



WELCOME TO OUR

# September Local Loop

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Welcome to Your September Newsletter!

As the seasons shift and autumn settles in, this month brings a refreshing mix of change, celebration, and preparation. We're shining a spotlight on our social opportunities and practical tips to save money keeping Warm and Wise as the weather cools. Plus, don't miss highlights like our Magical Afternoon at the Gedling Inn and the STEP TO CONNECT Challenge.

Whether you're thinking about end-of-life arrangements, or simply looking to refresh and re-energise, this edition is packed with inspiration, updates, and ways to get involved.

As always, we'd love to hear from you. Share your stories, photos, and upcoming events with us—let's keep our Inside Loop alive and thriving!

A handwritten signature in black ink that reads 'Maria'.

**Maria Cooke**  
Innovations and Communications Director

A handwritten signature in black ink that reads 'Sarah'.

**Sarah Elliott**  
Communications Coordinator



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

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# SAVING ENERGY - KEEPING YOU WARM & WISE

The energy price cap for October to December 2025 has been announced by Ofgem, with energy bills for typical homes in Great Britain set to go up by 2%. This will make annual energy bills for a typical dual-fuel home paying by direct debit £1,755. So with autumn on its way, it's a good time to take control of your energy and save money.

These quick and easy tips from the Energy trust can help you save up to £351 a year



[Find out more from the Energy Saving Trust here](#)



If you are aged 50+ and would like to be warmer and wiser about energy, we are here to help.

Find out more by contacting our friendly team:

t: **0115 8599 209**

e: **warmandwise@ageuknotts.org.uk**



## ENERGY SAVING TIPS

- £85** INSTALL DRAUGHT PROOFING
- £50** AVOID USING THE TUMBLE DRYER
- £45** TAKE A FOUR-MINUTE SHOWER
- £30** DON'T OVERFILL THE KETTLE, USE A TAP AERATOR
- £40** TOP UP YOUR HOT WATER INSULATION
- £45** SWITCH OFF STANDBY
- £27** FEWER, COLDER LAUNDRY CYCLES
- £11** ALWAYS FILL YOUR DISHWASHER
- £45** SWAP YOUR BATH FOR A SHOWER
- £8** TURN OFF THE LIGHTS

Figures correct as of July 2025 based on a typical 3-bedroom semi-detached house in England, Wales or Scotland on a standard energy tariff and paying by direct debit.



**BLACK  
HISTORY  
MONTH**

# HONOURING THE PAST, EMPOWERING THE FUTURE



## WHAT'S HAPPENING IN NOTTINGHAM -



**Saturday 11 October**

The Magic of Motown  
Seen by millions, The Magic of Motown is back with its 20th Anniversary Tour!



**Wednesday 17 December**

The Hallé Christmas Concert -  
British baritone Rodney Earl Clarke, who captured every heart when he starred in the Hallé's Christmas Concert

**WHAT'S HAPPENING IN NOTTINGHAM -  
BLACK HISTORY MONTH 2025 FIND OUT MORE HERE**

### Join us at Age UK's Black History Month event

Age UK's Race Action Group is pleased to invite all colleagues across the Age UK Network to join our Black History Month event. Titled "Black Excellence: Power in Storytelling", the event will explore how personal stories from Black communities can inspire, connect, and bring people together.

**JOIN  
US**

The event will take place on **Thursday 16 October from 11am – 12.15pm.**  
Colleagues are welcome to join online

**[Click here](#)**

Black History Month began in the UK in 1987, inspired by the US movement and led by activist Akyaaba Addai-Sebo. It was created to celebrate the contributions of Black communities and to educate the wider public.

At Age UK Notts, we recognise the vital role of older Black people, especially the Windrush generation, whose stories of migration, resilience, and community-building shaped modern Britain. Their voices remind us that Black history is living history.

Over the years, Black History Month has grown from grassroots activism to a nationwide celebration. Today, it highlights British Black achievements in healthcare, education, the arts, and civil rights - while also addressing ongoing inequalities.

