

# hello march



## WELCOME TO OUR March Local Loop

t: 0115 844 0011 e: [info@ageuknotts.org.uk](mailto:info@ageuknotts.org.uk) info: [www.ageuk.org.uk/notts](http://www.ageuk.org.uk/notts)

Welcome to the March edition of our Local Loop!

The clocks go forward soon, Spring has sprung and the sun has come out – what a month March has been. Already a quarter of the way through the year, our charity has been as busy as ever and you can see information about some of our activities in the pages of this newsletter. Everyone knows the challenges we face as a society so its great to see our staff and volunteers pulling out all the stops to make a difference in our local communities. You know what to do – pop the kettle on, settle down and read all about it for March 2025. I’m grabbing a biscuit, too!

A handwritten signature in black ink, appearing to read 'Maria'.

**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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# VOLUNTEER ANNIVERSARY

## Celebrating another wonderful volunteer reaching their 5-year milestone

Niall, is currently a volunteer with the Companion Service (previously a befriender and a volunteer for our old Forces Friends Service) achieved his 5 years of volunteering early in March. He is currently waiting for a new client match following the death of his previous client. He told us:

**“I wanted to be a Befriender with Age UK Notts because I felt that companionship and social interaction are very important things to many elderly people living on their own and I thought I’d be a good listener, as well as company. I didn’t quite realise that both of us would get a lot out of my visits, and it made me better understand the value of time. I was matched with B...It was never a chore to visit B and I still recount some of his stories to others, with great fondness. Those were the best bits - he was a real character. What was a big help was being ‘matched’ with my companion, by the Age UK Notts staff, so that the visits were as enjoyable and effective as they could be. I very much hope to be able to repeat the experience soon.”**

**Thank you, Niall, for making a difference to B’s life and congratulations on achieving 5 years of volunteering with Age UK Notts. We are most grateful to you!**

**A treasured photo of Niall with B used with the kind permission of his family.**



## MEET MARCUS

Marcus volunteers weekly as a Best Foot Forward Walk Leader for Age UK Notts. Starting in July 2023, he was motivated by a desire to give back after benefiting from an alcohol rehabilitation program.



Volunteering as a walk leader aligns with his love of staying active and connecting with older people. He finds joy in leading the walks, forming friendships with co-leader Sandra and the regular walkers learning about nature from the group.

**“I enjoy the company of older people. It’s something that gets me out and about and gets me socialising with others, it was a brilliant opportunity, and I’ve found it to be ‘absolutely fantastic’ ”**

Marcus believes the role has benefited him personally as much as it has helped others, offering him companionship and purpose. He also volunteers for other charities almost daily, driven by his passion for helping others and fostering social connections. The walks promote fitness and combat isolation, and Marcus feels proud to contribute to such impactful work. Age UK Notts appreciates his dedication and the inspiration he brings to the community.

**“I am so glad and proud to volunteer for the charity, it has been a part of changing my life”**



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## GOOD TO KNOW...

### RUN JO RUN

Jo Saxton works at our Sybil Levin Centre and is fundraising for Age UK Nottingham & Nottinghamshire.

She's running a marathon on April 13th from Redcar to Whitby along the Cleveland way coastal path. She says:

**"Using the SPECAL method I get to see 1st hand how this method truly works its magic, we provide service like no other !! One of Nottingham's hidden gems . Money raised will be used for much needed equipment for our friends to use . Any amount large or small muchly appreciated. This will be my 7th Marathon and my last !!!"**

**Sponsor Jo here**



## THANK YOU *Boots*

A heartfelt thank you to Boots for their generous donation of hampers, winter warmth packs, and a gift voucher to use in the garden at our Sybil Levin Centre.

Stay tuned for updates from Sybils as we share their garden progress!

If you would like to donate contact us!



# MEN IN SHEDS OPEN DAYS

Shop for unique handmade wooden items and tools for sale. You'll find everything from pens to birdboxes, bowls to dolls houses at our Men in Sheds open days.. Hot drinks and delicious cakes available.

If you, or a family member, would like to get involved in the project and visit one of our sheds, get in touch with your nearest shed scan the QR code to find out more.



**SATURDAY 29TH MARCH 10AM -1.30PM**  
Unit 2, Kilton Terrace, Kilton Road,  
Nottingham, S80 2DQ

**SATURDAY 5TH APRIL 10AM – 1.30PM**  
Unit 4, Boundary Court  
NG21 0RT



**Advantage**  
MOBILITY

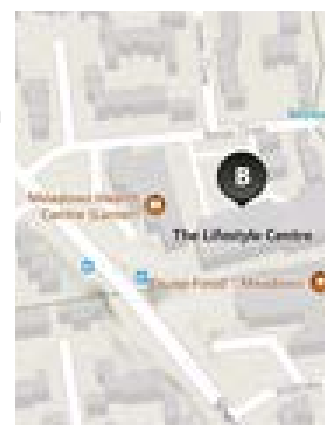
☎ 0115 697 6409

🌐 [www.advantagemobility.co.uk](http://www.advantagemobility.co.uk)

## TAKING ADVANTAGE

We all know the challenges of climate change and the need to re-use resources where we can. Did you know that Advantage Mobility sells pre-loved mobility aids as well as brand new versions?

