



WELCOME TO OUR

# May 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 May edition of the Local Loop!

Can you believe another month has flown by? With the sunshine finally making a regular appearance, spirits are high and there's a real buzz in the air—perfect for getting out and about!

In this issue, we're tagging along with our dedicated scams team as they take their work into the community. We'll also bring you the latest updates from national campaigns, spotlight some fantastic fundraising efforts (and how you can get involved), and introduce you to Antoinette—who's sharing a glimpse into her life and her wonderfully quirky collection of pets!

**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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# FUNDRAISING WHAT'S NEW?

Come & Meet  
James Lewis from  
Bamfords  
Auctioneer house  
(As seen on TV's  
Bargain Hunt)



We've recently had two successful funding application results. These will support our Companion Service and First Link work.



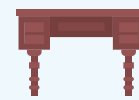
This is a real credit to everyone's hard work in delivering our valued services, and to such a high standard.

Thank you to everyone who helps our Fundraising team, too, for being so responsive when application content is needed.

# THANK YOU!



Thursday 26th June 2025 2pm - 4.30pm



Bring your items to be valued by James and his team.

£5.00 entry includes a hot drink and cake and first item valued.

Subsequent items valued £2.00 per item.

For tickets please contact:  
Elaine: 07872 839 605



Nuthall Temple Community Centre  
Nottingham Road, Nottingham  
NG16 1DP

Parking available

Travel by bus Rainbow One from  
Victoria bus station

**THANK YOU!**



Earlier this year Age UK's national partnership with JLL was announced. JLL are real estate and property consultants. Age UK Notts are delighted to be one of 15 Age UK partners selected to receive their support over the next three years.

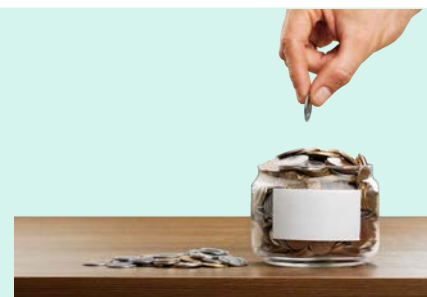
Thank you, JLL!

Heather was recently welcomed to their Nottingham office to share more about our services and local impact. ...plus a few local event posters.

It was an excellent opportunity to meet their Nottingham team and start building our local relationship.



# FUNDRAISING WHAT'S NEW?



## A GRAND DAY OUT



We recently teamed up with Stagecoach East Midlands to launch their first “Grand Day Out” of the year, Treating 22 older adults to a memorable trip to Sherwood Observatory in Sutton-in-Ashfield. Departing from The Church of the Good Shepherd in Woodthorpe, the group enjoyed a guided tour of the observatory, a planetarium show, and a look through the site’s impressive telescope. The day also included a shared lunch and plenty of laughter.

The initiative aims to tackle loneliness and promote wellbeing among older people.

“It’s a fantastic way to bring people together and show how public transport can enrich lives,” said Matt Cranwell, Managing Director of Stagecoach East Midlands.

Participants praised the event’s organisation and the ease of travel.

One of the attendees, also reflected on the day, saying,

“Our Age UK Notts walks bring attendees out of isolation, builds confidence and networks of friendship, and events like this just give the group something really exciting and different to look forward to.”

With more outings planned, the Grand Days Out series continues to build community and connection, one bus ride at a time.

