

Nottingham & Nottinghamshire age UK

WELCOME TO OUR

July Local Loop

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

Welcome to the July edition of The Local Loop

It's certainly felt like summer has arrived! After another hot month and with the school holidays now underway, we've packed this edition with plenty to keep you informed, inspired and entertained. From money-saving tips to help families make the most of the holidays, to the latest charity news and updates, there's something for everyone.

This month, we explore how volunteering can bring a renewed sense of purpose and connection, celebrate a truly remarkable milestone as Companion Service user Joyce turns 100, and share some wonderful feedback that highlights the difference our services make every day. We also look at Age UK's continuing journey with the Corridor Campaign and shine a spotlight on the fantastic supporters who are raising money for us in creative and inspiring ways.

Alongside all that, you'll find details of upcoming fundraising events and plenty of opportunities to get involved and support our work. Phew... it's a busy one! We hope you enjoy this month's newsletter, and we'll see you again in September. Happy reading!

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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Candy's Story: Finding Purpose Through Volunteering



After relocating from Hong Kong to the UK in 2024, Candy was looking for a meaningful way to spend her time and become part of her new community. With a background as a social worker, volunteering with Age UK Nottingham & Nottinghamshire seemed like a natural fit. During the recruitment process, Candy faced the heartbreaking loss of her mum. Despite this difficult time, she remained determined to support others and recognised that volunteering could also help her maintain her own wellbeing.

"I always feel most fulfilled... helping people to help themselves."

Candy joined Age UK Notts as an Advocacy Support and Administration Volunteer, a role that closely matched her longer-term goal of returning to work in the care sector. She quickly found the experience both rewarding and purposeful.

"With Age UK Notts, I've found this is much more meaningful. It gives me a great sense of fulfilment because it feels like I directly support patients and help them get ready to return home."

In her role, Candy supports the Advocacy team by helping with essential administration, ensuring patients being discharged from hospital can access the support they need to return home safely and confidently. Her work allows advocates to spend more time supporting people directly.

Drawing on her experience as a social worker, Candy understands just how valuable this support can be.

"If I could have had a volunteer to help me on the administrative side, that would have been amazing."

Candy says she feels valued and proud of the contribution she makes, particularly for people who may have little or no support network. She describes being part of the service as "so worthwhile" and believes advocates can be "a light in the dark" for those facing challenging circumstances.
Volunteering has also helped Candy rebuild her confidence and take the next step in her own career journey. She has recently secured a position as a Community Care Officer, which she attributes in part to the skills, experience and encouragement she gained through her volunteering role.

"It's helped build up my confidence to get back into social services. I honestly think the experience, confidence and encouragement from Heather and Jo have really helped me."

Candy's story is a wonderful example of how volunteering can change lives, not only for the people receiving support but also for those giving their time. Through her dedication, she has helped older and vulnerable people access the support they need while building a new chapter for herself in the UK.

Thank you, Candy, for the difference you make every day. ❤️





A CENTURY OF JOYCE

Many of you will know me through my work for the charity, but you may not know that I also volunteer as a befriender with our Companion Service, which I absolutely love. The wonderful lady I visit, Joyce, celebrated her 100th birthday on 25 June, and I wanted to share a little of her remarkable story.

JOYCE

was born in Hucknall in 1926

ARTHUR & JOYCE MARRIED

February 1949





CELEBRATING HER 100TH BIRTHDAY





A CENTURY OF JOYCE

By Sally, Age UK Nottingham & Nottinghamshire



Joyce was born in Hucknall in 1926 and grew up alongside her brothers and sisters next door to a farm. Like many children of her generation, she spent most of her time playing outdoors. However, aged just four, a childhood accident left her with a badly broken leg. The severity of the injury was not recognised at first, and after several operations Joyce developed osteomyelitis, a serious bone infection. She spent long periods in hospital and endured treatment that is difficult to imagine today.

