



WELCOME TO OUR

April Local Loop

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

Welcome to the April Edition of The Local Loop

As spring brings new energy and brighter days, this month's update is filled with stories that celebrate the people and moments that make our community so special.

We're delighted to celebrate our Volunteer Awards winners and shine a spotlight on the incredible difference our volunteers make, including a heartfelt volunteer story in their own words, alongside a look at events to enjoy in the coming months. And finally, we take a joyful trip down memory lane, revisiting those nostalgic items that spark memories, smiles and connection.

We hope this month's newsletter leaves you feeling inspired, appreciated and part of something truly meaningful.

Sarah Elliott
Communications Coordinator



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



Liking, Saving, Sharing and
Commenting on our posts.

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Carol is one of Age UK Notts' dedicated Companion Service volunteers, motivated by a simple aim: to brighten the lives of older people experiencing loneliness.

After taking early retirement, she found the perfect opportunity to give her time to someone who truly needed it. Having seen first-hand the challenges older people can face, Carol knew she could make a positive difference.

Since joining the charity, Carol has offered weekly companionship to the people she supports, sharing tea, conversation and, most importantly, her time. With great patience and strong listening skills, she creates a safe and welcoming space where life stories can be shared and valued. Even when stories are repeated, Carol responds with the same warmth and enthusiasm, honouring the memories being relived.

For Carol, the greatest comfort she offers is simply being there - listening, chatting, and easing loneliness through her presence. The impact of this has been clear, with those she supports expressing how much they look forward to her visits and how much they miss her when she's away.

Now supporting someone new, Carol continues to bring companionship, reassurance and kindness, carefully preparing for each visit to make their time together meaningful. Her commitment is a wonderful example of the difference our volunteers make every day.

Our volunteers are at the heart of everything we do to reduce loneliness and isolation, and Carol is a shining example of this. We are incredibly grateful for her dedication and the lasting impact she makes through her generosity of time and spirit.

Thank you, Carol, for all that you do - you are truly inspiring!



Carol

**Back in November 2025,
we announced the winners
of the 2025 Volunteer
Internal Awards, selected
by our Senior Leadership
Team, as follows:**

**Margaret –
Outstanding
Volunteer Contribution**

**Jean –
Longstanding
Volunteer Contribution**



It was then on a rare sunny afternoon in late February that Margaret was treated to a celebratory afternoon tea at The Pudding Pantry, joined by Michelle Elliott and Martyn Illingworth (our joint CEOs), Linda Crick (Senior Operational Manager for Sybils), and Vicky Pearce (Volunteering Coordinator). During the tea, she was presented with a beautifully framed certificate and a bouquet in recognition of her Outstanding Volunteer contributions.

Margaret has been volunteering with us as a Dementia Support Volunteer since 2019, bringing a cheerful, positive approach to every session. Her warm, friendly manner and the time she gives to each individual make a real difference to those attending the centre.

She was also nominated for her significant contribution to our annual Advent Raffle, which has raised almost £9,000 over nine years. A keen competition enthusiast, she has donated prizes to support the raffle and, during the afternoon tea, shared stories of some of the many prizes she has won over the years - from her first win, a cookery book, to cottage breaks, a TV and video, a Magimix, and more.

It was a wonderful way to celebrate Margaret and the difference she makes to the charity



Jean was unable to attend the afternoon tea, so Michelle, Martyn, and Charlotte Bembridge (Senior Operational Manager for Advice) met with her at a later date to ensure she was recognised as one of this year's winners. They presented her with an afternoon tea for two to enjoy at her convenience, along with a framed certificate and a bouquet in recognition of her long-standing volunteer contribution. It was lovely to be able to do so.

Jean has been volunteering with us since 2008, supporting the Advice Team as a Volunteer Form Filler. Over the years, she has provided invaluable assistance to clients, demonstrating kindness, compassion, and patience in guiding people through the often complex paperwork required to apply for benefits. Both the team and clients greatly appreciate her efforts, and it is not uncommon for clients to visit TLC specifically to thank her for the support she has provided.

