



the gift of friendship appeal

*“Forget sex and politics, loneliness is the subject
that clears out a room”*



The aim of our new appeal is to make life less lonely for older people in Shropshire; did you know that *right now* there are over 9000 desperately lonely older people in Shropshire? That’s why we are taking...

‘Actions Against Loneliness’

Our first action is to recruit, train and provide regular on-going support to 50 new befriending volunteers. Loneliness can set in for many reasons – maybe there is an absence of someone close or getting out is difficult; whatever the reason, it can cause feelings of anxiety, emptiness and fear. Additionally loneliness can increase the risk of heart disease, fatigue and viruses increasing the risk of depression and doubling the risk of developing Alzheimer’s.

The money raised with the **Gift of Friendship Appeal** will help to combat loneliness in Shropshire.

Our befriending services are a lifeline for people currently using the service; statistics show that 17% of older people in the UK see family, friends or neighbours less than once a week, and 11% are in contact less than once a month. Through our new appeal, we hope to address this largely un-talked about issue.

If you, or someone you know, would like to help raise funds for the new appeal please contact Ruth Jones on 01743 233123 ext. 256 or email friendship.appeal@ageukstw.co.uk. If you are interested in our befriending services please contact us.

Fundraising Appetisers

Ever wanted to fundraise but not been sure what to do? Here are a few ideas that might take your interest!

Something at home:

- Coffee morning
- Themed dinner party
- Open garden/ plant sale
- Sponsored knit-athon
- Card making

Something local:

- Bingo
- Promise Auction
- Quiz
- Race night
- Jumble/ Car boot sale

Something energetic:

- Sponsored walk/ cycle
- Sports tournament
- A dance
- Music-athon
- Tandem Sky Dive

More information:

A Gift of Friendship Appeal Fundraising Pack is available containing materials to help you plan, advertise and carry out your fundraising.

the Gift of Friendship appeal; making life less lonely for older people in Shropshire

Get active with 'Tackle your Health' & Age UK walking football sessions!

'Tackle your Health' aims to improve the health and well-being of the local male population by encouraging inactive men over 55 to participate in sport and physical activity. Working in partnership with AFC Telford United and 'Tackle your Health', Age UK Shropshire Telford & Wrekin is pleased to announce that the widely talked about new initiative 'Walking Football', as seen on the BBC is here in Telford!

For those who used to play football but would now find the pace a little too much, walking football is the perfect way to shape up and get fit. It doesn't matter if you are out of touch with the game or have not played football for a decade or two as walking football provides the perfect opportunity for men to continue a sport that they love. All the rules are the same as a normal game of football, although there is one difference; you can only walk - no running, no sprinting, just walking - so it is ideal for men with lower activity levels or with low risk medical conditions. Anyone who registers for the walking football sessions has an initial free health check with on-going support and lifestyle advice available.

Sessions take place at AFC Telford United Football Club using the outdoor 5 a side football pitches on Tuesday and Friday mornings 10 – 11am: Venue: AFC Telford United, New Bucks Head Stadium, Watling Street, Wellington, Telford, TF1 2TU

For more information about the project please contact Bella Sohi, Living Well & Volunteer Recruitment Officer on (01952) 216018 or visit www.tackleyourhealth.co.uk or email myhealth@tackleyourhealth.co.uk.



LLANDUDNO 2013

The annual holiday in Llandudno, organised by Age UK Shropshire Telford & Wrekin, is principally for older people who wish to have a holiday but who, for whatever reason, find it difficult to get away. The holiday, complete with great food, trips out and nightly entertainment was much enjoyed by 100 Shropshire older people and a small team of volunteer helpers in July this year - see photos below.

The week's stay at the family run Queen's Hotel on the sea front provides a wonderful base from which to explore Llandudno and a whole range of trips around the local area. For once the weather was glorious and holiday makers enjoyed a ride on the Welsh Highland Railway as well as trips to Llanberis, Anglesey, Beaumaris, Betws-y-Coed and Caernarvon. Strolling along the promenade in the sunshine, listening to the band or walking the pier was also very popular. The evening entertainment provided much fun and laughter plus music to suit all tastes, and dancing.



We are always trying to reach more older people who find it difficult to get away on holiday. If you know someone who may like to come along, please tell them about it. If they need to pay for a carer to come along with them, or are finding it difficult to find the money for the holiday, we may be able to help, please talk to us. Applications for the holiday will be sent out in March 2014; you can leave your contact details now in order to be sure of receiving a form – contact your local Age UK Shropshire Telford & Wrekin office – details on the back page.

Home Alone

staying independent in a shrinking economy

**Thursday 14 November 2013, 10.00am-4.00pm
at the Greenhouse Stadium, Shrewsbury**

£50 per person / £25 Senior Citizens / Students

You are invited to our one day conference where six experts, including Debra Allcock Tyler (Chief Executive of Directory of Social Change), have been lined up to inspire and inform all who are interested in issues that affect older people.

This year our Conference is themed around independence and choice. For many people the outcome of staying fiercely independent can mean seeing or talking to no-one for days at a time. It really can be a case of Home Alone.

To find out more call us or go online:

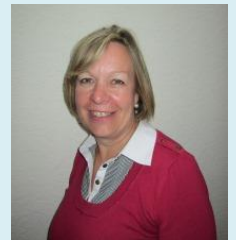
t 01743 233 123

www.ageukshropshireandtelford.org.uk



HELP AT HOME UPDATE

The Help at Home scheme, which provides help for older people to help them stay living independently in their own home continues to grow and now helps over 1,100 older people throughout Shropshire. Recently Christine Rutherford joined the team as a coordinator to work alongside John Hughes and Olly Rose. Chris (see photo right) will be setting up Home Support Workers to provide domestic and gardening help for older people across the county. Rachel (Whitney) has extended her Volunteer Recruitment role to help Rachel (Harris) as Volunteer Support Officer; both Rachel's support volunteers who provide a befriending service to older people. Anyone over the age of 60 who is in need of practical help or a befriending visitor should contact the team on (01743) 233788. There is a charge for domestic and gardening help.



