

Age UK Redbridge, Barking & Havering

Welcome to the June newsletter. We hope everyone is keeping well and looking forward to brighter days ahead. It hardly seems possible that just 15 months ago, remote working, on line activities and Zoom meetings would become everyday expressions. I know at Age UK the majority of our staff and volunteers are really keen to get back to a more normal way of working. The trouble is, what is the new norm??

For those of our clients who do not have access to on line services either due to lack of equipment, lack of knowledge, or simply through choice, we know that this pandemic will have had an even greater effect on people's wellbeing. We have had to use technology in ways we never have before and many older people have learned to use a tablet, computer or even a smart phone for the first time during the last year. For those who have embraced it, well done to you! For those who haven't it's never too late to learn! We are restarting out computer courses in September, these are face to face lessons in small groups (all socially distanced) in our

conference room at Age UK RBH. People learn on their own equipment so they feel more comfortable continuing their learning at home. If it's not for you, then we hope you have been enjoying the newsletters over the last year and we hope to continue for a while longer.

If you would like to see something specific in the newsletter we would love to hear from you. You can call Janet on 020 8220 6000 or email: janet.west@ageukrbh.org.uk If you are interested in computer lessons please use the same contact details.



Introducing our new Falls Service Coordinator, Glenda Templeman.

Hi my name is Glenda and I am pleased to be joining Age UK RBH after having worked for the British Red Cross for seven years as a Community Agent covering the Epping Forest area.

The Community Agent project assisted older vulnerable people to remain independent. I am trained to Approved Assessor level 2 and was the equipment lead so my skills will be very useful as the Falls Prevention Coordinator for Age UK. I am delighted to be joining the organisation and very much looking forward to bringing some of my experience to this new role.

If you could benefit from Falls Prevention advice or exercise please contact: glenda.templeman@ageukrbh.org.uk or call 020 8220 6000

My Health Matters is a Public Health commissioned project recently secured by Age UK RBH. We recruit and train volunteers to become Health Champions in Havering and will continue that good work in our new home.

There has been no face to face training or outreach during the past year so the team (made up of Sharon Adkins and Debbie Bailey) have been presenting monthly wellbeing webinars on specific themes. For the month of May, the topic was 'Coping with Stress and Anxiety' in recognition of Mental Health Awareness Week 10th-16th May. Here is the monthly wellbeing ideas for May, but a good idea any month of the year! If you live in Havering and are interested in becoming a Health Champion with free accredited training, please contact: myhealthmatters@ageukrbh.org.uk or call 020 8220 6000

Meaningful May 2021

SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Make a list of what matters most to you and why	2 Do something kind for someone you really care about	3 Focus on what you can do rather than what you can't do	4 Take a step towards an important goal, however small	5 Send your friend a photo from a time you enjoyed together	6 Look for people doing good and reasons to be cheerful	7 Let someone know how much they mean to you and why
8 Set yourself a kindness mission to help others today	9 Notice the beauty in nature, even if you're stuck indoors	10 What values are important to you? Find ways to use them today	11 Be grateful for the little things, even in difficult times	12 Listen to a favourite piece of music and remember what it means to you	13 Look around for things that bring you a sense of awe and wonder	14 Find out about the values or traditions of another culture
15 Do something to contribute to your local community	16 Look up at the sky. Remember we are all part of something bigger	17 Show your gratitude to people who are helping to make things better	18 Find a way to make what you do today meaningful	19 Send a hand-written note to someone you care about	20 Reflect on what makes you feel valued and purposeful	21 Share photos of 3 things you find meaningful or memorable
22 Find a way to help a project or charity you care about	23 Share a quote you find inspiring to give others a boost	24 Recall three things you've done that you are proud of	25 Make choices that have a positive impact for others today	26 Ask someone else what matters most to them and why	27 Remember an event in your life that was really meaningful	28 Focus on how your actions make a difference for others
29 Do something special and revisit it in your memory tonight	30 Today do something to care for the natural world	31 Find three reasons to be hopeful about the future				

ACTION FOR HAPPINESS **Happier · Kinder · Together**

Sparko TV

The Sparko community continues to grow and members are enjoying all aspects of the system including an increasing activity schedule.

The Sparko schedule offers up to five live sessions daily Monday – Friday, along with some music events at weekends.