We are very grateful for Jean's years of dedication and the difference she makes to the charity

Both Margaret and Jean won a two-night stay for two with Room to Reward - we'll share more details of their adventures in future editions.

To find out more, please contact us on:

t: 0115 8414464

e: volunteering@ageuknotts.org.uk

www.ageuknotts.org.uk/volunteer



GOOD TO KNOW...



Together We Walk



We want to share an important update regarding the Together We Walk service.

Due to an internal restructure, the service will be coming to an end (17/04/26).

We recognise that this news may feel disappointing and that the service has been meaningful both to those involved in delivering it and to the people it has supported.

This was a difficult decision, taken after careful consideration, and reflects wider changes to how we are shaping our services for the future. We are extremely grateful for the dedication, care and hard work shown by everyone who has contributed to Together We Walk.

walk notts festival

2026

Walking Events

01-31 May

A range of walking events around Notts to suit everyone.

This programme may be subject to change so please click on the individual events  to view more information before attending the walk or visit the [Walk Notts website](#) to find out more



Walk Notts Festival Coming This May!

[MORE INFORMATION ABOUT WHAT'S HAPPENING & THE ACTIVITIES PROGRAMME HERE](#)

www.walknottsfestival.com

RELAXED, DEMENTIA-FRIENDLY CONCERTS IN MANSFIELD AND DERBY

Melodic Moments
Sinfonia Viva



Join us for Melodic Moments, relaxed afternoon concerts held at **Derby Museum of Making** - particularly suitable for people living with dementia and those who care for them.



Tuesday 14 April 2026
2:00pm

Tuesday 9 June 2026
2:00pm

£9.50 | includes tea and cake after the performance. Up to 1 carer may attend for free with each full price ticket.

ADDRESS | Museum of Making, Silk Mill Lane, DE1 3AF



PARKING | Offsite parking is available nearby at Chapel Street car park and parking cards can be validated at the Museum of Making to give a discounted rate of £2.70 for a day. There are 4 accessible parking bays on Silk Mill Lane which are for use by Blue Badge holders only.

BOOK NOW | Scan the QR code or visit www.sinfoniaviva.co.uk



"It has opened my eyes and ears to something really wonderful" - Audience Member

Viva Chamber Orchestra Ltd is a Registered Charity No. 299346 and a company limited by guarantee registered in England No. 3179552. Registered address: Office 7, Kings Chambers, 34 Queen Street, Derby, DE1 3DS

Melodic Moments
Sinfonia Viva



Joyful Afternoons of Music and Connection

Mansfield Museum



sinfonia
VIVA

"It has opened my eyes and ears to something really wonderful" - Audience Member

Join us for **Melodic Moments**, relaxed afternoon concerts held at **Mansfield Museum** - particularly suitable for people living with dementia and those who care for them. These welcoming gatherings offer an informal and engaging way to enjoy beautiful music in a safe, friendly space.

Each concert features beautifully performed live music in an intimate, informal setting, offering space to pause, connect, and enjoy music together. Every event introduces a new ensemble and theme, ensuring there's always something fresh to discover.

Wednesday 18 March 2026, 1.30pm
Wednesday 22 April 2026, 1.30pm
Wednesday 20 May 2026, 1.30pm
Wednesday 17 June 2026, 1.30pm
Wednesday 22 July 2026, 1.30pm



Tea and scones will be provided free of charge after the performance

"It's so lovely to sit and let the music wash over you, and forget about everything that's going on" - Audience Member



Join us at **Mansfield Museum** — simply scan the QR code to book your tickets today.

Viva Chamber Orchestra Ltd is a Registered Charity No. 299346 and a company limited by guarantee registered in England No. 3179552. Registered address: Office 7, Kings Chambers, 34 Queen Street, Derby, DE1 3DS

Sinfonia Viva, the orchestra of the East Midlands, Melodic Moments, is a relaxed concert series which takes place at Derby's Museum of Making and Mansfield Museums.

Melodic Moments are friendly, accessible concerts specially designed for those who might find a traditional concert environment difficult, such as those living with dementia or other life-limiting conditions and their carers. However, they are open to anyone who wants to enjoy an afternoon of high-quality, enjoyable music in a welcoming, local setting.