Buying pre-loved can be a really cost effective way of supporting mobility and a member of my own family was really pleased with the mobility scooter he bought that also came with a great after-sales service. If someone you know (including your clients) might be interested, then point them to Advantage Mobility.



You can find the showroom at: **The Bridgeway Centre in Nottingham, NG2 2JD.**

# NEWS FROM AGE UK NATIONAL

## ACT NOW, AGE BETTER LAUNCHING 28TH APRIL

This campaign is intended to encourage mid lifers (50-65) to get, or keep moving, to help them live their best possible later lives.

The Stories team is looking to find storytellers for this campaign.

They are looking for people in their 50s or early 60s who are part of local Age UK Partner activity groups to keep fit and stay healthy.

They'd be looking to interview storytellers about their experiences at these physical activity groups and their motivations for staying active. Their stories could be shared on our own channels and/or feature in media coverage.

If you know anyone who fits the bill and would be happy to share their story, please email [stories@ageuk.org.uk](mailto:stories@ageuk.org.uk).



## OLDER WOMEN IN THE UK

AGE UK's new report, "Older Women in the UK" highlights the ongoing gender inequalities millions of older women face today.

[Read the  
report here](#)



The report highlights the ways in which inequalities remain firmly in place for many older women, especially those on low incomes and from minoritized communities.

Older women often live longer, but in many cases, those extra years are spent in ill-health, with older women more likely than men to have a disability and to experience poor mental health.

Many women's health worsens in mid-life, when they may also be being impacted by the menopause. Many women are not receiving enough support to manage, and this affects their overall health and ability to stay at work.

As the formal social care system continues to degrade, growing numbers of women in their fifties and sixties become unpaid carers for sick and disabled loved ones, with negative impacts on their health and wellbeing, and their ability to work, hitting current and future incomes hard.

Check out the report via the link above.



# WHAT MAKES YOU HAPPY WORKING AT AGE UK NOTTS?



I think it's safe to say that our All Staff Meeting held at Capital One earlier this month was enjoyed by all. After a delicious breakfast we settled down to catch up on developments and the up and coming year. It was a very positive theme with updates, thank you's and the chance for all to discuss in groups:

## **'What makes you happy at Work?'**

The feedback from all 8 groups was very positive and also consistent!

## **Here's some of the feedback from the groups**

**Trust in the workplace**

**Variety of roles**

**Being included in what your role involves**

**Impact stories and feedback from service users**

**Listening to people's stories**

**Good work culture**

**Approachable managers**

**Being included in future planning and collaboration**

**Flexibility when you need help in your role**

**Useful information to take into our own lives**

**Balanced workload and not being overwhelmed**

**Working together to resolve issues**

**Feels like a family**

**It's an open, honest and transparent environment**

**THANK  
YOU!**

**As always to our hosts Capital One.**



Every year, an army of woolly warriors take up their knitting needles and crochet hooks as part of the innocent Big Knit in partnership with Age UK.

The Big Knit is Age UK's partnership with innocent drinks. We've been working together since 2003, asking the country's crafters to knit little hats for the tops of innocent smoothie bottles. Every hat knitted raises 30p to help Age UK provide much-needed services and support to older people.

Here at Age UK Notts we'd really like your help!  
Are you part of a knitting/crocheting group?  
Do you have talented staff, friends and family that could get their hooks and needles clicking?

We dropped our first batch of little creations off earlier this month but still have a way to go to our 10,000 hat target so let's get those needles & hooks clicking and create a real yarn to remember!

For all information regarding this campaign and some fab ideas on what to create and where to hand in those woolly masterpieces in follow the link below:

[Age UK Nottingham & Nottinghamshire | The Big Knit 2025](https://www.ageuk.org.uk/nottingham-and-nottinghamshire/the-big-knit-2025)

The deadline for sending in those cute little hats is 30th June 2025.

We can't wait to see your clever creations!