The schedule includes a variety of activities including chair disco, exercise, yoga, karaoke, cookery, men's cave, dance, piano concert, bingo, reminiscence, music, craft & creativity and more.

This week the members enjoyed watercolour with Iona, painting a very colourful peacock.



During April we introduced “Wellness Wednesday” this is a weekly session for members to discuss their week and how they are feeling, they choose topics they would like to discuss and/or find more information, during April we held our own TV club, discussed meditation, and enjoyed an informative fraud awareness session with a retired managing fraud investigator/ex policeman.

Members enjoy connecting with family and friends through their TV and feel their well-being has increased through the ability to chat face to face.

With support from the befriending coordinator and the Sparko team a successful connection was made via the Sparko system between an Age UK client and his established befriending volunteer, this will allow their weekly befriending calls to take place face-to-face via the system if chosen.

All members are amazed at how easy the system is to manage and a recent member with disabilities claimed the system “*will be life changing for me*”

For more information, please contact Vivienne;

07949359055 or email:
vivienne.fairbrass@ageukrbh.org.uk

SOCIAL WORKER PLACEMENT

We occasionally get asked to assist with Student Social Worker training by taking a placement for a period of time, to help with their development in their chosen field of social work.

Below is an account from Efe, who is currently working with us.

“ I joined Age UK Redbridge Barking and Havering on the 20th April 2021 as a student social worker. It has been an amazing learning experience for me.

I have developed my professionalism around communication when engaging with older adults. I was introduced to the Forget me Not Befriending service which is a telephone and visiting service for older people who are lonely and/or isolated. I have enjoyed every bit of it.

I now understand diversity and how it affects older people, and I learnt the process of supporting and safeguarding vulnerable older adults and how it is important to treat older Adults with respect and dignity.

I have learnt about our Falls Prevention service which involves dealing with referrals, sending out Falls Information Packs to clients referred to the service, inputting health questionnaires onto the database. I now understand some of the reasons why older adults fall, but also what can be done to help prevent it. Thanks to Age UKRBH for the opportunity!”

VOLUNTEERS NEEDED

We are currently looking for volunteers for our Wanstead Activity Centre, to help meet and greet customers, serve meals and refreshments or help out in the kitchen. If you or someone you know might be interested in helping out 1 day a week, please contact our Volunteer Coordinator Helen on: 020 8220 6000 or email: helen.watson@ageukrbh.org.uk

Di's Diamonds Poetry.

The on line class is proving popular with some of our Di's Diamonds members. This contribution was sent in from a first time attendee Janet at the poetry class.

I joined Creative workshop
On Tuesday at half past two.

Others had done the course before.
For me it was something new.

Filipe a talented musician, was leading the group.
He was very friendly and invited everyone into the loop.

He asked us all to recall a recent sound that had made an impression
This is turning out to be a very interesting lesson.

Dog sounds and scaffolding and a water fall.
Shame no one mentioned an early bird call.

Washing machine and melodies, a mobile phones ring.
Filipe then said he would record these sounds
Oh no he wants me to sing.

Everyone was very kind and for that I was very glad.
Thank goodness I could La to The Blue Danube which didn't sound so bad.

Two hours passed very quickly, I very much enjoyed the time.
And hope I didn't make a fool of myself?
Because that would be a crime.

Shame there isn't an itinerary then I could prepare something unique
But I guess I'll just have to wait and see what happens next week .

Thanks to Janet for her contribution! If you would like some more information about joining one of the Di's Diamonds on line activities, please contact : disdiamonds@ageukrbh.org.uk



Introducing our new Di's Diamonds Coordinator for Redbridge and Barking & Dagenham, Amanda Jenner.

Amanda is pleased to be joining the Di's Diamonds team and says: I was a face painter for many years and additionally I work as an artist. I will paint anything from a human body to a shipping container and I am keen to use my skills in supporting Di's Diamonds activities. I also have a keen interest in plants and nature and love photography. I'm a crazy cat lady. After fostering for many years I gained 5 cats of my own.

Amanda joins the existing team of Kim, Fiona and Monica and is keen to increase participation in Redbridge and Barking & Dagenham. To get in touch please email:

disdiamonds@ageukrbh.org.uk or call: 020 8220 6000