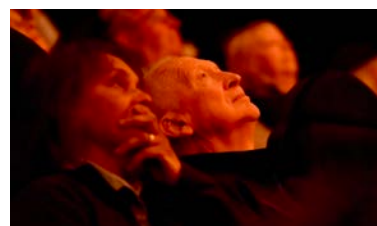


Photo credits: [Stuart Wilde Photography Ltd](#)



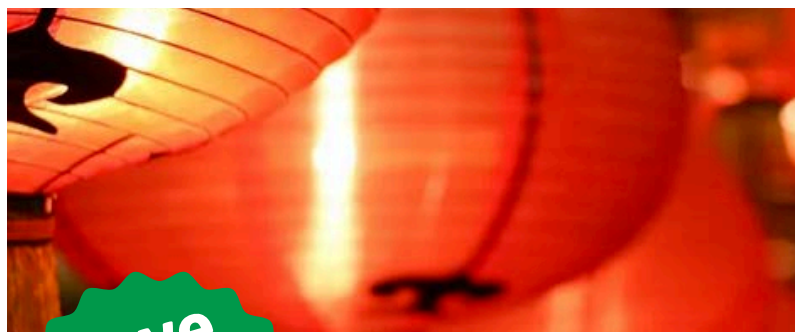
# WHAT'S NEW?



## FACE YOUR FEAR - ABSEIL CHALLENGE

On Saturday, 16th August, our Fundraising and Comms team will face their fear of heights & take on the thrilling 12m\* abseil down the 'POWER TOWER' to raise essential funds for AGE UK Notts. Scan the QR to donate!

SCAN ME



Save  
the  
Date

*Chungs*

of Mapperley

Back by popular demand is the incredible fundraiser at Chung's of Mapperley. Enjoy a delicious meal, raffle and great company all whilst raising vital funds for Age UK Notts!

**Sunday 20<sup>th</sup> July 2025**  
**7pm and £27.00 per head**

Chungs Chinese Restaurant  
948 Woodborough Road  
Nottingham  
NG3 5QS



## GLORY DAYS

Introducing GLORY DAYS Party for the over 50's .....A Sunday afternoon Matinee Billy's monthly day party for those of us in our 50s, 60, 70s & beyond....

Why should the youngsters have all the fun?

We're taking you back to the Glory Days of music with our Disc Jockeys spinning all the biggest and best Motown, Northern Soul and Rock & Roll Hits all afternoon.

Come with friends and family or come alone and meet new people.....have a drink, have a dance, have a chin-wag....or even do all three!

It's just £1\* for a ticket or for entry and 100% of that will be donated to Age UK Nottingham - AND, Billy will double it and donate the same amount out of his own pocket.

Happy Hour drinks deals will be on for the entire event!!!

**(Under 50s are welcome as long as they are accompanying someone who is 50+)**

**TICKETS  
AVAILABLE  
HERE**

**\*part of a paid partnership**



# LET'S MAKE EVERY STITCH COUNT

We're now in the final stretch, and it's the perfect time to rally your knitting groups and finish strong. 🧡 Every little hat helps, and together we can make a huge impact. ❤️

We've just dropped off another batch of adorable hats for the The Innocent Big Knit2025 — and we're only **2,000** hats away from our 10,000 target! 🎯

Huge thanks to all our amazing crafters who've already contributed their woolly wonders. There's still time to get involved — the deadline is 30th June 2025!

🧶 Let's get those needles & hooks moving and make this a yarn to remember!

🧐 Need inspo or info on where to drop off your creations? See the link below!

👉 [Age UK Nottingham & 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!

[Get Inspired - download free patterns here](#)



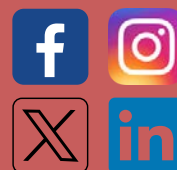
## Drop Off Points

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



# Out & About with John

On the 8<sup>th</sup> of May a Scam Awareness session was held in conjunction with the Harrow Road Community Group's VE Day celebration. During the event, John gave a brief talk on how to avoid becoming a victim or repeat victim of scams, including those conducted via phone, email, and doorstep interactions.

The session was interactive, with attendees sharing personal experiences of near-misses and, in some cases, actual scam incidents. With their consent, John will be following up with several individuals for one-to-one scam awareness sessions. John also took the opportunity to highlight some of the essential services offered by Age UK Nottingham & Nottinghamshire, which support older and vulnerable adults in our diverse community. Attendees visited the information table to collect leaflets and booklets tailored to their needs. Additionally, John provided volunteering packs that included job opportunities available in May.