This year's theme, "Standing Firm in Power and Pride," encourages us to reflect, celebrate, and continue pushing for a fairer future. Let's ensure older generations are not only remembered—but heard.

[Read more and explore personal stories at: \[ageuk.org.uk/discover\]\(https://ageuk.org.uk/discover\)](#)





**Balfour Beatty**

**STEP TO  
CONNECT  
CHALLENGE**



**1st– 31st October 2025**

# **WALKING 10,000 STEPS A DAY TO SUPPORT AGE UK NOTTS**

Balfour Beatty's project team at the Nottingham Footbridge are challenging themselves to walk 10,000 steps every day during October to help raise funds to tackle loneliness.

Teams of 4 will aim to walk the equivalent of crossing the new footbridge 100 times. Funds raised will help Age UK Nott's work on reconnecting people with their communities.

Please support Balfour Beatty's team in this great effort to help reduce loneliness in Nottingham & Nottinghamshire. Thank you!



Waterside Bridge



**Scan the QR to  
donate online**



**Look out for  
updates in future  
editions**





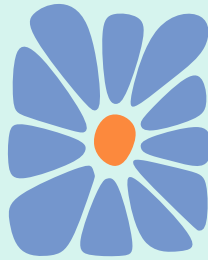

# MAGICAL AFTERNOON AT THE GEDLING INN

We had a truly wonderful time at the Gedling Inn, where guests were treated to a delicious afternoon tea in support of older and/or vulnerable people in our community.

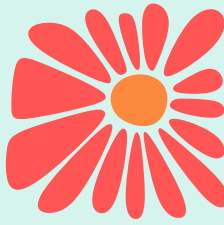
Not only did we enjoy a beautifully presented selection of sandwiches and cakes, but the afternoon was packed with fun - including a lively quiz, a raffle with fantastic prizes, and a captivating performance by magician David Fox, whose close-up tricks and illusions kept everyone entertained.

It was a fantastic afternoon filled with laughter, great company, and a shared commitment to raising much-needed funds for a worthy cause.

Don't forget to keep an eye on our social calendar for upcoming events - we'd love to see you there!



“ This has set me up for the weekend it has been lovely talking to new people. I will come again ”



“ I have really enjoyed myself I don't see many people at home. The magician was so good ”

# SOCIAL CALENDAR



November

**8<sup>TH</sup> NOVEMBER 2PM**



**KINGS CENTRE  
SHIRLEY DRIVE  
ARNOLD  
NG5 7JX**

**SOS** Charity Fashion Shows

**Fashion Show  
& Clothing Sale**

**£6.00**

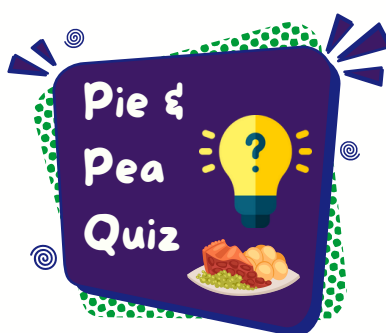
**INCLUDES HOT DRINK  
AND BISCUITS**

January 2026

**1<sup>ST</sup> FEBRUARY 2026**

**2.30PM – 5PM**

**ST JUDES CHURCH,  
NOTTINGHAM  
NG3 5HE**



**£12.00**

**PIE AND PEA QUIZ**

September

**11TH MARCH 2026**

**ST ANDREWS  
PARISH HALL,  
SKEGBY,**

**SUTTON IN ASHFIELD  
2PM – 4.30PM**



**Afternoon  
Tea**

**£16.50 INCLUDES  
AFTERNOON TEA AND  
ENTERTAINMENT**

## Contact

We're grateful to everyone who join 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:



**Elaine:  
07872 839605**



**fundraising@ageuknotts.org.uk**



**[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 it!"  
- Valuation Day Attendee**



# FUNDRAISING HOW CAN YOU HELP?



## Feeling inspired by our challenge?

Why not set your own? The new A-Z of Fundraising can be found [here](#). It's full of ideas for you .. how about a team Bake off, a sponsored line dance or a silent disco? Instead of birthday gifts ask for donations to AGE UK Notts!

