

## VOLUNTEERS NEWSLETTER ISSUE 5 — OCTOBER 2017

“We can’t help everyone, but everyone can help someone” ~ Ronald Reagan

### Autumn

As the summer comes to an end we start to look to the busy season ahead.

Our outings continue to delight our members from all across the borough. This October we will be taking in a little culture visiting Watt’s gallery and artist village in Surrey, hopefully before the winter weather draws in.

Speaking of culture, a new digital photography class will be launched this autumn.

Home Services are very busy helping people get their homes and gardens ready for the winter months ahead.

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!

### 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?

### Congratulations Volunteers!

The past few months you volunteered for a jaw dropping 3537.5 hours

That’s a very respectable 295 hours a week!

~ THANK YOU ~

### Welcome.....Aiden Buckley

Our new CEO has hit the ground running!

We are wondering how it is going and what his vision is going forward....



**Your first 6 months have flown by! How is it going so far?** I can’t believe how quickly time has flown! It hasn’t been easy but I’m really enjoying it. It’s been interesting and varied, where one day I can be doing the dishes at a Man With a Pan session and the next helping health care managers with their plans for improving care. I am starting to get to grips with the role but I’m still learning.

**You often speak of your grandfather, how does he inspire you in your role?** Unfortunately, my grandad really struggled in later life. It strikes me that for some, it can be a time when you find yourself physically struggling, isolated and lonely. His struggle has influenced me to try to do something about it. He was awarded a MBE and an OBE in part for his charitable efforts. This has resonated with me — so, to be able to work at AUKR with a great team of staff and volunteers, who help make a difference to the lives of so many is a fantastic opportunity for me.

**What is your vision for AUKR?** With an ageing population (over 85 year olds are set to double over the next 15/20 years) and funding cuts to health and social care, I am concerned we may see a significant crisis within our society. It’s charities like AUKR that could provide part of the solution by tailoring services to meet the needs of the growing older generations, by helping to develop a close knit local community and by building a team of volunteers who work together to help those that that need help the most.

**Where do you see the Charity in 3 years?** In this ever changing environment, it will not be possible for charities like ours to sit still. We need to adapt and evolve to increasing demand for our services whilst traditional funding resources are squeezed. We will need to concentrate our efforts on finding low cost solutions to providing our services, maintaining our very high standards. Volunteers and, potentially, technology can play an important role in the years to come.

**What will be your biggest challenge as CEO of AUKR?** Doing more with less!

**Have you found you are able to translate the skills from your previous job to your role at AUKR?** I was fortunate to have been a trustee and a volunteer before taking on the role. This gave me insight into the Charity and the issues facing older people in our borough. This has been really helpful. I think the skillset that I bring from my role in financial services will prove valuable in this changing landscape and in particular having a different approach to things!

**What do you like to do in your spare time?** Gosh, spare time?! It’s mostly spent with my young family and when not ferrying my children around like a glorified taxi service, I take our relatively out of control Border Terrier for a walk. I enjoy helping coach local kids’ rugby and cricket teams. It’s exhausting and a pleasure coming back into the office!

## Dates for your Diary

October

- 1st ~ Older People's Day
- 1st ~ Older People's Week begins
- 1st ~ Grandparent's Day
- 4th ~ Whitton Social Centre & Rest Room volunteers meeting
- 6th ~ Full of Life Fair
- 10th ~ World Mental Health Day
- 14th ~ Hate Crime Awareness Week begins
- 18th ~ Crime Prevention Event
- ~ Black History Month

November

- 1st ~ Barnes Green Centre volunteers meeting
- 9th ~ Twickenham Wellbeing Centre volunteers meeting
- 10th ~ Age UK Richmond AGM
- 12th ~ Inter Faith Week begins

December

- 10th ~ UN Human Rights Day
- 25th ~ Christmas Day
- ~ UK Disability History Month

## Volunteering Opportunities

**Our Nightingale Service, Barnes Green Centre and Community Services are all looking for volunteers**



For more details and to apply:

<http://www.ageuk.org.uk/richmonduponthames/how-you-can-help-new/volunteering/> or contact Jackie on 020 8878 3451 or [volunteering@ageukrichmond.org.uk](mailto:volunteering@ageukrichmond.org.uk)



### Volunteers Please Spread The Word...

Don't click on any links asking for payment from us. Please be reassured we will NEVER ask for payment in this way!

### Did you know.... our IT service

- carried out 117 one to one sessions with 55 clients in 2016/17!
- we also helped 144 clients who came to one of our IT drop-ins, a total of 810 times.

## Age UK Richmond news

**Go Local..** You may have heard of **GoLocal**, but do you know how it all works?

AUKR lead and manage the Community Independent Living Service in the localities of Sheen, Mortlake, Barnes, Twickenham and Whitton. We call this service 'GoLocal'. Through it, we provide information & advice, peer support, social & wellbeing activities and volunteering opportunities for all adults in Richmond - including older people. Our partners include the Alzheimer's Society, Richmond Mencap, Ruils and EMAG. Much of the work AUKR do - including our social centres, community services and first contact helpline - come under GoLocal. The GoLocal website gives further information ([www.golocal.org.uk](http://www.golocal.org.uk)) or you can call 020 8973 1877.

**Funding..** We have been awarded £50,000 by **Hampton Fuel Allotment Charity**. This will support our Home Services and I & A Service.

**AUKR AGM..** Please join us at Twickenham Wellbeing Centre on Friday 10th November at 2pm.

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

### Your questions, answered...

**Are our volunteers entitled to lunch?..** If you volunteer around lunchtime for about 3 1/2 hours you are entitled to lunch. You are very welcome to have something at a centre if they prepare lunch and that is where you volunteer. If you buy your lunch, we will cover the cost up to £4.

**Can volunteers accept donations for AUKR?...** Yes, of course! Please ask your client to fill in a donation form and Gift Aid form if appropriate. You can then bring the donation with the form to your manager. Don't forget, donations can also be made directly by post, text or online using BT My Donate or Virgin Money Giving.

**Volunteer Views** "My first impressions gained at the RACC fair have proved accurate and, as well as the enjoyable and interesting work, I have appreciated the thorough induction in my role with excellent ongoing support, and the friendly and welcoming environment." **Seri Sheehan, Handyperson Admin Volunteer**

## Contact us

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