



WELCOME TO OUR

November Local Loop

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

As the year draws to a close, we've packed this issue with everything you need to stay informed and inspired. Inside, you'll find:

- Good to Know updates, including Nottingham City Warm Hubs, 'Get on it' with the HMRC app
- Ways to support fundraising, join the Advent Raffle Countdown, and even become a Star Baker!
- Plus, advice on winter fuel payment scams, saving big this season, spreading the festive cheer with Dear Christmas Friend
- HR Vacancies & Key Dates for November
- And don't miss our Fashion Show success story, volunteering news, and a roundup of What's On this Christmas and a fun Christmas quiz to test your festive knowledge.

Grab a cuppa, dive in, and let's make this festive season one to remember!

Maria Cooke

Innovations and Communications Director

Sarah Elliott

sarah

Communications Coordinator

















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



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5-YEAR ANNIVERSARY CONGRATULATIONS

Congratulations goes to Keith who reached his 5-year volunteering milestone during November.

Keith is one of our Wellbeing at Home volunteers and started volunteering for Age UK Notts during the COVID-19 pandemic.

As a key worker, he was fortunate to continue going into his workplace at the prison service, but he also worked from home one day a week, and this is when he made himself available to help with shopping tasks for us.

He tells us that his decision to volunteer was straightforward. As he was able to go to work during COVID, he thought about those who were less fortunate individuals at risk from Covid that prevented them leaving their homes.

He genuinely enjoys helping with shopping and makes him feel like he is doing something meaningful for those who cannot do it themselves. Just dropping off shopping and having a quick face-to-face chat made him realise that this could be their only interaction with the outside world, and did this whenever he could. He got to know the people he assisted and their personalities, which he found really rewarding. He has nothing but positive experiences to share about volunteering, and he will continue to do this for as long as it is needed.

We are incredibly grateful Keith, thank you.





Do you want to help older people and give something back?

People of all ages and all walks of life volunteer for Age UK Nottingham & Nottinghamshire - and we couldn't do our vital work without them!

Find out more about becoming a volunteer here



SOS Charity Fashion Shows

Fashion Show Success at The Kings Centre

OUR FASHION SHOW ON 8TH NOVEMBER WAS A TRIUMPH!

Huge thanks to Charity SOS Fashion Show & Clothing Sales for joining us for a truly FAB-U-LOUS event.

Staff and volunteers lit up the catwalk, showcasing an amazing range of clothing from brands like Seasalt, M&S, Next, and more.

The finale? A showstopping knitted dress styled by Jackie for the chicest of looks!

We raised a fantastic amount through a luxury raffle and enjoyed a delicious spread of cakes and savoury bakes.

Thank you to everyone who attended and supported us - your generosity makes a real difference!



Stay Social, Stay Connected

Our social events are all about helping you stay active, engaged, and enjoying life to the fullest. Whether you're looking to meet new people, reconnect with old friends, or simply try something new, there's something for everyone.

We're grateful to everyone who joins in with our events, as they also help raise vital funds that support our local services.





SOCIAL CALENDAR



February 2026

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



£12.00 **PIE AND PEA QUIZ**

March 2026

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



£9.50 INCLUDES **AFTERNOON TEA AND ENTERTAINMENT**

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:





Download the Social Calendar here



"Just a quick thank you for another great evening, we all enjoyed it immensely and we are happy you raised so much"

- Chungs Attendee



"This event was more than just a trip down memory lane, it was a fundraiser with heart - We loved

- Valuation Day Attendee

FUNDRAISING

HOW CAN YOU HELP?



Dunelm Delivering Joy

We're so grateful for Dunelm's incredible support as our national charity partner – and for the generosity of its amazing customers. Your kindness truly makes a difference to older people in our local community.

Want to help spread some festive cheer?

- Visit Dunelm Nottingham & Mansfield and check out their Delivering Joy Christmas Tree decorations.
- Choose a tag and make someone's Christmas special – even a small gift of £5 or £10 can bring joy this season!

Thank you for helping us make Christmas brighter for those who need it most.



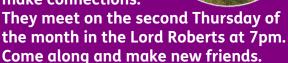
The messages you send mean the world!

merry Christmas and enjoy the flowers - I painted a cat on the vase for you to brighten it up!"





Silver Sapphics is a new social group for lesbians over 55 who want to meet socially and make connections.



