



WELCOME TO OUR

May Local Loop

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

Welcome to the May edition of The Local Loop

Summer has definitely arrived - and it's been a scorcher! In this month's newsletter, we're sharing highlights from Volunteers' Week, updates from the Travel Well pop-up mobility hub on Victoria Embankment, and news from across the organisation.

Our commitment to supporting older and/or vulnerable people is reaching new heights this year - quite literally! Our Joint CEO, Michelle, will be leading colleagues and friends in the "Leap for Local Older People" skydive, marking the start of a special year of celebrations as we approach our 85th anniversary.

As always, we'll be introducing you to a member of our team and taking a look ahead at what's coming up in July.

Stay cool and enjoy the read!

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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From 1–7 June, we proudly celebrate Volunteers' Week - a special time dedicated to recognising the incredible people who give their time, skills and compassion to support older people across Nottinghamshire.

Throughout the week, we share inspiring stories, celebrated volunteer achievements, and give a glimpse into the many ways people can get involved.

Above all, it's opportunity to say a heartfelt thank you to the volunteers at the heart of everything we do.

There's No One Way to Volunteer
One of the key messages we share this week is simple: there's no one way to volunteer - and every way matters.

Our volunteers play a vital role in helping older people to:

- Feel less isolated
- Maintain their independence
- Enjoy a better quality of life
- Build digital confidence and stay connected

Thanks to their support, we are able to reach more people who need us - and continue making a lasting difference in our community.



Volunteer Spotlight: Carol

We're proud to highlight Carol, a dedicated Companion Service volunteer since 2022. After taking early retirement, Carol wanted to give back - and she has done just that.

From sharing stories and cups of tea with Betty*, to now visiting Bob* each week, Carol brings warmth, patience and genuine companionship to every visit. She takes the time to listen, connect, and ensure each person feels valued and heard.

Her efforts mean that people like Bob have something to look forward to each week - and someone who truly cares.

Volunteering Takes Many Forms

Volunteering at Age UK Notts isn't limited to services - it extends to our vibrant programme of social events too.

From Afternoon Teas and Art Tasters to Line Dancing, these events help people stay active, connected and enjoying life. They also offer fantastic opportunities for volunteers to get involved.

Our November Fashion Show was a highlight, with staff and volunteers lighting up the catwalk in styles from Seasalt, M&S and Next. Volunteer Jen described her experience as welcoming and fun, showing how volunteering can also build confidence, friendships and new experiences - while helping raise vital funds for our services.

🌟 Celebrating Volunteer Milestones

This year, we are especially proud to recognise those marking 5, 10 or more years of volunteering.

Over **30%** of our volunteers have reached these milestones - a true reflection of their commitment, passion and the meaningful impact volunteering brings, both to those they support and to themselves.

💙 A Day in the Life at Sybil's

To give a closer look at the impact of volunteering, we follow Claire, a Dementia Support volunteer at Sybil's, our SPECAL-led day service.

Claire helps prepare activities, welcomes attendees, and spends time offering one-to-one companionship throughout the day. A shared lunchtime brings everyone together, creating a sense of community and connection. In the afternoon, activities might include spending time in the garden or enjoying a singalong around the piano - moments filled with joy and laughter.

As Claire shared:

“It's incredibly rewarding. There is so much joy and laughter at Sybil's. I can see every day the difference it makes to people's lives.”



A Heartfelt Thank You

As Volunteers' Week comes to a close, we reflect on the extraordinary contribution of our volunteers.

Their kindness, dedication and generosity make a real difference every single day. Because of them, older people across Nottinghamshire feel less lonely, more supported, and able to live life with dignity and joy.

We truly couldn't do what we do without them - and while Volunteers' Week may be just one week, our appreciation continues all year round.

👉 Get Involved

If you've been inspired by these stories, why not consider volunteering with us?

Whether you can give an hour a week or more, your time, skills and enthusiasm can help transform lives—including your own.

Find out more:

Volunteer with Age UK Notts | Age UK Nottingham & Nottinghamshire

Thank you to all our volunteers - you make a difference every day. 💙

To find out more, please contact us on:

t: 0115 8414464

e: volunteering@ageuknotts.org.uk

www.ageuknotts.org.uk/volunteer



*Please note that the names of the Companions have been changed to protect the identity of the individuals**

INFORMATION



On yer bike!

On 19 May, a charity, called CoMoUK, installed the Travel Well pop-up mobility hub on Victoria Embankment in front of 1881 Café.

The pop-up hub is a parklet includes Lime e-bike hiring, a bike repair stand, seating and planting. The hub will be at this location until the end of June before it moves to 3 other locations in Nottingham over the summer.

