



WELCOME TO OUR

June Inside Loop

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Welcome to the June edition of the Inside Loop!

As temperatures rise and the summer calendar begins to fill, we're pleased to bring you the latest from across our charity. Inside, you'll find dates for the upcoming 2025 Caring Roadshows, a reflection on the professional curiosity presentation and we spotlight recent and upcoming fundraising activity. We highlight a wonderful volunteer who has reached a five-year milestone, celebrate green-fingered success at Sybils, share AGE UK national updates, military news, and a few lighter touches - yes, we're looking at you, Pets Corner - this edition is full of reasons to stay connected and inspired.

As ever, we would love to hear from you, share your stories and up and coming events with us!.

Maria Cooke
Innovations and Communications Director

Sarah Elliott
Communications Coordinator



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

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CONTENTS JUNE

VOLUNTEERING- FIVE YEAR ANNIVERSARY?

FUNDRAISING - WHAT'S NEW?

FUNDRAISING - COMING UP!

MILITARY NEWS

PROFESSIONAL CURIOSITY – A RESPONSE

EMPLOYEE FORUM

CARING ROADSHOWS 2025

THE SYBIL LEVIN CENTRE GARDEN 'SYBILS IN BLOOM'

ALWAYS AN ADVANTAGE

OUT AND ABOUT

ACT NOW TO KEEP TELECARE ALARMS WORKING SAFELY

SCAM ALERT

AGE UK - NEWS FROM NATIONAL

OFFLINE & OVERLOOKED

INTRODUCING...

PETS CORNER - CATS

DATES FOR JULY

HR VACANCIES

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5 YEAR VOLUNTEERING ANNIVERSARY



This month, we are thrilled to celebrate Pete's incredible five-year milestone as a volunteer with Age UK Notts.

Over the years, Pete has supported the charity in various roles—both as a staff member and, most consistently, as a valued and committed volunteer with our Best Foot Forward service.

Pete's dedication shines on every walk, where he not only offers his time but brings warmth, joy, and encouragement to those around him. He cherishes the camaraderie of fellow volunteers and walkers and finds joy in connecting with nature—particularly during the Embankment Walk, a Friday favourite for many.

As a volunteer walk leader, Pete has made a tremendous impact. His welcoming spirit helps new walkers feel at ease, and he takes great pride in watching their confidence and mobility blossom over time.

“I get as much out of the walks as the walkers, many of whom I now class as friends,” he shares—a reflection of the deep mutual respect and connection he fosters.

Beyond his regular walking commitments, Pete has also generously delivered Christmas gifts and food parcels, lent a hand at fundraising events, and continues to support other charities with the same energy and compassion.



Pete, your kindness, consistency, and wholehearted service embody the very best of volunteering. We are endlessly thankful for all you give and all you are. Not all heroes wear capes—some wear walking boots and light up lives with every step.

Thank you, Pete, from all of us at Age UK Notts.

FUNDRAISING

WHAT'S NEW?

Our very own Heather Griffin presented at the SRAG (Social Recruitment Advocacy Group) Lunch & Learn.

Did you know 600 people leave work every single day to care for someone older, disabled, or seriously ill?

It's a shocking but sadly familiar stat. Anyone in a caring role will recognise the point where something suddenly changes – and the pressure on the person who has to step in. That person is often already juggling work, family, and their own health.

Unpaid carers do it all: phone calls with care providers, unexpected appointments, constant cognitive and emotional load. We worry about finances, about loneliness – our own and theirs – and about how we're supposed to sustain both roles. And exhaustion underpins everything.

And while caring is a huge issue, it's not the only issue affecting older people.

Can work really be part of the solution?

“As an employer, [Age UK Notts] are understanding, flexible, you have listened to what people want and are truly doing what you can to make it a lovely place to work and strike a happy work life balance” – Employee

We think so!

You can read more here :

Strong at Work, Strong at Home: The SRAG, Age UK and Supporting Unpaid Carers



We've Reached Our Big Knit Target! A huge thank you to all our incredible knitters, crafters, and supporters—we've hit over our 10,000 hat goal for the Innocent Big Knit!

Your creativity and dedication has helped raise vital funds to support older people across Nottingham & Nottinghamshire..