Any enquiries contact Jane at: jw8418549@gmail.com

QUEER CRAFT CLUB



LAST SUNDAY OF EVERY MONTH

Unit 42 & 43 Sneinton Market, Freckingham Street, which is wheelchair accessible.
£3 Donation Free Tea & Coffee 6:30-8:30 PM



A welcoming LGBTQ+ social event - refreshments and chat every Saturday 10.30 to 12pm at the "Place to Eat" John Lewis 3rd floor..

Just look for the table with the golden pineapple on it.



Proud Forest is the new LGBTQ+ Forest supporters group.

You can contact them at: proud_forest@outlook.com and www.proudforest.co.uk



'GET ON IT' WITH THE HMRC APP



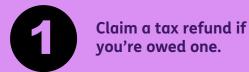


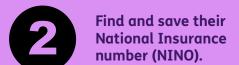
The HMRC App can help you to get organised

How to download the HMRC app and sign up for an account

- 1.
 Download the free <u>HMRC app</u> from the Apple App or Google Play store.
- 2.
 Follow the instructions on screen to complete set up users will be asked to sign in. If you don't already have an ID and password, this can be created on the same sign-in page.
- 3.
 Once this is all set up, users can opt for face or fingerprint recognition, so you don't even need to remember a password for future logins. Plus, there's no need to call HMRC as the information you should need is available at their fingertips.

Whether you are starting your first job or getting ready for retirement, downloading the app is the quickest and easiest way to:







BEWARE OF WINTER FUEL PAYMENT SCAMS

Between April and September 2025, Action Fraud received 2,790 crime reports relating to Winter Fuel Payment scams, with victims reporting losses totalling over £27,000.

Winter Fuel Payments are made automatically, you do not need to do anything. If you receive any text messages about Winter Fuel Payments, it's a scam.

Not sure if a message is real? Contact the organisation directly using the contact details on their official website, not the number or web address in the message. Your bank (or any other official source) won't ask you to supply personal information by email or text message.

Say no to scams!



If you have spotted a suspicious SMS or RCS message, you can report it for FREE by forwarding it to 7726.

If you think you've been a victim of fraud, contact your bank immediately and report it to Action Fraud online at actionfraud.police.uk or by calling 0300 123 2040, or call Police Scotland on 101.

HAVE YOU GOT WHAT IT TAKES TO BE THE NEXT STAR BAKER?

Love Productions are looking for a new batch of bakers for the next series of The Great British Bake Off and they want to hear from you!

If you or someone you know is a talented home baker, then apply now at: www.applyforbakeoff.co.uk or email them on:

<u>applyforbakeoff@loveproductions.co.uk</u> or call 0117 456 8530 for an application form.

Closing date for applications is 1pm on Monday 15th December 2025.

If anyone would like any more information or help in applying, please do get in touch.

You can call us on 0117 456 8530 or email:

apply for bake of f@love productions. co. uk









NOTTINGHAM CITY WARM HUBS

Many residents may be struggling this winter to deal with increasing household bills, as the cost-of-living crisis continues, and the days become colder. Nottingham City Council, partners, community and voluntary organisations, have opened up a number of buildings as warm spaces for any resident to freely access and stay warm during their opening hours.

NORTH LOCALITY

Basford

Renew Community Café Basford Road Baptist Church Basford Road, NG6 O.II

Wednesday Morning, 11am - 1pm
A range of Hot and Cold Drinks, Cakes &
Pastries available for a small donation. We
also have board games and craft activities
to take part in. We aim to make this space
somewhere for you to be comfortable
where it's ok not to be ok.
Nicola Darlington
07790276892
enquiries@basfordroadbaptist.org.uk

Bestwood

Arnold Rd Evangelical Church Arnold Road NG5 5HN Tuesdays 10am- 11:30am Coffee morning pastor@arnoldroad.org 0115 920 1788

Bilborough

Beechdale Community Centre Ambergate Road, NG8 3GD Monday to Friday 6pm – 8pm Warm space 0115 915 0285 07889662637

Bilborough

Beechdale Community Centre
Ambergate Road NG8 3GD
Monday to Friday 10am-4pm
Games, Hot Meals, Hot drinks, Advice,
Support, Food bank, various group activities
01159150285
07889662637

Sherwood

#Well Café, The Pillar Box 566 Mansfield Road NG5 2FS 2nd & 4th Thursday of the month 3pm – 5pm Our cafes are designed to connect individuals to likeminded people in the community, sharing well-being tips, interests and skills. There is offer of tea, coffee and biscuits.

katie.hale@nottinghamshiremind.org.uk

CENTRAL LOCALITY

Aspley

St Martha's Church 137-139 Frinton Road NG8 6GR Wednesdays 10am- 12pm Community Café 0115 9298899 Info@wearewoven.church

Aspley

St. Marthas Vicarage 135 Frinton Road NG8 6GR Wednesdays 10am- 12pm Free community cafe 0115 929 8899 Info@wearewoven.church

City Centre

Emmanuel House Support Centre 53-61 Goosegate, NG1 1FE Monday, Tuesday, Thursday and Friday, 12.30pm – 1.15pm.

