbours, friends, or relatives - especially if they live alone, are frail, or have health conditions.



Protect yourself and others: Avoid peak heat (11am–3pm). Stay indoors where possible. If outside, use SPF 30+, wear a hat, and seek shade.



Keep your home cool. Close curtains and windows against the heat, and use the coolest room available.



Stay hydrated. Drink plenty of water, even if you're not thirsty. Limit alcohol.



Keep cool. Take cool showers, use damp cloths, and wear light, loose clothing.



Adjust routines. Move outdoor activities to early morning or evening and avoid strenuous tasks.



Eat light. Choose refreshing foods like salads and fruit.



Stay informed: Check weather updates at [metoffice.gov.uk](https://www.metoffice.gov.uk)



Heat Stroke – Act Fast
Know the signs:

Be aware of heat exhaustion and heatstroke and act quickly if symptoms appear.

Signs:

- Very high temperature
- Hot, red skin (may be dry)
- Confusion or dizziness
- Severe headache
- Nausea or vomiting
- Rapid pulse or breathing
- Fainting



What to do:

- Call 999 immediately
- Move to a cool place
- Cool the person quickly (water, fan, remove excess clothing)

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

[WWW.AGEUK.ORG.UK/NOTTS](https://www.ageuk.org.uk/notts)



Notts Pride 2026 promises to be the biggest and most vibrant celebration of Nottingham's LGBTQ+ communities yet, building on last year's record-breaking attendance of 10,000 marchers.

Taking place on Saturday, 25th July 2026 we'll be flying the flying the flag for Age UK Notts on Sneinton Avenue, Come and say Hello!
Want to help on the day?
Contact:
paul.goddard@ageuknotts.org.uk



NORTH NOTTS DEAF CONNECTIONS HUB

DATE

Every 4th Friday
10.30am - 12.30pm

22nd May	25th September
26th June	23th October
24th July	27th November
28th August	18th December

WHERE

Mansfield Central
Library, Westgate,
Mansfield, NG18 1NH

Deaf,
Hard of Hearing
and Deafblind
are welcome

A welcoming and safe space for the deaf community. Come and spend time with us at the hub

- Free hot drinks and biscuits
- Chat and chill
- Activities
- Workshops
- Advice and support



 Nottinghamshire
Deaf Society
Be Seen and Heard

Community Development Officer
edele.garton@nottsdeaf.org.uk
SMS:07933 852308

SOUTH NOTTS DEAF CONNECTIONS HUB

DATE

Every 2nd Friday
10.30am - 12.30pm

8th May	11th September
12th June	9th October
10th July	13th November
14th August	11th December

WHERE

Nottinghamshire Deaf
Society, 22 Forest Road
West, NG7 4EQ

Deaf,
Hard of Hearing
and Deafblind
are welcome

A welcoming and safe space for the deaf community. Come and spend time with us at the hub

- Free hot drinks and biscuits
- Chat and chill
- Activities
- Workshops
- Advice and support



 Nottinghamshire
Deaf Society
Be Seen and Heard

Community Development Officer
edele.garton@nottsdeaf.org.uk
SMS:07933 852308

FUNDRAISING EVENTS 2026



That's Amore.....



Ticket sales and the raffle helped raise more than £500 for the charity. Thank you to everyone who supported the event and contributed so generously. We were delighted to have an excellent selection of raffle prizes, including an air fryer, hair dryer, spa treatments and plenty of chocolate treats, to name just a few.

We thoroughly enjoyed a fantastic evening of delicious Italian food, brilliantly hosted by the team at Amores Italian Restaurant. Thank you, Amores, for your warm hospitality and support. "We've had a wonderful time, thank you."

The evening also gave us the opportunity to say a heartfelt thank you and farewell to Dr Graham Cox, who is stepping down after nine years of dedicated service as a Trustee.

Graham has been a trusted GP in Nottingham for many years, and his commitment, wisdom and unwavering support have made a lasting contribution to the charity and the people it serves. He will be greatly missed, and we wish him every success and happiness for the future.

To round off a wonderful evening, the whole restaurant joined in to sing Happy Birthday to a very special Elaine!



FUNDRAISING

EVENTS 2026



Boots, Beats & Brilliant Company!