Look out for behatted bottles in store in October.

Meanwhile, although this year's campaign is over you can still hand over those tiny creations, we'll have a head start (no pun intended) against next year's target!

Thanks to Sandra & Elaine for their support!



FUNDRAISING

COMING UP!



July

SUNDAY 20TH JULY
7PM -9PM



Chungs
of Mapperley

£27.00 PER HEAD
INCLUDES TABLE
SERVED MEAL

August

SATURDAY 16TH AUGUST

FACE YOUR FEAR ABSEIL
CHALLENGE -

YOU CAN SUPPORT THE
COMMS & FUNDRAISING
TEAM BELOW:

SCAN ME



September

5TH SEPTEMBER
2PM – 4.30PM



Afternoon
Tea

£16.50 INCLUDES
AFTERNOON TEA AND
ENTERTAINMENT

November

8TH NOVEMBER
2PM

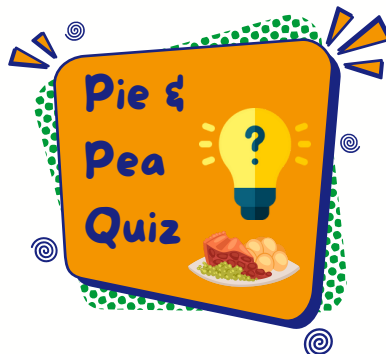


Fashion
Show

£6.00
INCLUDES HOT DRINK
AND BISCUITS

January 2026

18TH JANUARY 2026
2PM – 5PM



£12.00
PIE AND PEA QUIZ

Coming Soon



LOOK OUT FOR
OUR FULL EVENTS
CALENDAR VERY
SOON...



MILITARY NEWS

Financial Recognition Scheme for LGBTQ community

Fighting with Pride is a military charity created on the 20th anniversary of the lifting of the ban on LGBT+ service in the military. They have a useful website on claiming under the Financial Recognition Scheme for those service personnel who served between 27.6.67 and 11.1.2000.

MORE INFO

Financial Recognition Scheme

[Click here for more details](#)

Deferred and Reserved Pensions

All retired armed forces personnel may also wish to check whether they are claiming the correct pensions.

It's estimated that a 'massive' number of ex-service personnel are not claiming their entitlement so its worth reading the guidance and seeing if it applies to you or someone you know: you won't be any worse off, right?

Deferred and Reserved Pensions

[Click here for more details](#)

SEFF (South East Fermanagh Foundation)

SEFF provides support for innocent victims and survivors (including military veterans) who are impacted by the Northern Ireland troubles across Northern Ireland, the Republic of Ireland, the UK and further afield. SEFF believes that terrorism has no borders.

The organisation provides advocacy and health and wellbeing support and can support applications to the Troubles Permanent Disablement Payment Scheme. Time is of the essence for this Scheme as it closes in just over a year.

SEFF (South East Fermanagh Foundation)

[Click here for more details](#)

PROFESSIONAL CURIOSITY – MARIA’S RESPONSE

Those of you at the all-staff meeting on 5th June will know what an important, thought-provoking and hard hitting topic this was. I know it certainly made me think very hard about a situation in my own life and what I could do to focus on the possible risks involved.

Across the charity, the session created a positive response in that more conversations about potential safeguarding risks are now happening so thanks to everyone who has raised issues – that will help keep older and/or vulnerable people safer.

I also wanted to echo what I said in the meeting; working in a ‘back office’ function means I don’t have much insight into the challenges our front-line teams face. Hearing feedback from the group sessions really opened my eyes to the role and how stressful it must sometimes be.

It also shows that those staff in safeguarding lead roles also never know what will be facing them when the phone goes with another potential referral. Thanks to Martyn for a sensitive presentation on this difficult topic – it was one of the most memorable sessions I have attended anywhere in my working life



You can find the presentation here



www.ageuk.org.uk/notts

Despite our best efforts, we couldn’t get anyone new to join the Employee Forum so, with regret, we’ve decided to cease operations with immediate effect. Thank you to all our members, past and present, who have done so much to represent all our staff in important matters like contract changes, auto-enrolment pensions and supporting our volunteers through the Room to Reward scheme.