While the hub is on Victoria Embankment, there will be a series of free active travel events hosted by RideWise and Runspire. These events will include Free Lime bike try outs, Dr Bike sessions, Wellness Walks, Cycle training and Build-a-bike sessions where you get to take away the finished bike.

On the next pages are leaflets containing more information on the events and when they will be held.

You can also find the calendar of events on the pop-up hub's webpage: como.org.uk/pop-up/victoria-embankment

If you have any questions about the project, please email info@como.org.uk

TRAVEL WELL

Nottingham Victoria Embankment pop-up mobility hub

The hub will be on Victoria Embankment outside 1881 Café from 19 May to 29 June 2026.

Over the next six weeks, the pop-up hub will host a series of free events including:

- Lime e-bike information stall
- Build-a-bike session
- Wellness Walk
- Cycling training
- Dr Bike



More info and register at como.org.uk/pop-up

With funding from:



Project partners:



CoMoUK is a registered charity, no. 1093580 in England and Wales.



TRAVEL WELL

Nottingham Victoria Embankment pop-up mobility hub

Build-a-bike Taster

Monday 15 June 1pm to 4pm

At the Travel Well pop-up mobility outside 1881 Café on Victoria Embankment

An opportunity to learn key skills in bike building with a friendly supportive tutor.

During the session, you will:

- build a bike
 - learn practical maintenance techniques
- At the end of the session, you will be able to take the bike away with you. This session is only open to those not in work, training or education.



More info and register at como.org.uk/pop-up

With funding from:



Project partners:



CoMoUK is a registered charity, no. 1093580 in England and Wales.

Victoria Embankment

Pop-up mobility hub

Victoria Embankment outside 1881 Cafe

19 May to 29 June 2026

Free community activities at the hub

Information stall

Come along to our weekly information stalls at the hub to try out Lime e-bikes (**18+**) & learn about Nottingham's travel planning app, *Ride*. A Dr Bike clinic will also be running at the hub at the same time, carrying out minor repairs and safety checks.

Led Ride (18+)

Our friendly led rides give you the chance to try cycling with Lime e-bikes and are suitable for anyone comfortable riding a standard bike.

Cycle Training (18+)

If you're looking to build your confidence, our qualified RideWise instructors can help you work towards your goals. You can bring your own bike, or we can provide one for the session.

Wellness Walk

Our gentle, social walks in nature are led by experienced leaders from Runspire. They are suitable for everyone and include an optional drink at the cafe afterwards.

Build a Bike Taster

A great opportunity to help build a bike and learn practical maintenance techniques. At the end of the session, you'll be able to take the bike home for your own use. This session is open to people aged **16+** who are not currently in work, training, or education.



DATE	ACTIVITY
Wednesday 20 May, 11am - 2pm	Info stall & Dr Bike*
Friday 22 May, 1pm - 3pm	Led Ride
Thursday 28 May, 1pm - 2pm	Wellness Walk
Saturday 30 May, 1pm - 4pm	Info stall & Dr Bike
Monday 1 June, 1pm - 4pm	Info stall & Dr Bike*
Saturday 6 June, Group 1: 10:30am/Group 2: 12pm	Cycle Training
Friday 12 June, 11am - 2pm	Info stall & Dr Bike
Sunday 14 June, 1pm - 3pm	Led Ride
Monday 15 June, 11am - 12pm	Wellness Walk
Monday 15 June 1pm - 4pm	Build a Bike
Thursday 18 June, 1pm - 4pm	Info stall & Dr Bike
Wednesday 24 June, Group 1: 10:30am/Group 2: 12pm	Cycle Training
Saturday 27 June, 11am - 2pm	Info stall & Dr Bike



<https://www.como.org.uk/pop-up/victoria-embankment>

Booking is needed for ALL activities! Scan the QR code and select the Victoria Embankment hub to book



Funded by UK Government

Project partners:



CoMoUK is a registered charity, no. 1093980 in England and Wales.

FUNDRAISING EVENTS 2026



June

Enjoy a delicious Italian meal with friends.



£27 INCLUDES SET ITALIAN MEAL

Amores Italian

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

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



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



A Big Thank You!

We're thrilled to have recently been awarded grants from local funders in support of our Sybils and First Link work.

Altogether, they total

£20,000!

These vital funds help us to continue supporting those who most need it in our community.



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



Informed support that benefits all

Age-related challenges such as later life planning, care arrangements, loneliness and healthy living are highly personal. They can also present themselves abruptly following an injury or a bereavement. The resulting impact is real, even more so for worker-carers. Our brilliant front-line teams understand these challenges best, often providing invaluable support.

