

SPRING 2018

MEMBERS' UPDATE

Scarborough – one of the discounted coach trips for our members



In this issue...



P4

Cold homes crisis



P6

Wills advice



P8

October - January events calendar



P12

Staff profile: Virginia Lowes



P14

Member offers



Members' Update is produced by Age UK Sheffield for Sheffield 50+ members and Friends of Age UK Sheffield.



Welcome to the spring 2018 edition of our newsletter

I hope you've had a lovely Christmas and are looking forward to 2018!

I promised in the last edition of this newsletter to take note of your requests for day trips out. So I'm pleased to report I've been able to negotiate some exclusive offers with local coach companies, which are **only available to Friends of Age UK Sheffield members.**

Royles Tours have offered our members an extra £1 off any day trip from their extensive 2018 programme.

Maxfields have selected four trips in February and March to offer our members a special deal, including a fantastic £6 off the April 19th trip to Retford Market and Lincoln – this will be just £10 to our members!

Please make sure you take advantage of these offers, as it will help me to negotiate better deals for you in the future.

We've also formed a new partnership with Sheffield Wednesday Football Club's community team to provide new regular activity opportunities for you, including half-price off their great nutrition and lifestyle course.

And we're putting on our first ever Easter lunch, which is bound to be popular.

Additionally, we are returning to monthly meetings with a guest speaker. These have traditionally been known as Sheffield 50+ meetings, but they are open to our entire membership. From February onwards they will be on the first Thursday of every month, 1.30-3.30, at the Fire Service HQ. So get them in your diary.

All these new initiatives are a direct result of listening to your feedback about what you want from your membership. Make sure you spread the word!

In 2018, we will also be stepping up our campaigning work for older people in Sheffield. We've raised awareness of fuel poverty over the course of the winter, and want to do more work on wider poverty, dementia and mental health issues which affect a large number of older people in Sheffield. But if there's something close to your heart that you think we should be campaigning on, please let me know. The 50+ meetings are also a good place for those discussions.

If you'd like to contact us for anything, just call (0114) 250 2850 or e-mail: enquiries@ageuksheffield.org.uk.



Steve Chu

Chief Executive, Age UK Sheffield

CONTACT US



Telephone:
0114 250 2850



E-mail:
enquiries@ageuksheffield.org.uk



Address:
Age UK Sheffield, First
Floor, South Yorkshire
Fire & Rescue, 197 Eyre
Street, Sheffield, S1 3FG



[@ageuksheffield](https://twitter.com/ageuksheffield)

Cold homes crisis



New figures published by Age UK Sheffield have revealed the shocking scale of fuel poverty among older people in Sheffield.

It is thought that 14,000 older people in Sheffield live in poor quality, damp or draughty housing, with one in seven admitting they go to bed to keep warm and save heating costs despite not feeling tired.

Age UK has calculated that cold homes cost the NHS in England more than £1.36 billion every year, with excess winter deaths outstripping road deaths by 15 to one each year. The excess winter deaths figure across England and Wales jumped last winter, from 24,580 in 2015/16 to 34,300 in 2016/17. The last available figures for Sheffield, in 2015/16, showed there were 180 excess deaths in the city in 2015/16.

So what can we do about this tragic situation?

Well, Age UK Sheffield offers free information, advice and advocacy to older people who are living in poor housing and fuel poverty. This can range from advice and support to change fuel tariffs and providers, to fitting equipment such as draught excluders and low-energy light bulbs, to helping to obtain grants for new boilers or central heating systems.

But demand for the charity's services is high, and funding is needed to ensure this service can continue. Which is where better-off older people may be able to help, by considering the donation of the winter fuel payment they automatically receive from the Government.

Age UK Sheffield Chief Executive Steve Chu, said: "Winter fuel payments are literally a lifeline to thousands of older people in Sheffield each year. But because the payments are made automatically, no matter how rich or poor someone is, we're appealing to those who can afford to, to donate their payment to us so that we can do more to help those most in need.