On the May Bank Holiday, a lively group came together for our very first Line Dancing Taster Session - and what a success it was! Despite the heat, our dancers didn't miss a beat, stepping, shuffling, grapevining, and heel-toeing their way across the floor with plenty of enthusiasm. From total beginners to those who already knew a few moves, everyone joined in and gave it a go. Laura, who hosted the event, was incredibly impressed with the energy and talent on display and is already hoping to bring another session to you very soon. Thirsts were quenched and appetites satisfied with a hearty selection of jacket potatoes and delicious fillings, giving everyone the fuel they needed for a few final "yee-haws!"



'It was a fantastic way to spend an afternoon - full of laughter, movement, and great company.'

Our brand-new social calendar is now available, packed with events designed to help you stay active, connected, and enjoying life to the fullest. Whether you're keen to meet new people, catch up with friends, or try something completely different, there's something for everyone. Our activities are all about bringing people together and celebrating community spirit. Come along, get involved, and discover just how rewarding being part of your local community can be.

What's Next?



FUNDRAISING EVENTS 2026



FUNDRAISING EVENTS 2026/27

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:



www.ageuk.org.uk/notts/activities-and-events/

Contact
Elaine: 07872 839605
fundraising@ageuknotts.org.uk



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



People Skills Conference - Heather Griffin

On 16th June I attended the East Midlands Chamber of Commerce People & Skills Conference at Loughborough University.

It was an important opportunity to learn more about how local employers are responding to challenges such as changes in employment rights, national living wage, AI, EDI, Retention and Wellbeing. The last three were of particular interest because we know how to help. We provide tailored talks and workshops that support older workers and worker-carers, as well as signposting to our services that improve quality of life for many.

Valuable messages were shared about the difference it makes to proactively understand the strains staff often carry in their non-work lives. Experiences shared on this subject were surprising. More must be done. It also made me appreciate Age UK Notts' approach of "You're allowed a life outside of work" all-the-more. I can share non-work events and commitments with ease and when needed, seek solutions. It means I get to enjoy both roles.

Conversations on providing better support to avoid staff burn-out are gaining momentum within the Chamber. It's great to see and is key to how we build local connections.



FUNDRAISING EVENTS 2026



Taking the Leap for Local Older People

This year, our commitment to supporting older and/or vulnerable people is reaching new heights - quite literally.

This event will mark the beginning of a special year of celebrations as we approach our 85th anniversary.

We turn 85 on 1st October 2027, and we'll be sharing lots of news, stories and events along the way to showcase everything we've achieved and how we plan to celebrate this milestone.

On 5th September, Joint CEO Michelle Elliott, Trustee Michelle Freer, colleagues and friends will be taking on an exciting skydive at Langar, Nottingham to raise vital funds.

Their goal? To raise over £5,000 to help us continue delivering essential services to those who need us most. This thrilling challenge is a powerful reminder that there are many ways to support Age UK Notts - whether it's through fundraising, volunteering, donating, or even taking part in a once-in-a-lifetime experience like this.



"This is an amazing experience and huge challenge for us to take part in and shows that you are never too old to live better and feel young at heart! I am 42 this year and what better way to get yourself out there and step into your glow by stepping out of a plane and showing everyone, you have arrived!! It will be amazing, and the best part is that we are raising money for a charity that lives this very message every day and helps people age well and live their best years in their very own glow!"

- Trustee Michelle Freer

FUNDRAISING EVENTS 2026



For over 80 years, Age UK Nottingham & Nottinghamshire has been here for our local community - supporting older and/or vulnerable people to live well, stay connected, and feel valued. As an independent local charity, everything we do is focused on people across Nottinghamshire. Today, that support is more important than ever. The county's older population is 4.5% higher than the national average - and growing. Each year, we support over 40,000 local people, helping them maintain independence, reduce loneliness, and improve their quality of life.

This vital work is only possible thanks to the kindness and generosity of our supporters. Every pound raised locally stays local, helping people right here in our community.

“After more than 34 years with Age UK Notts, I’m incredibly proud of the vital support we provide to older and vulnerable people across Nottinghamshire. The positive impact we make—and the feedback we receive—is truly inspiring, and I’m deeply grateful to our dedicated staff and volunteers. As I celebrate my 35th year and the charity’s 85th, I’m taking on a Sky Dive challenge—exciting, nerve-wracking, and something completely new for me! Please consider sponsoring this special milestone.”

- Joint CEO, Michelle

You can join our team or sponsor our skydivers – we’d love you to be involved:

New Booking - Skyline Events online booking link is:
<https://booking.skylineevents.co.uk/?add=1656&charity=105710&siteID=50&referrer=charity>

We have 10 places which are held until 5th June so what are you waiting for!