Following a campaign to raise awareness of this, we're delighted to share that our Fundraising Team has recently been commissioned by local organisations to deliver effective - and at times emotional -, tailored talks. During March and April, Maria Cooke and Heather Griffin delivered four talks and a workshop, helping explore solutions for these often-delicate topics.

These sessions sparked honest conversations that helped attendees to feel less isolated with their worries and better informed about the support available. The event organisers were also able to understand more about the scale of age-related challenges their teams face.

Their responses were heartfelt:



“Thank you ... this will enable me to help myself, family and others”

“I plan to share these suggestions with my partner. Thank you”

Supporting teams with age-related challenges benefits everyone. It improves team wellbeing, facilitates access to support for dependents and supports income generation for Age UK Notts.



Maria

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



Act Now, Age Better

We're living longer – and with the right choices, we can live better too.

Getting older is a privilege, but it can come with challenges. While we can't prevent ageing, we can take action to age in the best way possible.

We're pleased to share this new video highlighting the amazing SiSU Health Station in Nottingham and the importance of accessible, preventative healthcare.

In the video, Michelle, CEO of Age UK Nottingham & Nottinghamshire, and Maria, Director of Communications, take a quick mini health check using the SiSU Health Station at Boots Nottingham. These simple, accessible checks show how small actions can make a big difference to our health and wellbeing.

 Watch the video here:
 <https://youtu.be/mnuwMmCk-DM>

That's also why Age UK launched Act Now, Age Better.

We want people to think, talk and take action today to support a healthier later life. We also know ageing well is a team sport – which is why, for our 2026 campaign, we're bringing together sport, physical activity and movement to help everyone make their next move towards a stronger, healthier future.

 Act Now. Age Better. follow the link to find out more:
<https://www.ageuk.org.uk/get-involved/act-now/>
See less

Fragile budgets, difficult choices **3.4 million** **pensioners**

more than

1 in 4

are struggling financially and nearly half of them have been struggling for three years or more.

In the new report, Age UK warns about the risks of another year of energy price hikes and inflationary consequences, especially for pensioners living on a low fixed income.



[Read the report here](#)

Me at Chelsea Flower Show last year



INTRODUCING

Heather **BENJAMIN**

Patients' Representative/ Advocate



Outside of work

With 3 adult children and a 4 yr old granddaughter it means my house is always full, but I find time to indulge my passion for gardening and tap dancing.



The Chelsea Flower Show is one of the highlights in my social calendar.



When I'm not at home you'll find me walking the trails and peaks of Derbyshire

or drinking coffee in some bougie little cafe.



My journey to Age UK Notts:

I retired from teaching in 2021 imagining a retirement of travel, brunch and lunch with friends, visiting art galleries, shopping and generally being a lady of extreme leisure. However, the reality was that those brunches were in my dining room in my PJ's watching This Morning which then lapsed into Loose Women (the tv programme that is!) and before I knew it the day had almost gone.

Purpose, routine and contribution were missing so a stint as an exam invigilator and a stint as a classroom assistant got me up and out again. Then I saw an ad for a Patient Advocate with Age UK Notts and thought 'I can do that'.

So I did, and for the past 3 years I have been blessed to work with an amazing team and to be part of so many older peoples stories as they navigate their way through their hospital experience at Lings Bar and their lives beyond. If I was looking for purpose, routine and contribution - I got it!

What you may not know!

I lived on a Kibbutz!



and not forgetting....my crazy, lovable, thief of a Spoodle - 8 year old Paddy.



DATES FOR JULY



Disability Pride Month

The colours represent the various experiences and needs (mental illness, developmental disability, invisible disabilities, physical disabilities and sensory disabilities) in the disabled community.



Don't forget!

Nottinghamshire Pride 2026 will take place on Saturday, 25 July 2026.



World Chocolate Day

7th Jul 2026

World Chocolate Day is just a day for enjoying and celebrating the introduction of chocolate to Europe, for which we are all very grateful.

St. Swithuns Day

15th Jul 2026

According to legend, if it rains on Saint Swithun's bridge in Winchester UK today, it will continue to rain for 40 days and 40 nights.



FIFA Men's World Cup 2026

11th Jun to 19th Jul 2026

Held every four years, the 2026 Men's World Cup will be held in Canada, Mexico and the United States.



Windrush Day

22nd Jul 2026

Windrush Day honours the contributions of migrants to the post-war economy. It is named after the HMT Empire Windrush which carried Afro-Caribbeans to the UK after WW2 to work.



Commonwealth Games 2026

23rd Jul to 2nd Aug 2026

The Commonwealth Games is an international multi-sport event involving athletes from the Commonwealth of Nations. In 2026 it will be held in Glasgow, Scotland UK.



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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