"We will use any money we receive to support our work providing information and advice to an older person suffering from the cold this winter. We know that there is a strong relationship between poor insulation and heating of houses, low indoor temperature and excess winter deaths of older people. So anything more we can do to support the thousands of older people in Sheffield who are living in these conditions has the potential to save lives."

Everyone aged 64 to 80 automatically receives £200 from the Government each year in November. Those aged 80 or over get £300.

Know someone who needs help?



If you, or someone you know, lives in a cold, damp or poorly ventilated house, Age UK Sheffield's free information and advice service may be able to help. For more details, simply call **(0114) 250 2850** or e-mail: **enquiries@ageuksheffield.org.uk**.

Funding the service



If you may be able to support the provision of this vital service to older people who are living in fuel poverty, please consider donating some or all of your winter fuel payment.

The easiest way is to send a cheque, made out to "Age UK Sheffield" to First Floor, South Yorkshire Fire & Rescue, 197 Eyre Street, Sheffield, S1 3FG.



Slater and Gordon Lawyers are one of the UK's largest law firms with more than 1,450 staff in 18 offices including Sheffield. Their freephone number is 0800 916 9055.

The Dangers of DIY Wills

By John Fawcett, Wills, tax, trusts and probate lawyer at Slater and Gordon.

DIY Wills are getting more popular due to the perceived cost of getting one drawn up professionally. But is it worth the risk in the long run?

A DIY Will kit can be found in many high street shops and can cost around £10 to £20. It can seem like a cheap alternative to hiring a solicitor to write your will but if you don't know what you are doing you could end up leaving your loved ones with a big old mess to clear up after you're gone.

If any errors are made when writing a Will, or if the will is not witnessed correctly, the document could be invalid.

The implications could be very serious. Not only do you risk leaving your family with a financial and emotional mess, but your legacy could be reduced by legal costs or unnecessary tax.

Someone who knows the pain of dealing with a DIY Will is 72 year old Eileen McCormack who has been dealing with her cousin's estate for more than two years. Her cousin wrote it himself and over many years made hand written amendments in different coloured inks, as well as many changes to the figures and beneficiaries. Unfortunately this has led to around 16% of his estate being used to pay for avoidable legal fees whilst Eileen tries to sort it out.

Other issues can arise. For instance there may be mistrust in the family and they may not believe that



the Will was actually written by the deceased, or was written under duress. More DIY wills are contested each year than those that are professionally written.

The benefits of using a solicitor to write your Will far outweigh the costs. These include that you're protected if something goes wrong, you can be more confident that no mistakes have been made, the complicated bits are done for you and that it will be stored safely.

You can also make your solicitor the executor of your estate. This means that all of the arrangements after your death do not fall on a member of your family and your estate will be administered by a professional.

A solicitor can provide invaluable advice when it comes to writing a Will. They can look pragmatically at the assets that you own and help you to decide how to divide your estate; they can also provide tax advice about the gifts in your Will and can help identify and prevent problems in the future. If your solicitor is also the executor they will remain impartial and not take sides if there are any disputes.

Age UK Sheffield offers free legal advice appointments with a range of local solicitors. Call us on **(0114) 250 2850** for more details.

Did you know?

If you leave a legacy in your will to "Age UK" the donation will go to the national charity in London. If you wish to support work with older people in Sheffield, you should specify "Age UK Sheffield", charity number 1108413.



EVENTS CALENDAR

Here's our bumper events guide for January to April. The next issue will be out in April and cover the April to July period.

Coach trips



NOTE: you must be a Friends of Age UK Sheffield member to obtain this discount, and be able to present your membership card/quote membership number at the time of booking.

Maxfields

.....