Want to see what the skydive is like? Watch here:
<https://www.youtube.com/watch?v=Ut8fr6JSb7w>

You can support the team here:
<https://www.justgiving.com/campaign/taketheleapwithageuknotts>

We are incredibly grateful to everyone who supports Age UK Notts - whether through donations, fundraising challenges like our skydive, volunteering their time, or leaving a gift for the future.

Together, you are helping us make a real and lasting difference.

www.ageuk.org.uk/notts



The Call to Knit will be in October 2026 but don't let that stop you - get knitting or crocheting those splendid little hats and look out for more news on our website very soon!

[Click here for 'knitspiraton' for cute patterns for all abilities!](#)

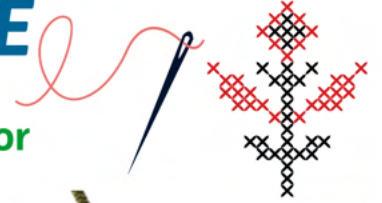
 **the innocent big knit[®]**
is back!



INTRODUCING

Maria COOKE

Innovations and
Communications Director



My journey to Age UK Notts:

I've been with the charity since 2012 and first came as a volunteer. I tell anyone who will listen that I love my job every day and I know I'm lucky to be in that position. Even with the challenges of the last few months, I am so impressed by everyone's determination to offer great services to the people who need them and to look after their team members and those within the wider charity. I definitely know I'm working in the right place.



In my spare time, I love sewing and make tapestry cushions for the people in my life (whether they want one or not!).

I love making cakes and love sharing them even more. Maybe you've seen me handing our slices at SLC sometimes.



I enjoy visiting cathedrals when I go on holiday in Britain or Europe and I love art exhibitions.

Surprising things?

I've walked over hot coals and jumped off a platform 40 feet in the air



I've been to a Buckingham Palace garden party and seen the Queen (I did not tell her that the catering was terrible!)



I went on safari in Kenya and fought off a baboon who was trying to steal my bag



I enjoy cooking, eating well and going to the gym and my staff know that the way to my heart is a Double Decker chocolate bar.

and finally

FEEL GOOD FOOD

There's something special about creating your own little treat at home - whether it's a fresh fruit salad, a batch of crumbly cookies, or a hearty soup made with ingredients from your allotment. We'd love to hear your go-to recipes, so feel free to share them with us!

This month, Maria Cooke brings us her delicious Chocolate Mug Cake - the perfect indulgent treat when you need something sweet in a hurry.

4 tablespoons of self-raising flour
4 tablespoons of sugar
2 tablespoons of cocoa powder
Smidge of coffee powder (optional)
Splash of orange or mint oil (optional)
1 egg
3 tablespoons milk
3 tablespoons vegetable oil

Put the sugar and flour in a large mug and stir
Add the cocoa powder and coffee and stir again
Add the egg and stir in as much as possible

Add the milk and oil and flavoured oil (if using) and stir really well till no traces of flour or egg white remain

Microwave for 1 minute 30 seconds (for an 800w oven) and then again in 10 second blasts until just set

(A little wobble in the middle is good!)



DATES FOR AUGUST

National Wellness Month

National Wellness Month is a month-long campaign promoting practices that reduce stress and improve overall wellbeing. It covers a broad definition of wellness that includes physical activity, nutrition, sleep, mindfulness and emotional health. The observance is aimed at anyone wanting to build healthier habits, as well as at spas, wellness brands and employers who use the month to encourage their communities and staff to prioritise self-care.



Don't forget!



Left Handers Day

13th August 2026

August 13th is a chance to tell your family and friends how proud you are of being left-handed, and also raise awareness of the everyday issues that lefties face as we live in a world designed for right-handers.



28 August 2026

Krishna Janmashtami (Hindu)

Krishna Janmashtami is an annual Hindu festival celebrating the birth of Lord Krishna, the eighth avatar of Vishnu, observed with fasting, devotional singing, and cultural performances.



9th August 2026 National Book Lover's Day

A day for those who can't live without books and reading.

People love books because of their immense potential. They can transport you to a new world of fantasy, or time travel back in history. They are a way to escape the problems and burdens of your life and get lost in a pool of emotions.



VJ Day

15th Aug 2026

VJ Day marks both the surrender of Japan and the end of the Second World War.



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

WWW.AGEUK.ORG.UK/NOTTS

HR

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



Bank Support Worker
(Specialist Dementia Day Service)



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

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

WWW.AGEUK.ORG.UK/NOTTS