Despite these challenges, Joyce remained determined and positive. She fondly remembers the kindness of a teacher who found her a special chair at school and recalls many happy memories of family life. As a teenager during the Second World War, she admired her older sisters, who would draw lines up the backs of their legs to imitate stockings before going dancing. One of her favourite wartime stories involves accidently wearing her sister's best coat when the air raid sirens sounded and the family rushed to a shelter!

It was through one of her sisters that Joyce found work in Hucknall, where she met her future husband, Arthur, who repaired sewing machines. They married in February 1949 and enjoyed a long and happy life together, raising two daughters and building a close-knit family.

Joyce and Arthur loved to travel, visiting Scotland, Turkey and South Africa, and even spending time living in Zambia. Today, Joyce is the proud grandmother of eight grandchildren and has watched her family continue to grow through the generations.

Although she is no longer physically mobile, Joyce continues to enjoy life with jigsaws, colouring, chatting with visitors and watching her favourite television programmes. Her home and garden are immaculate, and she is always smartly dressed. You would never believe she is 100 years old!

What I love most about Joyce is her positivity. She appreciates the simple things in life, speaks warmly of her family and always takes an interest in others. We can easily spend two or three hours chatting over a cup of tea and a jigsaw puzzle. She has a wonderful sense of humour and amazes me with the changes she has witnessed during her lifetime, from wartime Britain to television, the internet, space travel and even COVID-19.
When asked the secret to reaching 100, Joyce's answer is simple: "I've got FOMO... I don't want to miss anything!"

Volunteering as a Companion has been one of the most rewarding experiences of my life. The friendship, wisdom and joy Joyce has shared with me are priceless, and I feel incredibly lucky to know her.

HAPPY 100TH BIRTHDAY, JOYCE!

Could you make a difference by giving just one hour of your time?

Whether you enjoy a friendly chat, helping people with technology, getting out for a walk, or sharing a coffee at a favourite café, you could help an older person feel more connected and valued.

Our Companion Service supports older people to build confidence, maintain independence, and reconnect with their communities.

To find out more, contact us on:
t: 0115 8414464
e: volunteering@ageuknotts.org.uk
www.ageuknotts.org.uk/volunteer

GOOD TO KNOW

Sharing good news from across the Charity

ROTHERA | BRAY

Free Legal Appointments with Rothera Bray Solicitors
Now available by phone or face-to-face appointment

Did you know that Age UK Nottingham & Nottinghamshire offers free 20-minute legal appointments with Rothera Bray Solicitors every Wednesday morning?

These appointments provide an opportunity to discuss private legal matters, including:

- **Wills**
- **Lasting Powers of Attorney**
- **Probate**

The service is available to Nottingham and Nottinghamshire residents aged 55+, as well as those supporting older residents.

Appointments can be booked through the First Contact/First Link Team by emailing
info@ageuknotts.org.uk

Alternatively, direct access to the booking diary can be requested by contacting
ceri.hardy@ageuknotts.org.uk



Appointments can be booked either as a telephone consultation or as a face-to-face meeting with a solicitor at:
Rothera Bray Solicitors
2 Kayes Walk,
Stoney Street
Nottingham NG1 1PZ

We also offer a separate Legal Disputes Clinic, run by Rothera Bray every fortnight on Monday afternoons, providing advice on issues such as family, neighbour and consumer disputes.

For more information or to book an appointment, please get in touch.

ARE YOU A TRUSTWORTHY TRADER?

Age UK Notts Business Directory

Your Next Customers Are Waiting....

Looking to grow your business while supporting your local community?

We're looking for trusted traders who share Age UK Notts values—delivering honest, reliable, high-quality services with integrity, respect, and care.

Join our Age UK Business Directory to increase your visibility, build trust with local customers, and demonstrate your commitment to exceptional service.

Business directory

Nottingham & Nottinghamshire age UK



Apply today at info@aubd.co.uk and become the trusted professional your community can rely on.