Maxfields have four exclusive offers only for Friends of Age UK Sheffield, as follows:

Wednesday 21 February, Scarborough. Usually £16.50, FOAUKS members £14

Wednesday 28 March, Llandudno. Usually £17.50, FOAUKS members £16

Thursday 19 April, Retford Market and Lincoln. Usually £16, FOAUKS members £10

Monday 23 April, Buxton and Ashbourne. Usually £16, FOAUKS members £14

For further details and to book, call **(0114) 287 2622.**

Royles Travel

.....

Royles Travel are offering Friends of Age UK Sheffield members £1 off any of their day trips. Coming up they have:

Tuesday 20 February, Lichfield and Stafford, Soup and Sandwich, Market Day. Usually £27, FOAUKS members £26

Tuesday 13 March, Princess River Cruise and City of Nottingham (includes cruise and roast dinner). Usually £38, FOAUKS members £37

Wednesday 4 April, International Bomber Command and City of Lincoln. Usually £24, FOAUKS members £23 (plus £6.50 for admission and guided tour)

Sunday 8 April, Whitby and Scarborough. Usually £26, FOAUKS members £25

To see all the Royles 2018 day trips, visit www.roylestravel.co.uk, or call **(0114) 245 4519.** Or pick up a brochure from the Age UK Sheffield office.

Internet drop-in sessions

Note the new venues

Come and learn how to use technology with our friendly volunteers. They'll help you make sense of email, the internet, even video chatting with family and friends. No booking required, no enquiry too trivial!

Google Digital Garage

15 Barker's Pool, every 3rd Thursday of the month

Thursday 18 January

Thursday 15 February

Thursday 15 March

Thursday 19 April

1pm-3pm

We are also holding NEW fortnightly sessions as follows:

Sheffield Central Library

Fortnightly on Fridays beginning on Friday 26 January

26 January

9 and 23 February

9 and 23 March

6 and 20 April

9.30am-11.30pm

Dore and Totley Library

Fortnightly on Wednesdays beginning on Wednesday 17 January

17 and 31 January

14 and 28 February

14 and 28 March

11 and 25 April

2pm-4pm

SPECIAL EVENT



Gill Furniss MP and Age UK Sheffield/Sheffield 50+: "Listening to older people"

Friday 26 January

2.15pm-3.30pm

There is no need to book but questions can be submitted in advance to 0114 234 9070 or gill.furniss.mp@parliament.uk.

Venue: Sheffield Town Hall

Sheffield 50+ monthly meetings

(open to all Friends of Age UK Sheffield members)

The first Thursday of every month at the South

Yorkshire Fire & Rescue HQ

1.30-3.30pm

Thursday 1 February –

Omar Hayes from Santander Bank on the subject of fraud prevention.

Thursday 1 March – Sharon

Hinchliff from University of Sheffield; Virginia Lowes, Volunteer Co-ordinator, Age UK Sheffield

Thursday 5 April – Speaker

from Healthwatch Sheffield

Coffee mornings at Crucible Corner Café

Every Tuesday

11am-12pm

Coffee mornings are proving to be really popular, and take place every Tuesday. New members are especially welcome! Join us for a hot cuppa and good company in the city centre.

Venue: Crucible Corner Café

Coffee mornings at Woodseats Library

Every Wednesday

11am-12pm

You are welcome to join our new coffee morning, every Wednesday at. New members can just turn up and make new friends.

Venue: Woodseats Library

Age Hub

Tuesday 20 February

1pm–3pm

Speakers from South Yorkshire Police and Citizens Advice Bureau.

Please book in advance by e-mailing: enquiries@ageuksheffield.org.uk or calling **(0114) 250 2850**.

Venue: Sheffield Town Hall

Easter Lunch

Friday 23 March

11.30 arrival for 12.00 sit-down. Depart at 1.30pm.