Food and company. Community members can use the centre as a warm safe place to help reduce fuel bills at home.

Charging £2 for meal or £10 for 10 meals when ordered in advance.

0115 950 7140

E-mail

admin@emmanuelhouse.org.uk

NOTTINGHAM CITY WARM HUBS

City Centre

Grace Church
1 Castle Boulevard NG7 1FT
Tuesday 10am- 11:30
Family Foundations sessions - free play, support parcels for young families (including food parcels if needed), befriending and signposting hello@gracechurchnottingham.org

City Centre

#Well Café, National Ice Centre,
Bolero Square NG1 1LA
Mondays 10:45am – 12:30pm
Our cafes are designed to connect
individuals to like-minded people in the
community, sharing well-being tips,
interests and skills
katie.hale@nottinghamshiremind.org.uk

Hyson Green

Salaam Shalom Kitchen; The Bridge Centre, 49a, Gregory Boulevard NG7 5JA Every Wednesday, 5pm - 6.30pm Warm space and hot meals; also take away meals and groceries 07729288460 info@salaamshalomkitchen.co.uk

Hyson Green

SFiCE House; 75a, Raleigh Street
Arboretum, NG7 4DL
Tuesdays, Wednesdays & Thursdays, 4pm5.30pm
Hot meals for the homeless and
communities in need. Free, or small
donation if one can afford it
0115 978 9256
07941378265
info@sfice.org

Wollaton

Wollaton Park Community Coffee Shop, Harrow Road NG8 1FG

Thursdays 8:45am- 11:45am

A warm safe place to help reduce fuel bills at home. We run a coffee shop and offer subsidised hot drinks and food.

0115 928 8860

wpcommunitycentre@googlemail.com

Wollaton West

St Thomas More's Church Hall
2 Glenwood Avenue NG8 2GA
Fridays, 12.30pm - 2pm
Food and company. Community members can use the
centre as a warm safe place to help reduce fuel bills
at home.

0115 929 5907

st.thomasmore.wollaton@outlook.com

SOUTH LOCALITY

Clifton

Holy Trinity with St Francis Church Farnborough Road, NG11 9DG

Wednesdays 9 - 11am

Drop-In Cafe with tea, coffee, toast and biscuits. Have a chat and make new friends. All free.

DROP IN CAFÉ with prayer time at 11am (all welcome, no pressure to take part in prayers)

074591382105

juleshilton@outlook.com

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

NOTTINGHAM CITY WARM HUBS

Dales

Oliver Hind Youth Club
Edale Road, NG2 4HT
Mondays, Tuesdays, Thursdays: 12 - 3pm
Wednesdays, Fridays: 10am - 3pm
Come relax, chat, or simply take a break
from your day. You can sip on tea or coffee,
savour fresh fruit, and perhaps indulge in a
biscuit or two. Plus, feel free to make the
most of our facilities - enjoy a game of table
tennis, pool air hockey, or table football.
0115 837 2021

Sneinton

Sneinton Hermitage Community Centre
51 Sneinton Boulevard NG2 4FD
Tuesday 10-1pm Warm Hub
Thursday 11-1.30pm Noor Project
Warm Hub is a drop in session run by social
prescribers offering advice, health & finance
etc. various activities i.e board
games/quizzes/card games. refreshments
available

Noor Project offer a hot meal and pudding, social interaction with other people Yoga and various other arts/crafts activities sneintonhermitagecc@gmail.com 07974394042

For more information visit:

https://www.placesforpeople.co.uk
Find a Space

St Ann's

Chayah Development Project
26 Robin Hood Chase NG3 4EZ
Wednesdays, 9am - 2.30pm from November 2024
Community members can use the centre as a warm
safe place to help reduce fuel bills at home. Hot
meals for £1.00, free hot drinks
Hya@chayahgroup.co.uk

St Ann's

Open Kitchen
207 Mansfield Road NG1 3FS
Mondays to Thursdays 11am-2pm
Fridays 11am- 1pm
mail@muslimhands.org.uk
People are able to pop into the café without booking
Muslim Hands
01159117222



GOOD TO KNOW...