## Drop Off Points

**Re:Store**  
**Age UK Notts**  
**29 Forest Street**  
**Sutton in Ashfield**  
**Notts**  
**NG17 1DA**

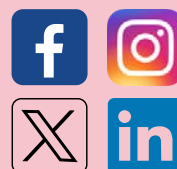
**Advantage Mobility**  
**16-18 The Bridgeway Centre**  
**The Meadows**  
**Nottingham**  
**NG2 2JD**

**You can also post your completed hats to:**

**Age UK Notts**  
**16-18 The Bridgeway Centre**  
**The Meadows**  
**Nottingham**  
**NG2 2JD**

**Share your efforts with us and spread the crafting joy on our social channels.**

**#innocentbigknit**  
**#getknitting**  
**#ageuknotts**



**WWW.AGEUK.ORG.UK/NOTTS**



# AGE CO LAUNCHES

## Helping older and/or vulnerable people to live independently and with confidence.

Age Co is the trading arm of Age UK and for over 40 years has offered products and services for the over 50s, to help them make the most of later life. Age Co profits are donated back to the charity to support its vital work.

Age Co works with select trusted partners to provide the services, ensuring that they offer value, quality, and great customer service. These include Taking Care who provide Age Co Personal Alarms, and Handicare who provide home adaptations including Stairlifts and Bathing Solutions.

Age Co profits are donated to the charity, so when you purchase an Age Co product through us, you're helping us to support local older people in need. More product information is available through our teams or you can make an enquiry through the link below.



[Visit the Age Co page for more information about Age Co products and services here](https://www.ageuk.org.uk/notts)

A range of Age Co products are now available through Age UK Notts. From Personal Alarms to Stairlifts Age Co can help you find the right solution to provide you the comfort and support you need to live life with confidence. Plus, Age Co is owned by Age UK and so profits go towards supporting local older people in need.



# PETS CORNER

To celebrate National Pet Day on 11th April 2025 we meet some of our more unusual colleagues!

“Here’s a couple of photos of my work from home colleague Ember. She usually sleeps next to my desk unless she is on the desk walking around the keyboard threatening to send emails or delete my work by accident!

She’s going to be 20 in June and is doing really well even though she has Dementia.”



## Ember's Favourite things:

- Sleeping (preferably on Chris's lap)
- Shouting at other cats
- Running up and down stairs really fast and performing parkour on the walls!

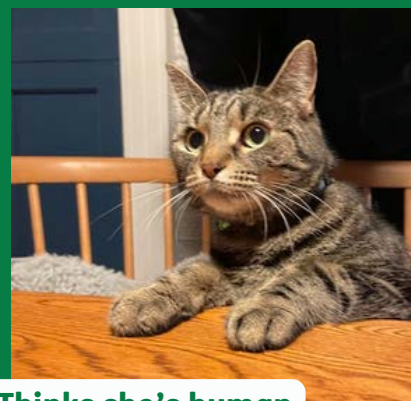
Meet Missy she .....



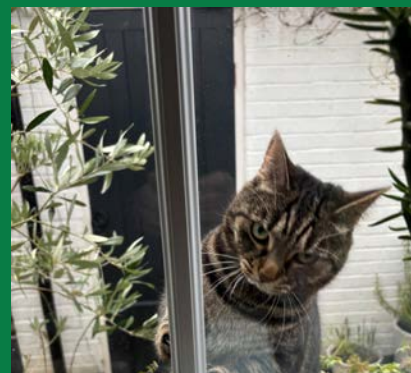
Eats the houseplants



Hides in the Christmas tree



Thinks she's human



Gets really cross when you don't let her back in



# PETS CORNER

Sherry, found as a stray at just over 1yr old... she soon gave birth to 9 puppies! After nearly 6 months at the rescue kennels she came home.

**“We enjoy going to training classes and are currently working towards our Kennel Club Gold Good Citizen award. She also enjoys dog agility and dirty puddles!!”**

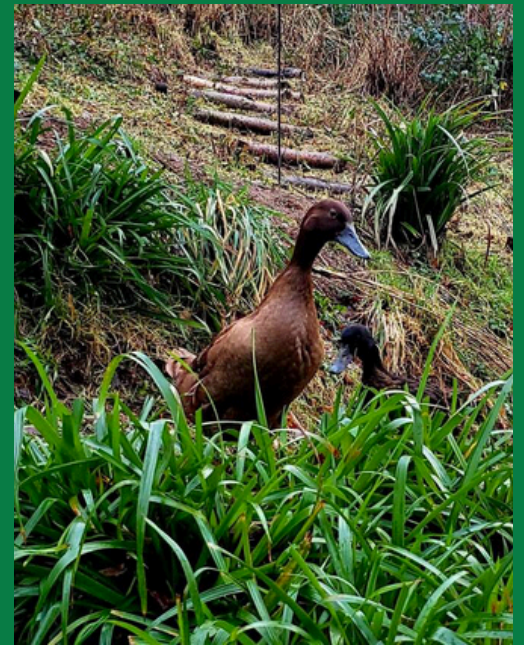


She also owns 2 retired race horses! Lightning is 29yrs and has been retired for several years. In her younger days she enjoyed long distance rides and was Sport Endurance National Newcomer in 2013, doing 280 miles of organised rides that year.