A key outcome of the event was securing 17 referrals for the Warm & Wise project, after discussing how it can help individuals improve energy efficiency and reduce utility bills—particularly beneficial for those most in need.



**Below: John from our Scams Awareness team alongside the event organisers, with special guest Councillor Samina Riaz, representing the Lenton and Wollaton East constituency.**



# ARE YOU READY FOR THE RTS SWITCH OFF?



**Are you 50+ living in  
the city and county?  
We can help!**

**If you'd would like to be warmer and  
wiser about energy, we are here to  
help:**



**[warmandwise@ageuknotts.org.uk](mailto:warmandwise@ageuknotts.org.uk)**



**Telephone: 0115 8599 209**

Monday 30 June 2025, the RTS will switch off. Unless you arrange a replacement with your energy supplier now, your heating and hot water may stop working.

Here's what you need to know.

What do RTS meters do?

RTS meters receive radio signals to switch between different electricity rates or turn certain appliances on or off at specific times.

They were mainly for:

- Economy 7 or Economy 10 tariffs for cheaper night-time electricity.
- RTS-only tariffs like Comfort Plus and Total Heat Total Control.
- Controlling storage heaters or water heaters.

However, the technology that creates the radio signal is outdated and will be switched off on 30 June 2025.

You might have an RTS meter if you:

- Use electric heating to heat your home.
- Have a tariff where the price of electricity changes at different times of day.
- Have a separate box near your electricity meter with the words 'radio teleswitch' or 'radio telemeter'.
- Have two codes on your electricity bill that start with the letter S. These are 'supply numbers' or 'S numbers'.
- Live in a house with no gas connection.

Your electricity supplier might have been in touch with you already via letter about replacing your meter.

**[WANT TO KNOW MORE? CLICK HERE](#)**





## SAVE THE DATE NOTTS PRIDE 2025

Notts Pride 2025 will return to Sneinton Market after last year's success, featuring a lineup of entertainment, live music, and activities for all ages. The parade will end at Sneinton Market, continuing the festivities throughout the day.

Leigh Ellis, chair of Notts Pride, expressed excitement about returning to Sneinton Market and making 2025 even bigger and better.

**“After such a successful move to Sneinton Market last year, we’re excited to confirm the event will return to this fantastic location. We can’t wait to celebrate with our community and allies during what is shaping up to be another brilliant event. The energy throughout last year’s festivities was incredible, and we’re looking forward to making 2025 even bigger and better.”**

Hockley will also host events across bars and venues, offering various ways to join the celebrations.

Notts Pride is a registered charity and run entirely by volunteers. They organise the East Midlands’ biggest and all-embracing free Pride event, which takes place on the last Saturday of July. They are here to celebrate Nottinghamshire’s vibrant LGBTQ+ community and ensure queer voices are heard.