Each concert is presented by Caroline Welsh, an experienced creative leader who has extensive experience within music and healthcare settings, who introduces each piece and threads a theme throughout the programme. She is joined by a small ensemble of musicians from the Sinfonia Viva orchestra: this season's ensembles range from a flute and bassoon duo to a trio of oboe, cello and harp, so there's always something new to discover!

The intimate setting allows the audience to observe the performers up close, and there's also a chance to get to know them a little more over complimentary refreshments after the concert!

You can find out a little more about the concerts [here](#)

MOBILITY SCOOTER



**“MOBILITY
SCOOTER
BATTERIES
SHOULD BE
RUN FLAT
BEFORE
CHARGING”**



Reality:

It is recommended mobility scooter batteries are charged regularly and not allowed to run completely flat. Regular charging helps prolong the battery life and ensures optimal performance. Running batteries flat can often damage them irreversibly. In addition, running scooters and powerchairs on low voltage batteries causes cables and connections to overheat and damages components.

Remember you can undercharge your batteries but not overcharge them as the correct charger has a built-in management system that will switch it off when the battery is fully charged.

Always ensure the correct charger is used on your equipment. Gel batteries and lithium batteries use different chargers and using the incorrect charger can result in damage and possibly fires. . Contact us on 0115 6976409 and we will advise you on which charger is correct for you.

Advantage MOBILITY

Call us on 0115 697 6409
Pop into the large well-
appointed showroom for a
cuppa and a friendly, no
obligation chat about your
mobility requirements.

Find us at:
The Bridgeway Centre in
Nottingham, NG2 2JD.
Adequate parking close to the
shop.



Connected Together

Have you heard about the switch to digital landlines?

Landlines are changing and the UK's telephone network is going digital. These changes will affect everyone who has a landline they'd like to keep using. We understand that change can feel overwhelming. With a little support and reassurance, we're here to help you understand what is happening and ensure you and your loved ones stay connected without disruption. That's why we're proud to support BT's Connected Together initiative, offering the tools, guidance and confidence to support you and your loved ones through the switch.

What's happening?

This is a once-in-a-generation, industry-wide upgrade to future-proof the UK's landlines. The analogue network that most home phones work on today is no longer fit for purpose and can't keep up with the demands of modern life. That outdated network will be switched off for all landline providers in January 2027. BT's new home phone service is called Digital Voice.

We know that changes like this can raise questions or cause concern. Especially if you or a loved one uses a landline for safety, independence or day-to-day connections.

Start the conversation today.

Find out more at: www.bt.com/connected-together or call BT's Customer Care team on 0330 1234 150.

The landline is not going away, and for most, the switch is simple. No one will be left disconnected.

Here are a few key points to be aware of:

- The switch won't cost you a penny
- Phone numbers won't change
- Over 99% of existing handsets are compatible with Digital Voice
- Benefit from free and helpful calling features such as 3 Way Calling, Voicemail and Call Protect to help block scam calls and notify you of any suspected nuisance calls
- For those that may need extra support, BT offers free engineer visits to make sure everything is set up correctly and working perfectly. Just make sure to confirm or book the appointment when they get in touch. They'll take care of the rest.
- Worried about power cuts? Don't worry. BT provides back up power solutions meaning you can still make and receive calls during outages, and it's free for those who need it most.
- If you don't have broadband, BT will provide a dedicated landline service allowing you to use your landline in the same way you do today. No new equipment is needed, and you won't require a home visit from an engineer.

CAN YOU HELP?

Kirsty Woodward from University of Nottingham is seeking volunteers to support important research that could help improve the early diagnosis of Alzheimer's disease.

Volunteer for Alzheimer's Research: Help Us Improve Early Diagnosis

We are currently recruiting healthy men and women to participate in a study examining visual search. Our goal is to improve the accuracy of early Alzheimer's disease diagnosis, a growing illness and a major social challenge.

Who can take part?

We are looking for adults aged 65 and over who have not been diagnosed with Alzheimer's disease or Mild Cognitive Impairment.