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AGE UK REPORT HIGHLIGHTS IMPACT OF DELAYED HOSPITAL DISCHARGES



Age UK has published a major new report, The Longest Wait to Leave, highlighting the growing problem of delayed hospital discharges and the significant impact on older people. The report reveals that more than 13,000 people each day remain in hospital despite being medically fit to leave, a figure that has risen by almost 70% since 2021.

Age UK estimates that delayed discharges resulted in 6.75 million lost hospital bed days in 2025/26, costing the NHS around £2.66 billion. The report warns that unnecessary hospital stays can harm older people's health and wellbeing, while also contributing to bed shortages, long A&E waits and corridor care.

To tackle the issue, Age UK is calling on the Government, NHS and local authorities to improve discharge planning, strengthen community support services, increase hospital capacity, improve data collection and end funding disputes over post-discharge care.

You can read the full report 'The Longest Wait' here



Meets once a month 2-4pm

First Friday of each month

Discussions and guest speakers

Walks, picnics, quizzes & films

In friendly, safe spaces

Email silverpride55@gmail.com



FUNDRAISING NEWS....









OUR LOCAL CORPORATE NETWORK

Our fundraising team continues to share our message with employers about the importance of supporting worker-carers and pre-retirees. This month we've had an article printed in the East Midlands Chamber members' magazine, Business Network!

The chamber has 4,100 members across Derbyshire, Leicestershire and Nottinghamshire, with an estimated magazine readership of 15k. We're on pages 60-6, plus we have a further mention on page 64.

Read the members magazine here



ROBIN HOOD HALF MARATHON
27TH SEPTEMBER 2026

running in support of Nottingham & Nottinghamshire age UK

Support Owen's Challenge Here

On Sunday 27th September 2026 Owen Hardy will be running in the Robin Hood Half Marathon and fundraising for Age UK Notts. His fundraiser is for Age UK Notts' First Link team who are the first point of contact for older and/or vulnerable people in Notts.

Providing advice, support and connections to often life changing services. He's seen first-hand the difference their work makes and wants to help them.

"Although I enjoy running, I have never run competitively so training at this level will be new to me, but any distance is worth it for such a good cause. I have recently finished my A level exams and now ready for the pressure of a new challenge. 'Pressure creates diamonds' and hopefully that means a lot of fundraising for Age UK Notts! I'm challenging myself to raise £300. It costs Age UK Notts £10 to help local older and/or vulnerable people to access £100 in benefits entitlements. So, it's a challenge that could make a £3,000 difference to local lives. If you're able to support him, please do."

FUNDRAISING

EVENTS 2026





Charity Line Dance Afternoon

Whether you're an experienced dancer, a complete beginner, or simply love good music and great company, come along and help support local older people across Nottinghamshire. Join us for an afternoon of dancing, music and fun while helping to support older people across Nottinghamshire. Everyone is welcome!

📍 **Venue**
The Railway Club
40 Bestwood Road
Bulwell
Nottingham
NG6 8UA

📅 **Date**
Sunday 18th October

🕐 **Time**
12:00pm to 5:00pm

🎟️ **Tickets**
£5 per adult - Kids go free

📞 **For tickets and enquiries**
Laura Page - 07870 618023 or simply turn up on the day.

www.ageuk.org.uk/notts



TAKE THE LEAP FOR LOCAL OLDER PEOPLE

Five Brave Women Take the Leap for Older People Across Nottinghamshire

This year, Age UK Nottingham & Nottinghamshire is celebrating 85 years of supporting older people, and five incredible women are marking the occasion in a truly memorable way – by taking part in a fundraising skydive.



A Challenge Inspired by a Worthy Cause

Joining Michelle is Trustee Michelle Freer, who has seen first-hand the impact Age UK Nottingham & Nottinghamshire has on local people.

"I have seen the incredible difference the charity makes to older people across Nottinghamshire, providing support, friendship and practical help when it's needed most."