We do have other ways in which staff can feed back to the charity so your voices will still be important and still be heard. Our longstanding members will have a little more time now to devote to their other duties. We are very grateful for the time spent by members on the Forum and for their commitment to all staff.

CARING ROADSHOWS 2025

A Lifeline for Carers Across Nottinghamshire

The Caring Roadshows 2025 are here to support local carers.

These events, taking place across Nottinghamshire, are designed to connect carers with vital local organisations, services, and resources. Whether you're new to caring or have been supporting someone for years, these roadshows offer a welcoming space to find help, ask questions, and meet others who understand your journey.

Over the years, these roadshows have become a lifeline for many carers and their families, offering not only practical assistance but also a sense of community and belonging.



UPCOMING ROADSHOW DATES & LOCATIONS:

2ND JULY - WORKSOP MARKET PLACE

11TH JULY - NOTTINGHAM CENTRAL LIBRARY

28 JULY - EAGLE SQUARE MARKET, ARNOLD

31 JULY - HUCKNALL

6 AUGUST - LARK IN THE PARK, WEST BRIDGFORD

27 AUGUST - SELSTON PARISH HALL

ALL EVENTS RUN FROM 10AM TO 2PM

✉ carersroadshows@nottinghamshirecarers.co.uk

🌐 www.carersspacenotts.com/roadshows

Free to attend events, open to all carers, whether you're looking for information, emotional support, or simply a friendly chat.



Integrated
Care System
Nottingham & Nottinghamshire



Nottinghamshire
County Council

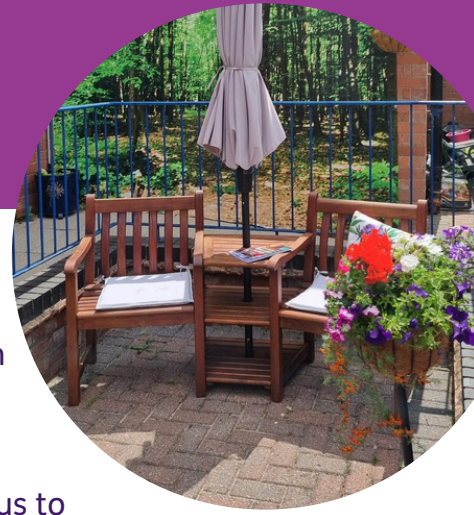


Nottingham
City Council

THE SYBIL LEVIN CENTRE GARDEN

‘SYBILS IN BLOOM’

At our Specialist Dementia Day Service - the Sybil Levin Centre, our bijou walled garden has had a makeover. This has been made possible by the wonderful donations we have received in memory of loved ones and from the fabulous people at Notts Ladies Golf Club, Hollinwell whose Lady Captain last year, Colette Newton, chose us as beneficiary for her charity day fundraiser. Together, these generous donations have enabled us to revamp the garden, purchase some wonderful new benches and companion set seating, new cushions, parasols and of course, some beautiful plants.



BEFORE



AFTER THE TRANSFORMATION

Our friends who attend have helped with planting up, supervising where best to put things and then, most importantly, enjoying sitting out there, chatting and having an ice cream or even a mocktail!



Without this overwhelming generosity, we would not have been able to make this such a wonderful, user friendly, welcoming and beautiful place for our lovely friends to enjoy when they are with us. A huge thank you to everyone who contributed to enable this project to be so successful.
Linda and the Sybils Team x

ALWAYS AN ADVANTAGE



It's always good to hear examples of our R.I.K.I values being used within our charity and so when a member of our Advice team wanted to highlight the work of:

Advantage
MOBILITY

We were happy to share!

“Whenever I have a query relating to mobility equipment, Advantage Mobility are always really quick and efficient at giving information over the phone, and are friendly and helpful, and often will go out of their way to help a client.

A client enquired about information on suppliers of second hand stairlifts – Advantage Mobility were happy to give contact information on reputable suppliers.

Another client was having issues using a mobility scooter outside, as there was a step near her property that she could not get her scooter over. The client lived near Mansfield and wasn't able to visit Advantage Mobility, but they were able to offer to visit the client with some products (ramps) to try out.

Clients often call us to offer to donate used equipment, Advantage Mobility are always happy to talk to the client about the equipment, and will often arrange to collect it if it is something that they can accept, which can be really helpful as often the client wouldn't be able to transport the equipment to the showroom.”