What does the study involve?

The study consists of a single session lasting around 90 to 120 minutes. There will be plenty of time to take breaks. You do not need any computer experience to take part!

During the session, you will:

Sit comfortably in front of a screen and look at images of everyday objects while an eye-tracker monitors where you are looking.

Complete a few simple computer-based games and pen-and-paper puzzles.

Answer some straightforward questions about your memory, reading skills, concentration, and education history.

Where does it take place?

The session will take place at the psychology building at the University of Nottingham.



To thank you for your time, you will receive an inconvenience allowance. We hope you will enjoy the tasks and the experience of helping us advance this vital research!

How to get involved:
If you are interested in participating or would like to ask a few questions, please feel free to contact

Email:
Kirsty Woodward :
LPXKW6@Nottingham.ac.uk

FUNDRAISING

EVENTS 2026



Fancy an afternoon of fun, music and dancing?

Why not give line dancing a go!

Whether you're a complete beginner or just looking for something fun to try, this session is for you!



Join us for a relaxed taster session, where you'll learn simple routines, have a good laugh and enjoy the company of friends old and new.



Line dancing taster session
Learn simple routines and have fun with friends

For booking details

📞 Elaine: 07872 839605

✉️ fundraising@ageuknotts.org.uk

Line Dancing

SUNDAY 24TH MAY 2026 12-4PM

John Godber Centre
Ogle street
Hucknall
Nottingham
NG15 7FQ

£12.00
Includes Jacket
Potato Buffet &
refreshments

www.ageuk.org.uk/notts

FUNDRAISING EVENTS 2026



May

Taster session
of Line
Dancing. Learn
simple routines
& have fun
with friends.

**SUNDAY 24TH
MAY 2026
12 NOON - 4PM**

**JOHN GODBER CENTRE
HUCKNALL
OGLE STREET
HUCKNALL
NOTTINGHAM
NG15 7FQ**

Line Dancing



**£12.00
INCLUDES
JACKET POTATO
BUFFET**

June

Enjoy a
delicious
Italian meal
with friends.

**SUNDAY 7TH
JUNE 2026
7PM - 9.30PM**

Amores Italian

**AMORES
65 GEDLING RD
CARLTON
NOTTINGHAM
NG4 3FG**



**£27
INCLUDES
SET ITALIAN
MEAL**



FUNDRAISING EVENTS 2026

Don't forget to check out our
2026 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

Elaine: 07872 839605

fundraising@ageuknotts.org.uk

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

FUNDRAISING EVENTS 2026



WHAT A WONDERFUL AFTERNOON AT CAPO LOUNGE, MANSFIELD!

Our recent Art Taster Session was a fantastic success — proof that creativity really does bring people together.

People came along curious to try something new, and left having made new friends, built confidence and unlocked new artistic skills.

With expert guidance from local artist Heather Griffin, the group explored their creativity in a relaxed, welcoming space - sharing laughs, ideas and plenty of inspiration along the way. It was truly heart-warming to see connections form so naturally.

Want to be part of something like this?

We run a wide range of social activities and events designed to help people connect, learn and have fun.

Find out more and download our Social Calendar here:

<https://www.ageuk.org.uk/notts/activities-and-events/>



Whether you're looking to meet new people, reconnect with old friends, or simply try something different, there really is something for everyone.

Come along, get involved and discover just how rewarding being part of your local community can be.



INTRODUCING HEATHER *Griffin*

Fundraising Relationships Coordinator

HOW did I get here?

I studied business and languages and spent 12 years at Twycross Zoo, supporting the CEO and Trustees and gaining valuable insight into charity governance - with lunch breaks often spent with gorillas or watching a meerkat recapture. I later worked in Liverpool with corporate organisations, including Spanish timber manufacturers and a major consultancy. On returning to the Midlands, I realised the Third Sector suited me best and became a project manager for a local heritage charity with strong community roots. Alongside this, my artwork was taking off and, during Covid, I developed it professionally. While rewarding, I missed being part of a team. When I saw the role at Age UK Notts, I went for it - and it's been the best move. I now work with brilliant people in a truly rewarding role, for an organisation that deeply understands the people it supports.