A keen runner and regular challenge-seeker, Michelle believes in pushing herself beyond her comfort zone.

"Life begins outside your comfort zone, so when the opportunity to skydive came along, I thought, 'Why not?'"







Michelle Elliott, Michelle Freer, Freistha all pictured with Sian and Eleanor will be stepping far outside their comfort zones to raise £5,000 for local older people who rely on the charity's services every day.

Celebrating a Lifetime of Service

For Joint Chief Executive Michelle Elliott, the challenge is particularly special. Having joined the charity in 1992 on a six-month contract, next year marks an incredible 35 years of service.

During that time, Michelle has seen the organisation grow from around 12 staff members and a turnover of £400,000 to a charity employing nearly 85 staff, supported by more than 100 volunteers and reaching thousands of older people every year.

"I am always amazed to see how many older and vulnerable people we support. Sometimes I even shed a tear when I hear what a difference we have made to someone's life."

To celebrate both the charity's 85th anniversary and her own milestone, Michelle decided it was time for her biggest fundraising challenge yet.

The skydive is also being completed in memory of her late husband, John, who loved adventure and had once planned to do a skydive himself.

Friends, Family and Community Spirit

The team is completed by Sian, Eleanor and Freistha, who are all taking on the challenge in support of the charity.

Freistha's connection to the cause comes through her close friendship with Michelle Elliott.

"The only connection I have with Age UK Nottingham & Nottinghamshire is my Auntie Michelle. She lives next door and spends a lot of time with me and my family."

Although she has faced challenges before, Freistha admits this will be unlike anything she has ever done.

"I have challenged myself in a lot of ways, but never this beyond."

Her pre-jump ritual?
"The only ritual I will do before I jump is pray."

And as for what she'll say when leaving the plane?

"To be honest, I don't think I will shout anything – I will probably scream!"





Why They're Taking the Leap

The team hopes to raise £5,000 to help tackle loneliness, poverty and isolation amongst older people across Nottinghamshire.

The money raised will support services including information and advice, benefits support, companionship services, wellbeing activities and practical help that enables older people to remain independent.

Just £10 can help Age UK Nottingham & Nottinghamshire secure around £100 in benefits entitlement for someone in need, making an immediate impact on their quality of life.

The Difference Your Support Makes
Every day, the charity sees the life-changing effect of its work.

One service user said:

"Thank you for giving me my life back. I felt so desperately lonely and isolated and now I have so much to look forward to."

Please support our skydivers as they kick-start our 85th anniversary celebrations and help us continue making a difference to older people across Nottinghamshire.
You can donate here:
www.justgiving.com/campaign/taketheleapwithageuknotts

FUNDRAISING
EVENTS 2026





FUNDRAISING
EVENTS 2026/27

Don't forget to check out our NEW 2026/27 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:



www.ageuk.org.uk/notts/activities-and-events/

Contact
fundraising@ageuknotts.org.uk





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

SCHOOL HOLIDAY EVENTS AND INSPIRATION







The UK offers a variety of places where kids can eat free or for a low cost during school holidays.

Here are just a few:

Angus Steakhouse: Children aged 8 and under can enjoy a complimentary Kids Menu dish when accompanied by a full-paying adult.

Asda Cafés: Kids can eat for £1 all day, every day, with a free piece of fruit included with the hot kids' meal deal.

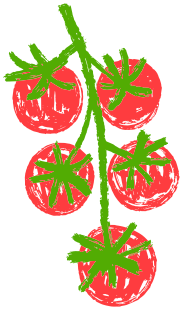
Morrisons Cafés: Children under 16 can eat for free with every paying adult when an adult spends £5 or more.

Bella Italia: Kids aged 2 to 11 can enjoy a free three-course meal and drink with every adult main meal purchased.

Bill's: Up to two children can eat free with one paying adult during weekdays throughout the school holidays.

All are subject to change, so check the terms and conditions at the participating locations before visiting.