**“As you can see this is where I am at my happiest- covered in mud outside with the animals!”**

Pixie is 13 now and has been with me since she was 5, pictured below starting her re-training. She loves jumping but they've been on a bit of a hiatus the last couple of years due to time and money.



Struggling to get photo's of the Ducks...

**“Well Ducks do not like to stay still when having their picture taken!! Mcconaughey (the brown one) loves it though Gandalf... not so much! She just wanted to forage!!”**



**We've loved meeting this months pets, why not share yours with us!**  
email:  
[sarah.elliott@ageuknotts.org.uk](mailto:sarah.elliott@ageuknotts.org.uk)



# AFTERNOON DELIGHT



Our Afternoon Tea event at The Gedling Inn this week was a complete sell-out!

Over 55 guests indulged in a delightful assortment of sandwiches and cakes, beautifully presented on elegant stands with bone china cups, saucers, and plates, making the experience feel truly special. The room buzzed with laughter and conversation, and when the talented vocalist Lily Taylor-Ward began her performance, she moved us all with her heartfelt rendition of "You'll Never Walk Alone."

Everyone joined in, singing along to other beloved songs from yesteryear, creating a wonderful sense of togetherness.

Look out for more fundraising events very soon!

If you have any fundraising ideas for future events contact:

[elaine.hopkins@ageuknotts.org.uk](mailto:elaine.hopkins@ageuknotts.org.uk)



[WWW.AGEUK.ORG.UK/NOTTS](http://WWW.AGEUK.ORG.UK/NOTTS)



**AND FINALLY....**

# Introducing..

## Hi there!



I'm Sarah - Communications Coordinator within the Income Generation and Communications team.

I've worked at Age UK Notts for nearly 4 years!

I look after all the internal & external communications, including social platforms and website.

I love working with all of the teams and services finding out about what's happening in our busy Charity, listening to the fantastic impact stories and spreading the word to our wider community!

When I'm not at work you'll find me with my family walking, visiting National Trust properties or in the garden!

I love Christmas, being in Nature and rummaging at Antique, vintage and collectors fairs & shops!



## Random FACTS

**1** I worked in the Fashion industry for over 20 years

**2** At Christmas I love to watch 'Worlds Strongest Man'



Giraffes are my favourite animal

**3**

**Why not share your story next?**

**Contact me!**

[sarah.elliott@ageuknotts.org.uk](mailto:sarah.elliott@ageuknotts.org.uk)

# DATES FOR APRIL

## 1st Apr 2025 - April Fools Day

Celebrated all over the world as a morning of jokes and tricks. From national newspapers, websites and TV stations to school children, all sorts of people join in the fun.

But don't play a trick after noon - or you are the fool!

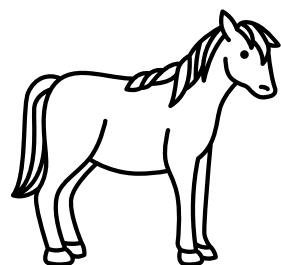


## 2nd Apr 2025 - World Autism Awareness Day



Autistic people face discrimination and barriers across all sectors of society – in the health and social care systems, in education, in employment, and everywhere in between.

It is crucial that autistic people, and their families and carers, can access tailored information, guidance and support to overcome those barriers, along with opportunities to explore their interests, develop skills and build friendships for fulfilled lives.



## 11th Apr 2025 - National Pet Day

National Pet Day was created to celebrate the joy pets bring to our lives and to create public awareness about the plight of many different kinds of animals awaiting a forever home in shelters and rescues all around the globe.



## April 12th : Passover Begins

Passover (or Pesach in Hebrew) is one of the most important festivals in the Jewish year.

It is a Spring festival that begins on the 15th day of Nisan, the first month of the Jewish calendar. The celebrations last for 7 or 8 days, depending on where you live.



## 18th April : Good Friday

Good Friday, also known as Holy Friday, is celebrated on the Friday before Easter and commemorates the crucifixion of Jesus Christ.



## 19th April : Holy Saturday

Holy Saturday, also called Easter Eve or Black Saturday, is the quiet day between Good Friday (when Jesus was crucified) and Easter Sunday (the day of Jesus' resurrection). This day marks the end of Holy Week and the 40-day Lenten season, a time for reflection and anticipation before the joyful celebration of Christ's resurrection on Easter.



## 22nd April - Earth Day

A day to educate people about the issues affecting the planet and to raise awareness for and celebrate the efforts in place to protect the environment.





# HR

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



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

**SPECAL Support Worker**

**Senior Benefits Advisor and**  
**Quality Lead**

**Senior Specialist Support**  
**Worker**

**Senior Operational Manager**  
**(Advice)**

**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](mailto: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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