Visit the Advantage website [here](#)

Download the Advantage leaflet [here](#)



OUT & ABOUT

IMMERSIVE VISIT AT SYBILS

On Wednesday 4th June, we were pleased to welcome Professor Veronica Pickering, HM Lord-Lieutenant of Nottinghamshire, to our Sybil Levin Specialist Dementia Day Service



(pictured here with Michelle and Martyn, our Joint Chief Executives.)

It was a great opportunity to share the innovative work delivered at the Centre to support people with dementia and Professor Pickering said:

"I really enjoyed my immersive visit to the [Sybil Levin Centre]. The staff were all very impressive and hugely generous in welcoming me."



CONNECTING WITH PEOPLE

Lauren Eaves and Samantha Spencer took part in the Dementia Road show on Friday the 13th - Sam told me:

"This was an amazing event once again meeting and networking with other community services within the County and meeting residents.

It took place at the Eastwood library, Lauren and I offered advice and handed out lots of different information/ leaflets within Age UK Notts services to residents and other services who took part in this event.

Lots of us also took part in a small training exercise with Rob from NCC Dementia training and we are now a Dementia friend and have our Dementia friend badge.

Everybody enjoyed the sing along with Ellie brings who music and singing into people lives that are living with Dementia."

Landline phones switching to digital could stop telecare alarms working.

Call the landline provider now for support.

Learn more



ACT NOW TO KEEP TELECARE ALARMS WORKING SAFELY

Do you or someone you know use a telecare alarm?

Landline phones are switching to digital, which could stop telecare alarms working. This means that all landline providers need to know which of their customers use telecare, so they can keep them safe.

The switchover is already happening, so you need to act now.



If you or someone you know uses a telecare alarm:



Call the landline provider now for support



Visit: digitalphoneswitchover.com to find out more

SCAM ALERT!

After the news that the Winter Fuel Payment will be restored for millions of older people, scammers are trying to take advantage. Reports say fraudsters are contacting older people to pretend to set up their Winter Fuel Payment - and stealing their banking details.

Read more about the scam below.

Winter fuel payments: NI minister says scammers are targeting pensioners

Read the BBC News article [here](#)

Say no to scams!



DOORSTEP CRIME MAIL SCAMS TELEPHONE TEXT MSGS/WhatsApp INTERNET SAFETY

Please contact us on
0115 855 3388 or
email: scamsawareness@ageuknotts.org.uk
for more information.

BIG WINTER FUEL PAYMENT CAMPAIGN WIN!

We're delighted to share that the Government has announced that 9 million pensioners will now receive the Winter Fuel Payment – an increase of 7.5 million people.

Working alongside thousands of older people, AGE UK campaigned hard across the Age UK Network to protect the 2.5 million pensioners who were set to lose out again on the payment this coming winter. To have secured the benefit for 9 million older people is a huge win that they can be proud to have achieved.

What this means:

The Government have announced that: Everyone over the State Pension age in England and Wales with an income of, or below, £35,000 a year will benefit from a Winter Fuel Payment this winter.

This increased threshold means no lower or middle-income pensioners will miss out, with over three quarters of pensioners in England and Wales receiving the payment – a total of 9 million people.

The Payment will be paid automatically to everyone over State Pension Age and clawed back automatically through PAYE or income tax for those whose income exceeds £35,000.



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.

Are you a 'mid lifer', have you thought about changing your lifestyle, introducing healthier eating options or weight bearing exercise into your routine?

I for one certainly am! Trying to say no to unhealthy snacking and introducing weight bearing exercise and more walking into my routine. We'd love to hear about any tips & tricks you have for staying healthy!:
marketing@ageuknotts.org.uk