**Find out all you need to know about Notts Pride here**



All imagery :  
Ashton9505Photography

# AGE UK NEWS FROM NATIONAL

## OFFLINE AND OVERLOOKED

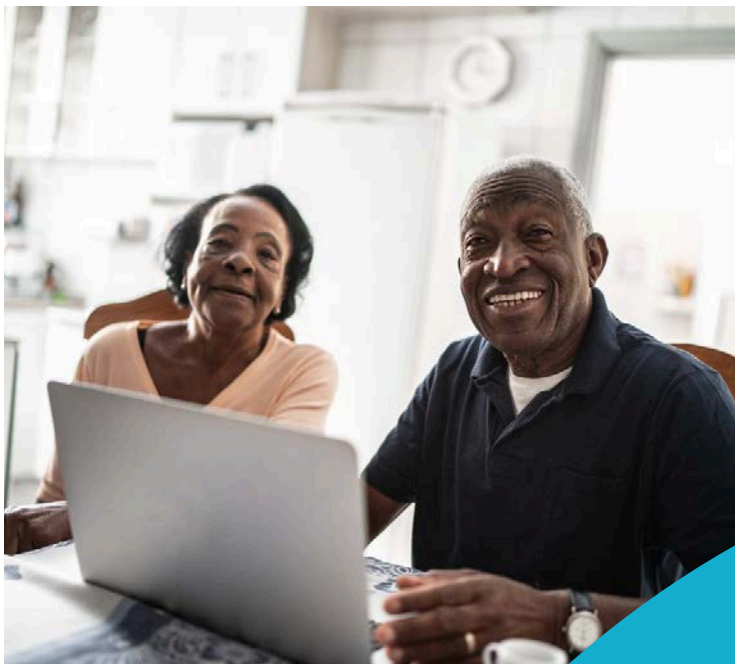
In 2023, Age UK launched a campaign, Offline and Overlooked, to tackle the digital exclusion of older people by calling for guaranteed offline routes to essential services. For the 2.3 million older people in the UK who aren't internet users, day-to-day necessities like paying for car parking are becoming impossible.

Age UK has recently given the petition another push, with it fast approaching 140,00 signatures!

We're demanding offline, accessible routes to essential services are protected.

Now, we want your help maximising this number before they hand in the petition.

**[Sign our petition!](#) | [Campaigns](#) | [Age UK](#)**



## ACT NOW, AGE BETTER CAMPAIGN

Age UK National have launched their latest campaign. 'Act Now , Age Better'

The campaign aims to change attitudes to ageing by starting a national conversation about what it means to get older, and they're kicking off the campaign by talking about staying active. The campaign aims to encourage "mid lifers" (those aged 50-65) to get, or keep moving – changing how they age by improving their health and wellbeing as they get older. assist you with any questions or concerns. Whether you need help with your policy, a claim, or general advice, don't hesitate to reach out.

**[HR's Health and Wellbeing Update – Six Tips to Improve Flexibility as We Age can be found on Viva - click here to read](#)**

**[FIND OUT MORE ABOUT THIS CAMPAIGN HERE](#)**



# Introducing..

Hi



**"I'm Antoinette Bowers and I came to AGE UK by Tupe from Metropolitan Connect.**

**It was a warm welcome into the charity. Everyone was helpful and supportive.**

**I have continued my journey with the Connect Service through AGE UK and continued to enjoy my role.**

**I love my job role, being the first point of contact and having a responsibility to ensure the right support is given. I love helping others and chatting with people. And best of all seeing a positive outcome with the clients."**

**I spend my time:  
Going to the gym whenever I can - swimming is my favourite.**



**I love being with my little family that is so important to me.**

## Random FACTS

**I love my animals and aquatics, that alone is a fulltime job. Also, I do rescue fish and reptiles. Find out more about my pets in Pets Corner!**



**My dream would be to go and help in Africa with their wildlife. I am obsessed with Lions.**



**In my spare time I love building lego**

**My obsessions are:**

**Shopping,  
Fashion,  
Beauty,  
Lego,  
Space,  
& more Lego.**



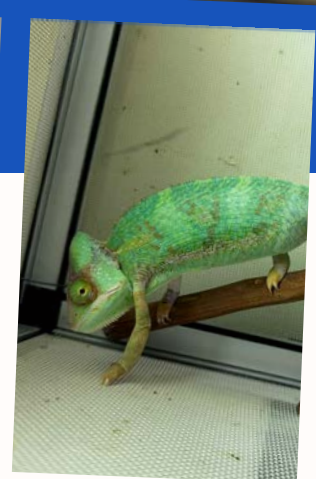
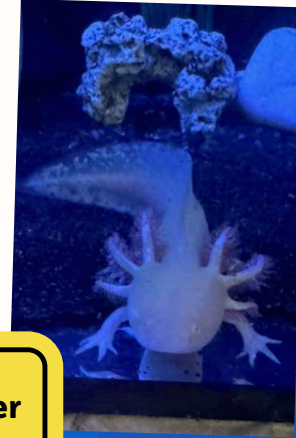
**Why not share your story next? Contact me! [sarah.elliott@ageuknotts.org.uk](mailto:sarah.elliott@ageuknotts.org.uk)**



# PETS CORNER

This month our Pets Corner features a wonderfully quirky collection of pets from the home of Antoinette Bowers from the First Link team she says:

“This is my Fahuka puffer I have 3 of them they are so cute and growing lovely they come to you when its feeding time”



“It is a lot to feed but I just love watching them grow. I have a lot more - I could open a aquatics shop.”