We are holding our first ever Easter Lunch for Friends of Age UK Sheffield members. £4.85 for two courses or £5.85 for three courses. Booking by Friday 16 March is essential. Call (0114) 250 2850 or e-mail: enquiries@ageuksheffield.org.uk

Venue: The Fairways Inn pub, Birley Lane, S12 3BP

Events in Dore and Totley

Various events

Through our leadership of the local “People Keeping Well” partnership, we are establishing several new

groups in the Dore and Totley area. These are now open to expressions of interest, with actual dates and times to be confirmed:

- A Sporting Memories group – first session is on Thursday 18 January, 10.30-1.30, at Totley Library. Guest appearance from former SWFC striker, John Pearson.
- Greenoak Park Eco Clean Up
- Fitness classes targeted at older people, to increase strength, balance and flexibility
- “Vocal Generation” singing group, creating a unique sound from all the generations
- Lifeskill Exchange Workshops, sharing knowledge between people of different ages

For further details, e-mail: enquiries@ageuksheffield.org.uk or call **(0114) 250 2850**.

Events in Woodseats and Graves Park

Tea dances

Saturday 17 February and Saturday 21 April

2pm–4pm

Admission £3. Dance and listen to music and relax. Come dressed to impress or just as you are, all are very welcome. Tea/coffee and biscuits available. Sponsored by Sheffield 50+ Graves Park Forum. No need to book, just turn up

Venue: Woodseats Methodist Church, Holmhirst Road, S8 0GU.

Sheffield 50+ Graves Park Forum

Wednesdays 10 January, 14 February, 14 March, 11 April

6.30pm–8pm

If you are interested in what's happening in your area. Please come to the Forum we will have lots of info for you. No need to book, just turn up!

Venue: Mount View Methodist Church, Derbyshire Lane.



Events in partnership with Sheffield Wednesday's Community Programme



Walking Football

Every Tuesday

1.15pm-2.15pm

£2

Venue: Concord Sports Centre

Every Wednesday

5.30pm-6.30pm

£2

Venue: Concord Sports Centre

Every Friday

1.30pm-2.30pm

£2

Venue: SWFC Training Ground

Call Callum Pinhorn on

(0114) 3240523 to register or fill in the online form: <https://swfccp.co.uk/health/walking-football/>

Fit Club

Wednesdays

6pm-8pm

12-week course on health, nutrition and exercise, at the SWFC stadium in Hillsborough. January course starts on Wednesday 10 January but new entrants can begin later in January and "catch up" missed sessions.

HALF PRICE FOR FRIENDS OF AGE UK SHEFFIELD MEMBERS – down from £30 to just £15 for the 12 weeks.

Contact Callum Pinhorn at callum.pinhorn@swfc.co.uk or call him on **(0114) 324 0523** to register, stating you are a member of Friends of Age UK Sheffield. More information at <https://swfccp.co.uk/health/fit-club/>.

Dance to Health

Every Monday

10am-12pm

Venue: Stocksbridge Community Leisure Centre

Every Wednesday

10am-12pm

Venue: Saint Augustine's Church, Brocco Bank, S11 8RQ

Every Thursday (Ladies only)

10am-12pm

Venue: Verdon Street Recreation Centre, S3 9QS

A new, pioneering falls prevention dance programme. It combines physiotherapy with the creativity, expression and energy of dance. Sessions last 60-90 minutes, plus 30 minutes at the end for refreshments.

Further details at dancetohealth.org. Admission to all sessions is free. To book call **(01993) 870159** or e-mail: NesreenShah@ae-sop.org.

Monthly craft groups

Wednesday 21 February (silk printing) and Wednesday 21 March (mosaics)

9.30am-12.30pm

Run by our friends at Drink Wise, Age Well. To book, contact them on **0800 032 3723**.

STAFF PROFILE

Virginia Lowes

Virginia Lowes is the Volunteer Co-ordinator at Age UK Sheffield. Here, Virginia tells us a little about her role, our volunteers, and how you get to volunteer for us.



Tell us a bit about your role at Age UK Sheffield?

I've been working here since August steadily recruiting new volunteers, catching up with people who have been working and volunteering here for a long time and trying to widen the variety of roles that Age UK Sheffield offers.