Outside of work, life is also varied!

Alongside the "fond chaos" of two pre-teens, I find great joy in....



Food - guilty pleasures



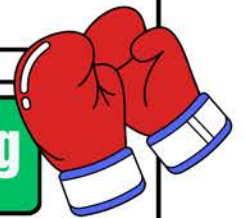
Kickboxing



Family trips to see the panthers play



Nottingham Panthers



I'VE ALSO REDISCOVERED A LOVE OF JIGSAW PUZZLES.

"just one more piece..."



and
growing trees



DATES FOR JUNE

Pride is celebrated in the month of June, as that was the month when the Stonewall riots took place.



The Stonewall riots were important protests that took place in 1969 in the US, that changed gay rights for a lot of people in America and around the world. Pride is a celebration of people coming together in love and friendship, to show how far LGBTQ+ rights have come, and how in some places there's still work to be done. Although Nottinghamshire Pride 2026 will take place on Saturday, 25 July 2026.

20th June 2026

The King's Official Birthday. Our Patron King Charles III celebrates his 78th birthday. Celebrations of the monarch's official birthday are held in June across the Commonwealth, and includes the Trooping of the Colour in London.



09th -15th June : National Carers Week

Carers Week is an annual campaign to raise awareness of caring, highlight the challenges unpaid carers face and recognise the contribution they make to families and communities throughout the UK.

It also helps people who don't think of themselves as having caring responsibilities to identify as carers and access much-needed support.



09th -15th June : Loneliness Awareness Week

Loneliness is a natural human emotion. By building our understanding, we can help ourselves and others manage the feeling.

If you would like a visitor to your home to enjoy a chat in person, a bit of help understanding IT (setting up your equipment, learning how to use the internet or picking up some new skills etc), someone to enjoy a walk with to get some fresh air or someone to go with you to enjoy your favourite activity (maybe a visit to the garden centre or your favourite café, for example) our Companion Service can help.

For more information:
Age UK Nottingham & Nottinghamshire | Companion Service

Email: companion.service@ageuknotts.org.uk
Telephone: 0115 8599206



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

WWW.AGEUK.ORG.UK/NOTTS

and Finally.....

Are we more nostalgic when times are hard?

Yes, nostalgia often feels strongest during challenging times. Reflecting on the past can bring comfort, warmth and reassurance - reminding us of shared experiences and simpler moments that still hold meaning today.

What are your most nostalgic items or memories?

Do you remember riding a Raleigh Chopper or racing home before the streetlights came on? That trip to the seaside with a 99 and a Flake, Angel Delight for pudding, or the excitement of the ice-cream van's tune drifting down the road? Do you remember cassette tapes, Top of the Pops, Saturday morning TV, and holidays in a caravan by the coast?

From Subbuteo and Scalextric to Space Hoppers and roller skates, it's often the simplest moments that stay with us longest.

What do you remember most, how many from the list on the right have you experienced?

We'd love to hear the items, places or experiences that still bring a smile today.

How many of these do you remember?

- Raleigh Chopper bikes
- Roller skates
- Space hoppers
- Clackers

- Watching Top of the Pops
- Saturday morning TV (Swap Shop, Going Live!, Tiswas)
- VHS tapes and video rental shops
- Cassette tapes and Walkmans
- Record players and vinyl singles

- Action Man
- Barbie (70s/80s styles)
- Big Yellow Teapot / Fisher-Price toys
- Scalextric
- Subbuteo
- Rubik's Cube
- Atari and early Nintendo consoles

- Ice cream vans and a 99 with a Flake
- Angel Delight/Arctic Roll
- Space Dust / Pop Rocks
- Panda Pops
- Wagon Wheels
- Findus Crispy Pancakes
- Smash instant mash

- Seaside holidays in the UK
- Donkey rides on the beach
- Punch and Judy shows
- Caravan holidays
- School discos
- Playing out until it got dark
- The Good Life
- Net curtains
- Brown and orange home décor
- Telephone tables and rotary phones
- Writing letters instead of texts

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

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