You can also donate unwanted gifts to Elaine for tombola or raffle prizes and bake cakes for up & coming events!

As they say, every little helps!

Get in touch: [fundraising@ageuknotts.org.uk](mailto:fundraising@ageuknotts.org.uk)



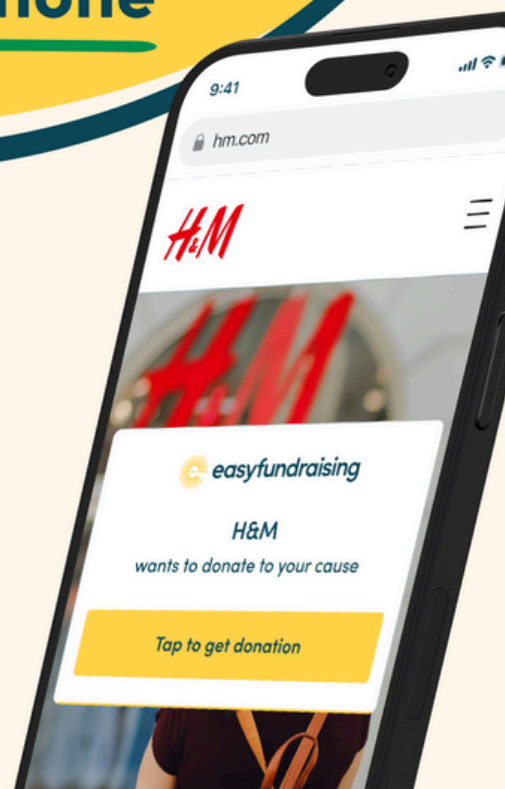
You could raise BIG donations including up to £150 for Age UK Notts when you use #easyfundraising to purchase insurance, your broadband & TV, upgrade your mobile phone and invest in your future with ISAs. MoneySupermarket, BT Broadband, giffgaff, Foresters Friendly Society and many more will donate to us for FREE!

Visit:

**[AGE UK NOTTINGHAM & NOTTINGHAMSHIRE](#)**

## Raise in seconds with the Donation Reminder on your smartphone

Download the app to get  
the Donation Reminder



# END OF LIFE PLANNING

What is the LifeBook?

We all have lots of things to remember – and it can sometimes feel overwhelming trying to stay on top of it all.

The Age UK LifeBook is here to help you keep track of everything. It's a way to keep all your important information in one place. So when you need to dig out some details about a pet, an energy supplier or a savings account, you know exactly where to look. It also ensures that your loved ones have the details they need if they ever have to sort something out on your behalf. Keep it somewhere safe. Let someone you trust know where it is. And enjoy peace of mind knowing your important information is in order for when it's needed.

Age UK's LifeBook is a handy way of recording the practical details of your life, from who insures your car to where you keep important documents. It's also a way of ensuring your loved ones have the details they need if they have to sort something out on your behalf.

The LifeBook is divided into sections to help you organise your information: personal details, life contacts, financial, documents, possessions and final wishes. Follow the step-by-step instructions to complete the various sections. Not everything will be relevant to you – you can just fill out the sections that are.

You can download a copy to complete and save on your computer. You might want to print off a copy for your files too.



## LifeBook

A safe and easy way  
to record the practical  
details of your life

**Download your  
LifeBook here to get  
started**

**If you'd prefer a print  
copy of the LifeBook  
to fill out, you can  
order one for free by  
calling the Advice Line  
on**

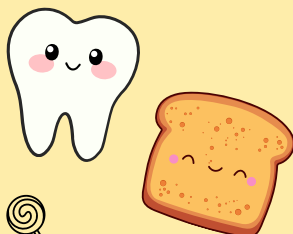
**0800 678 1602.**



# INTRODUCING..

## MY FAVORITES

My sweet tooth is legendary (toast and sweets are my comfort foods)



I love a good challenge - this year I conquered a high wire ropes course and treadmill runs to keep life balanced !



