

VOLUNTEERS NEWSLETTER ISSUE 8 — APRIL 2018

“As you grow older, you will discover that you have two hands—one for helping yourself, the other for helping others.” ~ Audrey Hepburn



Spring has sprung...finally!

We can finally put those winter coats away!

Our Scams Prevention and Support Service launched in February. If you or someone you know has been a victim of, or would like to know more about scams and how we can help, please get in touch.

Community Services are launching a new ukulele course and at Twickenham Wellbeing Centre we are offering an extra Friday afternoon exercise class hosted by Janet. The allotment is progressing - our potatoes are chitting, meanwhile we have planted onions...we look forward to a healthy crop!

Jackie Marie

Volunteer Co-ordinator, Age UK Richmond

Sign up to our weekly news bulletin and get the latest updates delivered directly to your inbox!

Email: info@ageukrichmond.org.uk

Keep your details up to date

Received this newsletter and no longer volunteer with us?

Received this newsletter by post but now have an email address?

New address / phone number /email address?

Email Jackie on:

Jackie.marie@ageukrichmond.org.uk

Congratulations Volunteers!

What a start to 2018, 3688.25 hours volunteered in the last few months!

Those 307.5 hours a week are essential to our organisation!

~ THANK YOU ~

Happy 95th Birthday Netta!

Our oldest and longest serving volunteer recently turned 95. Here's what she told us about her experience volunteering with AUKR and what it has meant to her..



Why do you volunteer for Age UK Richmond?

AUKR are very friendly and I've always felt very welcomed.

How long have you volunteered with us?

I have volunteered for AUKR for 15 years. I started volunteering when I was 80, at was then Age Concern!

What did you do before volunteering?

I have been a volunteer all of my life actually, since the end of World War II!

What is it you like about volunteering?

I enjoy helping other, keeping active and independent and meeting new people. It keeps my brain working!

Tell us something about yourself that would surprise us?

Believe it or not, I am very shy! That's another reason I love volunteering here, it has built my self-confidence. You have to be confident manning the reception desk and phone and getting to know everyone.

What do you like to do in your spare time?

I like to read, look after my house and I used to enjoy knitting and cooking when I was able to.

Have you lived in this Borough for long?

Yes, I've lived in this Borough for a very long time, in fact I've lived in the same house in Barnes for 63 years!

Any advice for people thinking about volunteering?

Your never too old for volunteering!

What's your secret to being healthy at 95?

Take each day as it comes and keep mentally and physically active.

Centre Manager, Janet Thompson says "Netta is so loyal to us. She's here come rain or shine and volunteers up to three days a week to cover for others sometimes. Netta is incredibly reliable and will never let us down—an inspiration to all of us."

For the full interview visit our website: <https://www.ageuk.org.uk/richmonduponthames/about-us/news/articles/2017/netta-volunteering-at-95/>

Dates for your Diary

April

- 1st ~ April Fools Day
- 1st ~ Easter Sunday
- 6th ~ Walk To Work Day
- 10th ~ Siblings Day
- 19th ~ AUKR Outing to the Museum of Rivers & Rowing, Henley
- 23rd ~ Shakespeare Day

May

- 3rd ~ Local Elections
- 7th ~ Early May Bank Holiday
- 11th ~ Eat What You want Day
- 19th ~ Royal Wedding 'Harry & Meghan'
- 28th ~ Spring Bank Holiday

June

- 1st –7th ~ Volunteer Appreciation Week
- 1st ~ Say Something Nice Day
- 11th ~ Men's Health Week Begins
- 17th ~ Father's Day
- 21st ~ Summer Solstice
- 21st ~ Volunteer Thank You Event 2018

Volunteering Opportunities

The Handyperson Service is looking for handy people with an interest in DIY to support the service!



For more details and to apply:

contact Jackie on: 020 8878 3451 or volunteering@ageukrichmond.org.uk



New Scam Prevention & Support Service



Scam awareness events, one-to-one home visits & in-depth support

Types of Scams

Scam Prevention

Reporting Scams

Recovering from Scams

For more information: scams@ageukrichmond.org.uk / 020 8878 3073

Did you know....

- the Nightingale Service fitted 100 key safes in 2017. Over half of them were fitted by our lovely volunteers!
- they also do shopping, prepare light meals, pick up prescriptions and do light cleaning.
- this service saves the NHS hundreds of bed days each year!

Age UK Richmond news

Staff Update.. As you are aware, our CEO Aiden is stepping down—we wish Aiden all the best for the future. Lin Gillians will be joining us as our interim CEO and we would like to give her a big welcome. Please also congratulate Gavin Shand, who has been appointed as our Deputy CEO.

Funding Update.. Thank you to everyone who voted for us by using their blue tokens at Tesco's, for the 'Tesco Bags of Help' grant. We have been awarded £1000!

Give As You Live.. is a website where you can raise funds for your chosen charity with little effort and at no cost to you. All you do is sign up, choose your charity and then click through to shop at your favourite retailers online, who will donate a percentage of the sale to the charity. If we all sign up and encourage our friends and family to do so, over time we can raise £££'s! All your favourite retailers participate, John Lewis, Tesco, Amazon, M & S, Paypal, so no excuses—please sign up and start shopping!

<https://www.giveasyoulive.com/charity/ageukrichmond>

Are you planning a special fundraising event for AUK RuT? Or have an idea? Let us know!

Your questions, answered...

How do volunteers claim expenses?.. We will always reimburse our volunteers for reasonable out of pocket expenses. You will need to fill in an expenses claim form and provide a receipt. If you can provide your bank details, that makes reimbursement easier for our finance manager, David Baggs (david.baggs@ageukrichmond.org.uk). Please submit claims in a timely fashion particularly around the calendar quarter reporting dates. David processes payments fortnightly on a Wednesday.

Volunteer Views "Thank you for making my volunteering experience so enjoyable. You say you couldn't do without us, but I really do think we couldn't do without you either!" **Linda Brown, I & A Volunteer**

Contact us

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