For the full list click here:



Nottinghamshire County Council

Whether you want to get outdoors and make the most of the sunshine, or take on this summers reading challenge at your local library, Notts has the perfect summer holiday activity for you right on your doorstep.

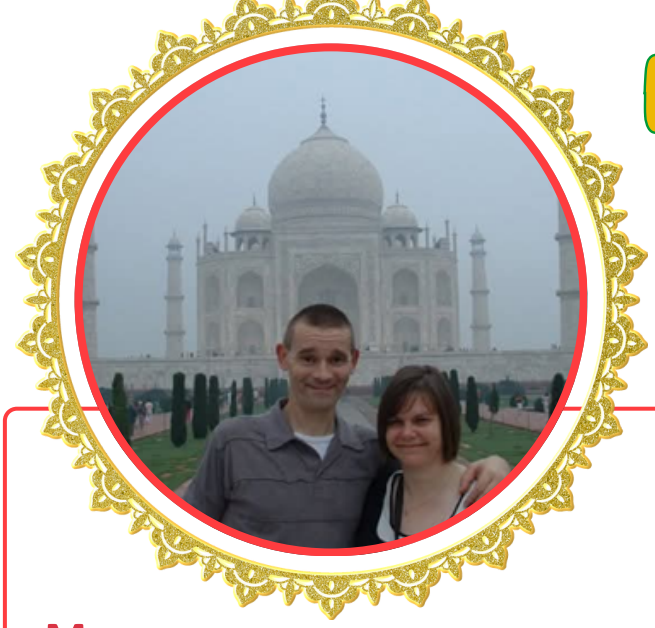
Check out some of Nottingham County Councils top picks and share yours on social media with the hashtag #WeLoveNotts.

The Holiday Activities and Food (HAF) programme is part of Nottinghamshire County Council's school aged childcare offer. HAF supports the wellbeing of children between 5 and 16 years by providing a variety of activities and food during school holidays.

Activities and food are provided for eligible children during the school holidays across the county.

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INTRODUCING

Michelle ELLIOTT

Joint CEO

My journey to Age UK Notts

I am so proud to say that next year I will have been with the Charity for 35 of those years!! In 1992 I started straight from university on a 6-month contract to computerise the Accounts and I never dreamt that 35 years later not only would I still be working for Age UK Notts but I would be a Joint Chief Executive.

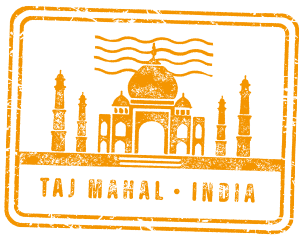
When I started there were approximately 12 members of staff and the turnover was around £400,000, today we have approaching 85 members of staff, over 100 volunteers and an annual turnover of over £2million!!

I have seen many vital services being set up and I am always amazed to see how many older and/or vulnerable people we support each year. I am so proud to hear the fantastic feedback that we receive from those we support, sometimes I even shed a tear when I hear what a difference, we have made to a person's life.

Family, friends, and good food are some of my favourite things. Every Saturday morning, I volunteer at a Slimming World group in Derby, where I help weigh members and catch up with a great group of friends. As someone who loves almost all food, especially chocolate, Slimming World helps me stay on track. Don't offer me Avocado or Olives - yuk.



About Me!



My favourite place that I have visited has to be India when we did a 3 week tour from top to bottom - I couldnt describe it better than the slogan on the taxis there "Incredible India" the sounds, smells, tastes and sights were just amazing.