What sort of projects do volunteers currently support at Age UK Sheffield?

Befriending is very popular at the moment, where

volunteers visit someone in the community who could be at risk of becoming isolated. We also have volunteers working in the Information and Advice Centre based on Eyre Street at the bottom of the Moor above the Fire Station. The Wellbeing Centre (Norfolk Park) for people living with memory loss always needs volunteers to help run activities. We have Digital Champion volunteers who run drop-ins for anyone needing any technology support.

We also have volunteers running coffee mornings, helping run events such as 'Sporting Memories' and 'Life Story' sessions.

Are there any new projects you are recruiting volunteers for?

We are currently recruiting for more projects such as the 'Sporting Memories' and 'Life Story' and we'll be looking for volunteers to marshal at the Sheffield Half Marathon in April. We're always looking for



people to help at stalls to spread the word about Age UK Sheffield services or recruit more volunteers.

What do you think are the benefits gained by people who volunteer for Age UK Sheffield?

If you take a couple of hours a week to give your support or company or time to another person who needs it then you know in your heart you've spent your time well. You've made someone else's life a bit better. You've helped them to get a handrail put on their

stairs or you've helped them make a card for their grandchild or you've taken them out for a coffee and shared some stories. I'd say the knowledge of the difference you've made is the main benefit. Of course you make friends, you are part of a team, and you can add your experience to your CV too!

What is the time commitment needed to volunteer?

Each role has a different time commitment. The befriending could be an hour a week.

OK, I'd like to volunteer for Age UK Sheffield. What should I do?

Please contact me via mail or telephone (0114 250 2850) at our office or email Virginia.lowes@ageuksheffield.org.uk

Membership offers



Dance for the over 60's at Hype Dance Company

Every Wednesday, 11-12

First Class Free!

This gentle class aims for you to have fun while getting fitter, meeting new people and increasing your mobility, flexibility & co-ordination. No dance experience is needed.

Call **0114 275 8503** or email info@hypedance.org.uk. Class located at 60 Upper Allen St, S3 7GL.



Swim and sauna for free!

We've teamed up with Nuffield Health, off Ecclesall Road to organise a free 14 consecutive day pass for our members, and you have the option to bring a +1!

Facilities include...

- 25m Swimming Pool
- Sauna, 3 Jacuzzi's and Steam Room
- Fully equipped and air-conditioned gym
- Over 100 classes per week
- On site medical centre with fully qualified GPs and Physios
- Beauty salon
- Café

For further information, call **0114 276 5333** or email jack.smith@nuffieldhealth.com



Daybell and Choo

15% discount for members. The promotion can be used for spectacle purchases in-store or through the home eye care service.

Daybell and Choo, 290-294 Sharrow Vale Road, Sheffield S11 8ZL

0114 267 1828
info@daybellchoo.co.uk

Mobile service: Mann

Opticians – eye care in your home

01226 872 060
info@mannopticians.com

Daybell and Choo Audiology

Daybell and Choo Audiology are offering a promotion for members, including both in-store and mobile audiology services. The package includes:

- Free audiology assessment in store or at home
- 20% discount on hearing aids (in store or via the mobile service)
- 5% of profits generated from sales will be donated to Age UK Sheffield

Daybell and Choo Audiology: Stephen Sanderson RHAD

0114 267 1828 / 01302 719 284
www.acousti-care-hearing.co.uk



Drink Wise Age Well

Free walking football sessions at Concord Leisure Centre every Thursday at 6.45pm.