**FIND OUT MORE ABOUT
THIS CAMPAIGN HERE**

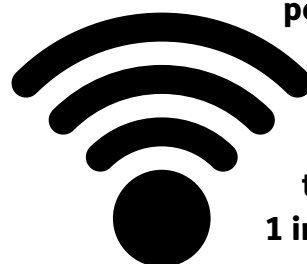
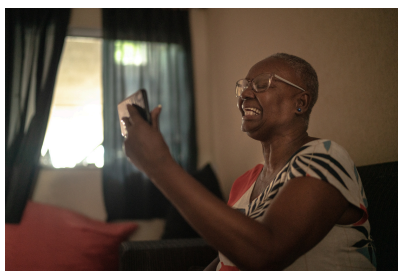
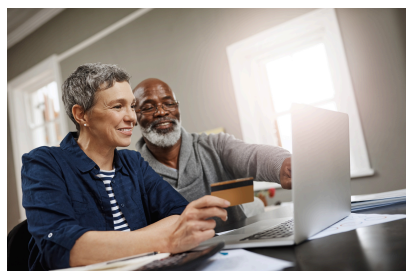
OFFLINE & OVERLOOKED

Here at Age UK Notts we believe everyone should have fair and equal access to services. We are supporting the national Age UK campaign to make sure everyone can access the services they need - so that being offline doesn't mean being overlooked.

With Public services increasingly 'going digital', 2.3 million older people in the UK aren't internet users and it's becoming harder - and in some cases impossible - to access day-to-day necessities such as banking, making NHS appointments or even just paying for car parking.

Some people are offline due to a lack of confidence and skills, lack of trust in the internet, they lack equipment or broadband. It may be down to cost - particularly in the current climate or they have health and accessibility needs - plenty of people would just prefer to handle their finances, their bills or their health matters in person or over the phone. No one should feel forced to perform important tasks online if they don't feel comfortable.

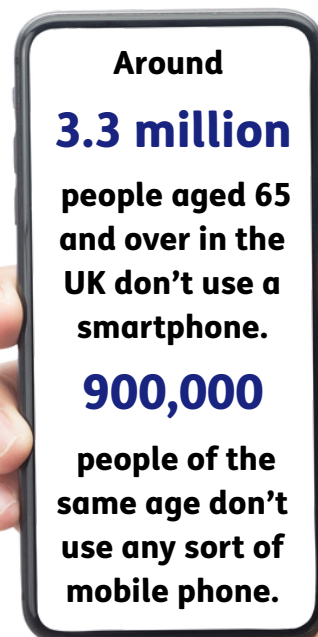
Older people who aren't or choose not to be online are being locked out of essential services. It's discrimination - plain and simple. And it poses real risks to people's health, wellbeing, finances and ability to participate fully in our society.



2.3 million
people aged 65
and over
do not use
the internet -
that's around
1 in 5 of this age
group.



4.7 million
people aged 65 and over
don't have the basic skills
to use the internet
successfully and safely.



Around
3.3 million
people aged 65
and over in the
UK don't use a
smartphone.
900,000
people of the
same age don't
use any sort of
mobile phone.

You can access the petition here:
[Sign our petition!](#) | [Campaigns](#) | [Age UK](#)

**You can download a paper copy for a friend,
neighbour or family member here:**
[offline-and-overlooked-petition.pdf](#)

**Or write to Freepost Age UK campaigns
(no stamp required).**

Introducing..

Hi

I'm Joe Jacks & as Operational Manager for the Age UK Business Directory, my role is wonderfully varied. I oversee the five directories we run, manage our websites and marketing efforts, work on business development, handle complaints, and support staff to ensure tasks are completed efficiently and effectively.

I joined AUNN three years ago while looking for a part-time role that would allow me to make use of my background in management, website design, and graphic development - and I've loved being part of the journey ever since.

My favourite part of working at the charity is the people. Both my immediate team and the wider organisation are some of the most friendly, supportive, and dedicated colleagues I've ever worked with. Everyone here works incredibly hard for the benefit of the older community we serve, and I'm genuinely proud to be part of Age UK Notts.



I run a freelance website design business, with clients all over the world - from the USA and Ireland to Spain and beyond. I love helping businesses grow their online presence....

RANDOM FACTS



I recently completed my first-ever charity skydive, raising £750 for a local children's charity.

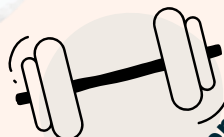
I'm a self-confessed night owl - I do some of my best thinking (and working) between 11pm and 2am!