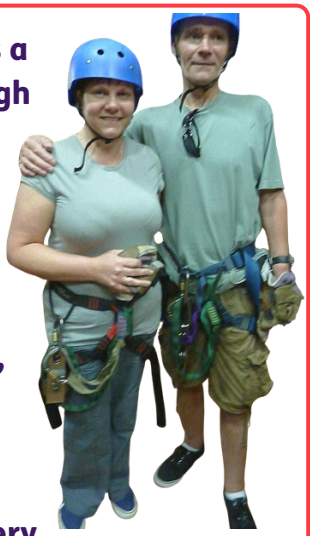
To add to my enthusiasm for being a traveller I also enjoy going to events - music concerts, theatre shows and live sports. My first live football match was to see Real Madrid at the Bernabeu Stadium in Madrid when David Beckham, Zinadine Zadane, Louis Figo and others were playing it was a surprise for my late Husband Johns birthday and it did the trick because he asked me to marry him one month later!



The most recent concerts I've been to have been the best so far Take That in June and Bruno Mars in July wow just wow !!



My biggest challenge was a five-section zipline through the Amazon rainforest in Costa Rica. After a chaotic first solo attempt that left me spinning and needing help back to the platform, an expert joined me for the remaining lines, allowing me to relax and take in the amazing scenery.



AND FINALLY

Did you know - Pubs of Nottingham edition

When Victorian terraced houses were being built, the builders would often complete the corner property first. This building would become the local pub, giving the workers somewhere to drink while they finished constructing the rest of the terrace. That is why so many pubs ended up with names like The Bricklayers Arms or The Plasterers Arms.

Originally known as the Bricklayer's Arms. The The Frame Breakers in Ruddington was a beer house in 1868 and became fully licensed in 1880 and changed its name to in 2015.





Nottingham has a claim to the oldest surviving pub in England - the famous 'Trip to Jerusalem' inn carved into the rock below the castle, is said to date to 1189 AD.

It is reputed to have been used as a recruitment centre for knights signing up to join King Richard I on the Crusades. The earliest parts of the timber structure date that survive today, date to the early 17th century. The pub was Grade II listed in 1952.

Do you know any fun pub names in and around Nottingham?

What's your favourite?

Why not share your stories and photo's with us!

Email:
marketing@ageuknotts.org.uk

Anyone recognise this location?

It's from 1979 - Do you remember when The Bridgeway Centre looked like this?



DATES FOR SEPTEMBER

International Day of Charity
5 September

Charitable efforts now influence public policy, fund innovation, and support communities where public services fall short. In fragile regions, they often fill critical gaps where governments cannot.

We need you!
Poverty, loneliness, isolation, inability to access services – older people's issues often go unnoticed by decision-makers.

Join AGE UK to tackle this crisis hiding in plain sight and get older people's voices heard.

Find out more here

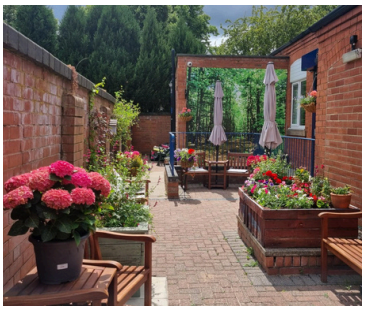
What can you do to help us?

- **Donate raffle prizes**
- **Promote our Services**
- **Volunteer for us**
- **Make a monthly donation to the Charity**
- **Consider leaving us a legacy**

World Alzheimer's Day - 21st September
Did you know?

- Dementia is the UK's biggest killer, it affects us all and it devastates lives.
- Every 3 minutes someone in the UK develops dementia.
- 1 in 3 people born in the UK today will go on to develop dementia in their lifetime.





Our Sybil Levin Specialist Dementia Day Service is a place of warmth, support, friendship and fun. Our day service improves quality of life for people with dementia and their carers through our unique method. Find out more...

Hindi Day - 14th September 2026
Commemorating the adoption of the Hindi language as one of the two official languages of the Republic of India by Constituent Assembly of India. Modern Hindi today is spoken by more than 250 million people as a first language.



Emergency Services Day -
9th September 2026
Begins at 9am on 9th September two minutes' silence to remember the more than 7,500 members of the emergency services who have been killed as a result of their duties.



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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)

Director of Care and Support Services



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