SOCIAL MEDIA – WE WANT TO HEAR FROM YOU!

Are you following us on social media?

Do you share our updates with friends, family, and neighbours?

We're excited to announce that we're now on BlueSky too!

Help us spread the word - don't forget to Like, Save, Share, and Comment on our posts.

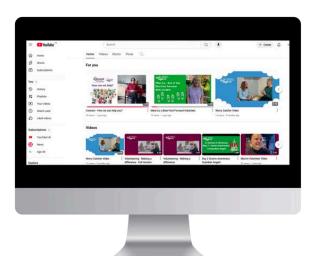








Every interaction helps us reach more people and make a bigger impact!







www.facebook.com/AgeUKNotts/



www.instagram.com/ageuknotts/



@ageuknotts.bsky.social

t: 0115 844 0011 le: info@ggeuknotts.org.uk

Our fabulous annual Christmas Campaign is live! – get your pens, paints, cards and stamps ready because our 8 participating venues can't wait to hear from you!

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.

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 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 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
- Don't be political or share conspiracy theories
- We have so many different venues for you to choose from and we recommend sending your card, letter or drawing (or maybe all 3!) from late November onwards.





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 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 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 Dear Christmas Friend - Age UK Notts Acer Court Care Home 172 Nottingham Road, Nuthall, NG8 6AX

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

Dear Christmas Friend - Age UK Notts
c/o Louise Page
Modern Matron
Mental Health Services for Older People
Nottinghamshire Healthcare NHS Foundation Trust
Blossomwood
Sutton in Ashfield
Nottinghamshire
NG17 7JT







A WARM WELCOME

Over 70s Celebration at Katie O'Brien's Nottingham! Join them for an afternoon of complimentary drinks, tasty snacks, and live music in great company! Tuesday, 10 December 2025

Call: 0115 648 7744

Email:

nottingham@katieobriensirishtaverns.com

GET FESTIVE THIS SEASON!

There's so much to enjoy across Nottingham this Christmas!

Fairy tale Christmas at Newstead Abbey, Winter Wonderland in Market Square, FREE events like the Christmas Family Fun Day at YMCA Newark & Sherwood and Festive Markets in Nottingham Libraries. For even more seasonal fun, visit Visit Nottingham and discover ways to make this Christmas magical!

Visit Nottingham website - click <u>here</u>



Winter Wonderland - Christmas in Nottingham



PANTO FUN

Robin Hood & the Babes in the Wood Join Nottingham Arts Theatre for a festive pantomime packed with mischief, mayhem, and merriment! When the Sheriff plots to trap Robin Hood at the Goose Fair archery contest, who will win the day—and Maid Marian's heart? The Merriest Panto of the Season! For tickets visit:

www.nottingham-theatre.co.uk

ADVENT RAFFLE COUNTDOWN

£840 RAISED IN THE 1ST 2 WEEKS!

It's that time of year again We are excited to announce the launch of our 2025 Age UK Notts Advent
Raffle



There are 24 fantastic prizes to be won, one for each day from December 1st to 24th inclusive.

Draws will take place daily on weekdays, with winners notified by phone or email. For prizes falling on a weekend, the draw will occur either the preceding Friday or the following Monday. The first draw will take place on Monday, December 1st, 2025.

Tickets at £5 each will be on sale from Monday 3rd November 2025 and can be bought by members of staff, volunteers, friends and families and members of the public.

Prizes

Prizes have once again been generously donated by one of our volunteers, with prizes which include ladies' Jewellery, Men's and Ladies' fine fragrances, Electrical Beauty Items, a luxury engraved Wooden Chopping board, and a whole host of other items including luxury cosmetic & skincare giftsets and premium alcohol.

All prizes are worth far more than the value of the £5 ticket price!

Purchasing

Email:

<u>victoria.pearce@ageuknotts.org.uk</u> with number of tickets, names and contact details.

After contacting Vicky, please pay for your tickets by debit card by calling finance (before 2.30pm if possible) on 0115 8966907 they will process your payment over the phone. There is no facility this year for cash payment. (please note we cannot accept payment by credit card).