When I'm not working, you'll likely find me in the gym, baking in my kitchen (I have a particular love for anything Lotus Biscoff),



I've professionally photographed celebrities including Kim Woodburn, Katie Price, & several RuPaul's Drag Race stars such as Trixie Mattel, Detox, & Alyssa Edwards



Or out in the garden, or on dog walks with our 5-year-old Cockerpoo, Ola.



Why not share your story next? Contact me! sarah.elliott@ageuknotts.org.uk

PETS CORNER - CATS

Back by popular demand and by far the most talked about page! This edition our Pets Corner is dedicated to the wonderful world of Cats.

No, not the long running Andrew Lloyd Webber musical that opened in 1981, was seen in 39 countries and translated into 15 languages. Receiver of 7 Tonys, 2 Oliviers and 1 Grammy and seen by over 74 million people. No, not that one!



HERE ARE SOME FACTS YOU MAY OR MAY NOT ALREADY KNOW!



A house cat can reach speeds of up to 30mph. If you've watched your little kitty charging around the living room when they're feeling lively you know that cats are pretty quick, but you won't believe this fun cat fact.



30mph is so fast that they could beat Usain Bolt in a 200-metre dash!

The domestic cat is owned by

29%



of households in the UK.



The scientist is most famous for calculated gravity, but it's also believed that Isaac Newton invented the cat door. How Stuff Works writes that when Newton was working on his experiments at the University of Cambridge, he was constantly interrupted by his cats scratching at the door. So, he called the Cambridge carpenter to saw two holes in the door, one for the mother cat and one for her kittens! Apparently these holes can still be seen at the university today.

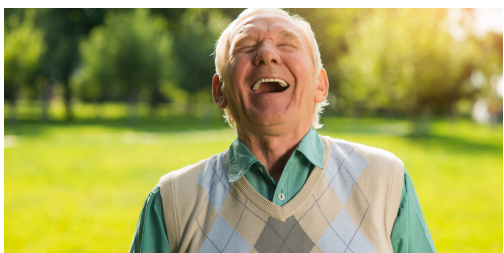


If you thought cats spent a lot of their lives sleeping, you'd be right. According to Veterinary Hub, Cats actually spend 70% of their lives sleeping, which works out to around 13-16 hours a day.

DATES FOR JULY

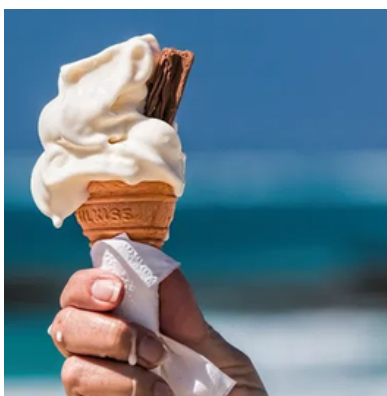
1st July - International Joke Day

Laugh your lungs out loud on July 1st as it is International Joke Day. This wonderful occasion spreads laughter and joy across the globe and is dedicated to the art of humor, making people laugh and lightening up the atmosphere when things are tough.



All month - Disability Pride Month

It's an opportunity to raise awareness of disabilities, start positive conversations and celebrate the diversity and differences of the disabled community.



20th July 2025 - National Ice Cream Day

Some believe that ice cream goes back in time, to the Romans, who apparently collected snow from the mountains and then consumed it with honey and fruit juices. Anyone for a 99?

15th July - St Swithins Day

According to tradition, whatever the weather is like on St Swithins Day - whether rainy or sunny - it will continue for the next 40 days and 40 nights.

St Swithin's Day, if it does rain
Full forty days, it will remain
St Swithin's Day, if it be fair
For forty days, twill rain
no more.



July 6th 2025 - Ashura

This day is of the utmost importance and emotional significance in the Islamic calendar, and it is observed with profound religious reverence by both Sunni and Shia Muslims worldwide.



30 July 2025 - International Friendship Day

International Friendship Day, also known as World Friendship Day, created by the United Nations is observed worldwide on July 30th to celebrate the bond of friendship. It's a day to promote friendship and community, and how everyone is appreciated and observed in different cultures. Our Companion Service can help you become more socially active, whether that's in your home or out and about in the community. [Find out more here](#)



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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

If we can make it better, we will. If you like
what you see, please tell us.

Maria & Sarah

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