I unwind with box sets, theatre trips (Broadway and West End alike) Next up: finally seeing Six live in Nottingham - can't wait!



**VICKY PEARCE**

**VOLUNTEERING COORDINATOR**

## ABOUT ME

I've proudly been part of Age UK Notts since 2016, originally joining the HR team after a 13-year career at Eon. Since 2017, I've found my true calling in the Volunteering Team supporting the recruitment, engagement, and celebration of our incredible volunteers. One highlight each year is co-running our Advent Raffle with Judith—if you need a ticket, I'm your go-to! Originally from Warwickshire and Staffordshire, I stayed in Nottingham after graduating from Nottingham Trent University.

I'm a mum to two football-loving boys, Ryan (15) and Ben (12), and married to a fellow fan, so weekends often mean pitch-side cheering or stadium tours across the UK and beyond.

## AT HOME



**RANDOM FACTS**



# DATES FOR OCTOBER

## October

### Cybersecurity Awareness Month

A global initiative that raises awareness about online safety and empowers individuals and businesses to protect themselves from cybercrime.

Look out for the 'DATA PROTECTION AND INFORMATION SECURITY SPECIAL' out soon.



## October

### ADHD Awareness Month

The goal is to provide reliable information and resources to help people thrive with ADHD. In keeping with the 2025 theme, The Many Faces of ADHD, we encourage the ADHD community to increase awareness and understanding by sharing ADHD information and supports with all who could benefit.

Age UK Nottingham & Nottinghamshire Connect is a free, friendly, and solution focussed service, helping people to maintain their independence. Since the service started, we have been able to help many people enjoy their life and overcome a wide range of issues through in person or telephone support. The service is aimed at people aged 18 years and over, with an emphasis on older people and people with learning disabilities and neuro-diverse conditions.

[Find out about Connect here](#)



## 6th - 10th October - The International Week of Happiness at Work



**Good work culture**

**Feels like a family**

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

We spend a large part of our lives at work, and this has a significant impact on the rest of our lives. Therefore, paying more attention to happiness at work can make a difference. When staff were recently asked 'What makes you happy working at Age UK Notts?' The overall results were so positive!

## 1<sup>st</sup> October - International Day of Older Person

Did you know?

Global life expectancy has reached 73.5 years in 2025, an increase of 8.6 years since 1995. The number of persons aged 80 years or over is growing even faster and is projected to surpass the number of infants by the mid-2030s and reach 265 million.

'As this year's theme reminds us, older persons are powerful agents of change. Their voices must be heard in shaping policies, ending age-discrimination, and building inclusive societies.'

UN Secretary-General António Guterres



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# REFRESH & RE-ENERGISE: WELCOMING THE NEW SEASON

Starting a new season can feel like a breath of fresh air - full of promise, change, and new beginnings. But for some, it can also bring a sense of overwhelm or fatigue. If you're feeling sluggish, struggling to stay awake, or relying on endless cups of coffee just to get through the day, you're not alone.

Many of us experience dips in energy, especially during seasonal transitions.

## The good news?

A few simple, healthy changes to your daily routine can make a big difference in how you feel - boosting your energy, mood, and overall wellbeing.

- **Stay hydrated**
- **Eat a balanced diet**
- **Get enough sleep**
- **Move your body**
- **Connect with others**

These small but powerful habits can help you feel more alert, more positive, and more prepared to embrace the season ahead.

So if you're feeling tired, take a moment to check in with your lifestyle.

**WHAT SMALL SHIFT COULD HELP YOU FEEL YOUR BEST TODAY?**



## Finally - It's beautiful time of year for the stunning conker!

A perfect excuse to get outdoors, enjoy nature, and hunt down the fallen conkers from horse chestnut trees.

Are you conker ready?

Collecting conkers can help your mental wellbeing by including friends, having time in the open, and being mindful with the activities you choose to do with them!!

However you choose "to conker", you can be reassured that you're adding to your wellbeing with these tactile little gems.



# 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***

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