To book, call
0800 032 3723



Slater and Gordon Lawyers

Free 1:1 legal advice appointments on:

- Wills – writing them, changing them, other people’s wills
- Sorting out the estate of someone who has died
- Inheritance Tax questions
- Trusts – setting up, running one, using Trusts to protect vulnerable family members or safeguarding family assets
- Powers of Attorney – making them, registering them, using them

- Acting as somebody’s attorney/administrator/ secretary
- Mental Capacity issues and Court of Protection applications
- Long term care fees – funding criteria and protecting assets
- Transferring the family home (usually to children or grandchildren)

Call Age UK Sheffield on **0114 250 2850** to book an appointment

John Lewis

John Lewis

Members can claim a £50 John Lewis voucher*, after purchasing a laptop or tablet from the Barker’s Pool store. To redeem the offer, simply send proof of your purchase to Age UK Sheffield.

*Limited supply, first come, first served.



Redbrik Estate Agents

20% off all estate agents’

fees. To redeem this offer, simply quote “Age UK / Redbrik” when you speak to book a free valuation. Redbrik sells homes across Sheffield and has branches at

Crystal Peaks:
0114 361 1000 &
Millhouses:
0114 399 0567



SSB Law

Write your will for just £25. SSB Law has reduced the cost of a will for Age UK Sheffield members. This price applies to a simple will (fixed prices can be given for more complex matters). Home visits are available.

Freephone **0800 433 2255** to take up the offer.



Virgin Money

Our friends at the Virgin Money Lounge are offering a free six day pass, for their fabulous Lounge on Fargate. If you're in the city centre, pop in to enjoy free tea & coffee and a read of the papers. Simply present this article at the front desk and a member of the team will swap it for a 6 day pass that you can use at your leisure.



The AgeUK LifeCARD

In order to access the lifeCARD, all customers need to provide their AgeUK card at the point of purchase. We are pleased to confirm the following across our sites:

- Discounted Swimming** – Age UK LifeCARD holders can swim weekdays at **any** SIV pool before 3.30pm for a discounted rate.

Ponds Forge Only – £2.50 Dedicated Age UK - Wednesdays 10am-11am & Fridays 12pm-1pm.
- Café Discount** – 15% off selected food and beverages at the foodetc café at Concord Sports Centre, EIS Sheffield, Hillsborough Leisure Centre and Ponds Forge.
- Up to 20% discount** – off a wide range of sport and leisure activities across the city.
- Access to discounts and offers** – from SIV and their partners
- Variable swimming prices** –

Pool	Offer
Ponds Forge	LifeCARD £4.65 Age UK LifeCARD Session £2.55
Heeley Pool, Springs Leisure Centre, Westfield Sports Centre & Concord Sports Centre	£3.85 for casual swim with Any LifeCARD Over 60 rate £2.55 with any LifeCARD
Hillsborough Leisure Centre	£4.65 with any LifeCARD

All first time Age UK members have the opportunity to receive a free lifeCARD with loaded free activities.

This offer has been funded by Sheffield City Trust, a charity whose primary role is to benefit the health and wellbeing of the people of Sheffield. SIV is the operating arm of Sheffield City Trust.

All offers can be redeemed Monday-Friday before 3.30pm. The Age UK LifeCARD is free and is open to all new members of The Club even if you already have an existing LifeCARD.

Age UK LifeCARD holders have 6 months to use the following free offers from the date they receive their card:

- **Free swimming** – swim for free 4 times at Concord Sports Centre, Heeley Swimming Pool, Hillsborough Leisure Centre, Ponds Forge or Springs Leisure Centre.
- **Free fitness classes** –take part in 4 classes at Concord Sports Centre, EIS Sheffield, Hillsborough Leisure Centre, Ponds Forge, Springs Leisure Centre or Westfield Sports Centre. They can be the same class, or different ones, it's up to you.
- **Free tea dance** – you are entitled to one free entry to the tea dance at Sheffield City Hall on a Tuesday or Thursday – dates vary.
- **Free Golf** – enjoy a free 18 hole round of golf at Beauchief, Birley Wood, Sinfin (Derby), Tinsley Park or Tapton Park (Chesterfield) golf courses. The discount is for the green fee only.

