

Age UK Redbridge, Barking & Havering Fortnightly Newsletter

As the season begins to shift and we look towards the Autumn months, here at Age UK RBH we are busy preparing to support our members through the colder weather. We are approaching this on two fronts. Some of our activities such as the Falls Prevention classes in Havering and lunches at the Wanstead Activity Centre, are beginning to open up in person again, which we will update you on in due course. We are also aware that the Winter means we will all be spending more time inside and therefore we will continue to support you with remote services and activities. Some of our members have signed up for the Age UK RBH trial of the new Sparko Virtual Retirement Community and we are excited for the connection and community this will bring for them.

We are contactable via our office number: 020 8220 6000 or via email: admin@ageukrbh.org.uk

You can find out more about our services at:

www.ageuk.org.uk/redbridgebarkinghavering/

Befriending Services

Since the start of the pandemic the Forget-me-not Befriending Service have taken on over 80 new clients from across the three boroughs. Volunteers have worked tirelessly to provide stimulating telephone conversations from their homes instead of the office to help alleviate the loneliness and anxiety that people have been feeling due to being in lockdown.

We provide the Befriending service across the three boroughs. We also provide a visiting Befriending

service for people who are very isolated, and whilst this has stopped during the pandemic, we hope to be restarting visits again soon. If you feel that you would benefit from a regular phone call or visit from one of our wonderful befriending volunteers, please contact Nikki Gardener:

nikki.gardener@ageukrbh.org.uk

Or call the office on 0208 220 6000



**A positive Perspective:
Good News Stories**



Mr Henry White was 99 years young in June and two of our Care Navigation Team turned up to surprise him with an

impromptu and socially distanced chorus of "Happy Birthday". The team didn't let the rain dampen their spirits (or voices) and were able to sing in the rain with style!

They also presented Henry with some cakes, a birthday balloon and a badge to celebrate the milestone as well as delivering a package with donations from Age UK.

Henry continues to be a positive force, even in his 99th year and yesterday was able to start to re-attend his British Legion club, where he was able to meet friends from a group that he attends and hasn't seen since February.

You're an inspiration to us all, Henry!

Di's Diamonds Create Poetry Workshops

If you saw the last newsletter you'll remember that members of Di's Diamonds had the opportunity via Create Charity to participate in an 8 week series of poetry workshops. Many of them discovered a previously untapped talent for the poetic form and have continued to write poetry after the workshops ended. Below is a poem written by participant Christine Sherman about becoming a Grandmother.

When My Daughter Became Me

When my daughter became me
It changed my world eternally
In that moment, time stood still
And the noises, loud and shrill

Wrapped around our own sweet bubble
Hospitals...so full of trouble
Life and death, and noise, and smell
Was that cry our daughter? Who can tell?

This world of scuffed walls, white and lime
Carried me back to another time.
I WAS THE PATIENT, I WAS THE MUM
CRYING IN PAIN FOR MY BABY TO COME

The baby is born and my daughter is me
Turning into MY MUM now, says GRANDMA with
glee.

Generations leaping, smiles and weeping, inside
creeping,

Baby peeping, photo keeping, old age creeping
A new grandma is born.



Photograph above: participants at the last Create poetry session