From Dogs, Rabbits, Tortoises to Axolotl and other reptiles you certainly have your hands full! Thank you for sharing your amazing family of pets with us! Why not share your pets, hobbies or interests with us email: [marketing@ageuknotts.org.uk](mailto:marketing@ageuknotts.org.uk)

t: 0115 844 0011 | e: [info@ageuknotts.org.uk](mailto:info@ageuknotts.org.uk)

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# and Finally.....

In April's Loop, Maria shared her fear of cattle.  
Heather from our Fundraising team was 'mooved' to respond:



Cattle are curious and rarely aggressive.

If they excitedly run towards you, make yourself big and loud. This should spook them and make them turn back.

Horns grow on male and female cattle.



If, however, they don't move and lower their head while still making eye contact, find a fast exit.



## KNOW THE FACTS

- Horns grow on male and female cattle.
- Cattle are colour blind. Contrary to myth, they don't respond to red.  
(They respond to cape movement, if you're thinking of matadors)
- Cattle- Plural for a bovine group, regardless of gender
- Cows – Plural only for females who have had calves, e.g. dairy cows
- Heifer – female, not yet had a calf
- Bull – Male (entire)
- Steer / Bullock – Male (castrated)



# DATES FOR JUNE

## 2nd - 8th June : Volunteers Week

Look out for stories across social media celebrating our volunteers across the charity.



## Wimbledon Fortnight

30th Jun to 13th Jul 2025

This annual international tennis championship is held in Wimbledon, UK. The top tennis players from around the world gather to take part in one of tennis' most prestigious tournaments.



## 21st Jun 2025 -

Summer Solstice. This day is the first day of astronomical summer in the northern hemisphere.



## 14th Jun 2025

### The King's Official Birthday

Celebrations of the monarch's (and our Patron) official birthday are held in June across the Commonwealth, and include the Trooping of the Colour in London.



## Eid ul-Adha - 6th - 7th Jun 2025

This Muslim festival remembers the prophet Ibrahim's willingness to sacrifice his son when God ordered him to. It is celebrated by prayer and visiting family and friends.

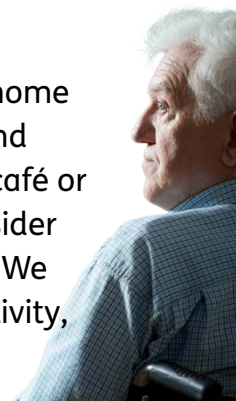
## June 6th - National Fish and Chip Day

Bringing together everyone involved in creating this iconic British dish; from fish and chip shops, pub chains, restaurants, retailers, celebrity chefs, to the fishermen and farmers who provide the sustainable and natural ingredients needed to create this nutritionally-balanced family favourite. Lots of salt and vinegar, don't forget mushy peas!



## 9th-15th June : Loneliness Awareness Week

Some people really enjoy a cuppa and a chat at home – we can help with that. Others want to go out and about, maybe to the theatre, a garden centre, a café or a place of special interest. We'll be happy to consider any and all requests and will do our best to help. We can't promise we'll have a volunteer for every activity, but we'll always try.



[Age UK Nottingham & Nottinghamshire | Companion Service](https://www.ageuk.org.uk/nottingham-and-nottinghamshire/companion-service)

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# 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](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***

t: 0115 844 0011 | e: [info@ageuknotts.org.uk](mailto:info@ageuknotts.org.uk)

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