Other Offers

Kelham Island Museum

is offering members a discounted entry fee. Simply present your membership card on arrival to claim your discount. The Museum is always looking for volunteers to help out, so if you fancy helping out for a few hours a week at one of the city's finest industrial heritage sites, call Age UK Sheffield and we'll put you in touch with the museum.

Sheffield Doc/Fest – Volunteering opportunities

Whether you're a fan of documentaries, like helping people or if you're looking for something rewarding to do, Sheffield Doc/Fest has a wide range of volunteering roles for you. It's one of the world's largest film festivals, attracting visitors from across the globe over five days. No experience is necessary, and the festival organisers are actively seeking older volunteers to help out. If you are interested in getting involved, call Age UK Sheffield and we'll do the rest!

NEWS IN BRIEF

Old £10 notes

Please remember that the old £10 notes cease to be legal tender on 1st March 2018. Perhaps you could donate any unused notes to Age UK Sheffield, to support our work with people living in poverty in Sheffield?

Sheffield half-marathon

Also on the subject of fundraising, Age UK Sheffield is now one of the nominated local charities for the annual Sheffield half marathon, which this year takes place on Sunday 8th April. We're seeking 15 runners who can each raise a minimum of £100 for us – the proceeds will also go to support our essential information and advice work with older people living in poverty in Sheffield.

If you know anyone who can take advantage of one of our FREE places in

this year's Sheffield half marathon, please contact enquiries@ageuksheffield.org.uk or ring 0114 250 2850.

Wednesday link

We've teamed up with Sheffield Wednesday's community team, which has a strong emphasis on working with local older people, to offer our members discounts on their Walking Football sessions and Fit Club. Check out the activities in the events calendar for full details.

Ward priorities consultation

Do you think older people's issues should be a priority for Sheffield City Council?

The Council would like to know what people living in Sheffield feel should be the priorities for their ward councillors. It would be great if all our membership would respond and stress the

needs of older people, and the importance of working with Age UK Sheffield.

To respond, you must give your views by Wednesday 14th February. Either complete this questionnaire: <https://sheffield.citizenspace.com/communities-business-strategy/wardpriorities>.

Or contact Matthew Rush on matthew.rush@sheffield.gov.uk, 0114 273 5708.

Transport consultation

Sheffield City Region is holding a three-month public consultation on its draft Transport Strategy which will cover the next 20 years. Let us know if you'd like to have your say.

STOP PRESS

We're holding a joint event with Gill Furniss MP – Friday 26th January, 2.15-3.30pm at the Town Hall. See the Events section for more details.

At home with



The perfect gift for the parent who already has everything

Examples of what we can do include:

Cleaning and domestic tasks



Taking you shopping or doing it for you



Helping you to get out and about



Enjoying a cup of tea and a chat



Help when you really need it



Supporting you to manage your money and pay your bills



Mother's Day special offer

Free initial assessment, care plan and benefits check.

Limited offer discount to £19.99 per hour for appointments for 2 hours or more*

*apply by 30th April 2018, appointments to be delivered by 31st July 2018. Usual hourly rate of £21 per hour.

For more information on our "At Home" service call us

t (0114) 250 2850

e enquiries@ageuksheffield.org.uk

www.ageuk.org.uk/sheffield

FREE digital drop-in advice



Do you need a little help using the computer or getting online? Got an e-mail issue? Or would you like to learn to Skype your family?

Come and ask our friendly volunteers at our regular internet drop-in sessions.

Venue	Date	Time
Google Digital Garage, Barker's Pool, Sheffield City Centre, third Thursday of each month	18 January, 15 February, 15 March, 19 April	1pm-3pm
Dore & Totley Library, fortnightly on Wednesdays	7 and 31 January, 14 and 28 February, 14 and 28 March, 11 and 25 April	2pm-4pm
Sheffield Central Library, fortnightly on Fridays	6 January, 9 and 23 February, 9 and 23 March, 6 and 20 April	9.30am-11.30am