AN EASY CHRISTMAS QUIZ

- 1. What date is St. Stephen's Day celebrated?
- 2. Which country is credited with starting the tradition of the Christmas tree?
- 3. What is the name of the ballet traditionally performed at Christmas?
- 4. In the song "The Twelve Day's of Christmas," how many swans are swimming?
- 5. What colour are mistletoe berries?
- 6. Which country donates the Christmas tree in Trafalgar Square each year?
- 7. What is the name of the Grinch's dog?
- 8. Which reindeer's name begins with a "B"?
- 9. What is traditionally hidden inside a Christmas pudding?
- 10. Which Christmas song was the first to be broadcast from space?

- 11. What is the name of the snowman in "Frozen"?
- 12. Which plant is known as the "Christmas flower"?
- 13. In which country did the tradition of Advent calendars begin?
- 14. What is the name of Scrooge's deceased business partner in A Christmas Carol?
- 15. How many gifts in total are given in "The Twelve Days of Christmas"?



Test Your Festive Knowledge - Answers in the next edition!

INTRODUCING..

SIGNPOSTER/ SERVICES ADMIN (FIRST LINK)

My time at Age UK Notts started in 2022, when I had taken a short break from working full time for a housing association, and was looking for something more meaningful and a better work/life balance. I joined the Digital Inclusion project part time, which was a great project helping older people improve their digital skills, and feel less digitally excluded. As that project was coming to an end I moved to the Information & Signposting team (now First Link). It's been brilliant being part of the expanding team. I have never worked in a team with such good team spirit. What sets Age UK Notts apart from anywhere else I have worked, is that every colleague I meet has the client at the heart of what they do, and there are so many unsung heroes in the organisation, busy working away, all to help the clients.

ANDOM FACTS

I've decorated lots of birthday cakes & wedding cakes for family, friends and work colleagues over the years (shown in the pics, including my sister's wedding cake). I find it satisfying and stressful in equal measure!

I dress up as an elf every Christmas Day (this habit

I'm happiest outdoors in nature, and am a great advocate for having a walk before and after work.

As well as working parttime in the First Link 🧩 team, I work part-time as a self employed cleaner all of my clients are older people - it's such a rewarding job and lovely getting to know my clients (they teach me so much!!), chatting to them, and helping them with the everyday tasks I used to take for granted. They really appreciate the help in getting the little jobs done, and keeping their homes clean and tidy.

I recently completed a gardening qualification, and love growing cut flowers (particularly dahlias) and really hope to have an allotment one day.

After deliberating for years, I got a dog in 2024, a cockapoo called Misty, she's cheeky and challenges me everyday (!) but is the perfect companion, we've been to Northumberland & the Lake District

started before my little niece

& nephew came along, so

there is no explanation!!)



Misty

DATES FOR DECEMBER

1st December 2025

Advent is the 24 days leading up to Christmas, when Christians prepare for Christmas. It is often celebrated by lighting Advent Candles and opening the doors of Advent calendars.



Christmas Jumper Day -11th Dec 2025

Christmas Jumper Day is organised by



Save The Children to raise money to help children around the world. You can join in by wearing a Christmas Jumper and making a donation.

Bodhi Day - 8th Dec 2025

Bodhi Day is a Buddhist holiday that commemorates the day that Gautama Buddha (Shakyamuni) is said to have attained enlightenment. It is celebrated by meditation, carrying out kind acts and eating a traditional meal of cake, tea and readings.



Human Rights Day -10th Dec 2025

The anniversary of the adoption of the Universal Declaration of Human Rights by the United Nations. It is usually marked by high level political events and conferences



Saint Lucia Day - 13th Dec 2025

St. Lucy's Day, celebrated on many European countries, but mainly in Scandinavia. It is a festival of light celebrated with a ceremony where a girl is chosen to represent the saint wearing a white dress and a crown of candles.



Kwanzaa 26th Dec to 1st Jan 2025

Kwanzaa is an annual celebration of African heritage. It was created in 1966 to give people of colour an alternative to Christmas where they could celebrate their heritage and culture.



Hanukkah 14th Dec to 22nd Dec 2025

Hanukkah is the Jewish Festival of Lights. The word 'Hanukkah' means 'Dedication' in Hebrew. It celebrates a miracle that happened in Jerusalem over 2,000 years ago. It lasts for eight days.



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

HR

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

<u>Bank Support Worker</u> (<u>Specialist Dementia Day Service</u>)

<u>Dementia Support Worker</u> (<u>Specialist Dementia Day Service</u>)

Advocate

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

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

WWW.AGEUK.ORG.UK/NOTTS