HOWEVER...

It is with much sadness that we say goodbye to a very special person Richard Shearing, our Help at Home Manager, who will be leaving us in October. Richard joined us nearly 10 years ago and during that time he has not only almost doubled the number of people receiving the scheme and developed new strands to it such as telephone buddies, but he has also worked tirelessly to promote the service to our funders and to others. He has been instrumental in assisting us to tender to secure the service twice, and has implemented a nationally recognised quality standard for the scheme and indeed helped us achieve it across the whole organisation. He has also brought us local, national and international recognition for our Help at Home scheme and raised the profile of the organisation.

Richard, along with the Help at Home team, has developed the scheme into a service which is the envy of many and greatly appreciated by those who use it. His strong commitment to making the service the best it possibly can be whilst stretching every penny we get to support as many older people as possible has left behind a legacy he should be very proud of. On top of that his great sense of humour and passion for what he does has made him a great colleague to work with and we will all miss him very much and wish him the very best in his retirement.

SHARED LIVES

Shared Lives is an alternative to traditional day, respite, and long term support. There are in excess of 100 Shared Lives carers across Shropshire and Telford & Wrekin, each providing a unique service for vulnerable adults including older people, people with dementia, adults with learning and/or physical disabilities and people with mental health difficulties.

In Shared Lives the service user receives the support from the carer in the carer's own home and is included as part of their family. The Shared Lives carer and prospective service user(s) are carefully matched up to each other. In addition to support needs, hobbies, interests and location are taken into account. The carer can offer care and support for up to three vulnerable adults at any one time which may suit some people better than a traditional day service or residential home.

Referral is usually via healthcare professional or social work team. Alternatively, if you would like to find out more about the Shared Lives scheme please ring for an informal chat! Contact details for Telford and Wrekin Shared Lives Scheme (01952) 381231 and the Shropshire Shared Lives Scheme (01743) 251568.



Left Mr Price enjoying his shed and a read of the paper and right Mr Pyne feeding the animals with their Shared Lives carer Madeleine Smith.

sand
Safe Ageing No Discrimination
LESBIAN, GAY, BISEXUAL, TRANSGENDER

IMAGINE... an older person living in a care home, or accessing care support who feels unable to talk about their life, their experiences, memories, hopes, family and relationships.

S.A.N.D. is a new group supported by Age UK Shropshire Telford & Wrekin which is looking specifically at issues that affect older lesbian, gay, bisexual or trans (LGBT) people accessing care and support services.

The group got together following a screening of the film Gen Silent (short for 'Generation Silent'), a documentary of interviews with older LGBT people in Boston, USA. We were shocked at the level of discrimination and isolation experienced by older LGBT people and recognised how unique and hidden their situation can be.

- SAND wants to work with older LGBT people to identify and address the issues that arise for them
- SAND wants to work with a whole range of organisations to find solutions and improve services
- SAND wants to influence commissioners, the Care Quality Commission, and others to spearhead better practice

To start all this we want to talk to more older LGBT people about their experiences, hopes and fears. For more information and to help us with our research please contact Heather Osborne, Chief Executive, Age UK Shropshire Telford & Wrekin, 3 Mardol Gardens, Shrewsbury SY1 1PR ☎ (01743) 233123 ✉ enquiries@ageukstw.org.uk

CAMPAIGNING – AGE UK RAISES CONCERNS OVER LOCAL DAY CENTRE CLOSURES

As many of you may have seen or heard in the press recently, due to financial pressures, Shropshire Council is proposing to close a number of its day services and the Shropshire Link bus service. We got together with the Shropshire Senior Citizens Forum and the Older Peoples Assembly to raise our concerns about this and the impact these closures will have on local people. As well as speaking to the press and on radio we took a small delegation to Shirehall to express our concerns and have been lobbying locally about this with key council officers.

Sadly however the decision to close some centres will still go ahead as will the closure of the Shropshire Link bus service. The biggest impact of the day centre closures will be on adults with learning disabilities but day centres for older people which will be affected are Bradbury Day Centre in Whitchurch and possibly Innage Lane in Bridgnorth. The council has committed to continue to support The Meres Day Centre in Ellesmere and to postpone a decision on Innage Lane for now.

While we understand and appreciate the pressures that the council is under we feel that the older people who use these services must be given some realistic alternatives to the day centres and the Links transport service which allows them to still have an opportunity to get out and about and interact with other people in their community. We will be lobbying the council not to close the day centres until those alternatives are found and to ensure that alternative transport services are in place.

If you wish to support our work on this please write to your local councillor and your MP asking them not to make any final closures until alternatives are in place and let us know you have done so. If enough people write they will have to take notice.

Age UK School Gardening Mentors

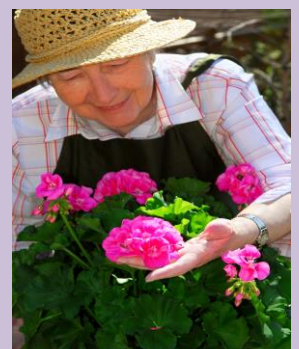
Following on from the very successful School Mentors project where we train and support volunteers to help children with educational needs within primary schools, we have now seized the opportunity to develop this project to include School Gardening Mentors.

We are looking for volunteers who are keen gardeners, aged fifty or over and would like to pass their skills onto local school children within the School Gardening Club format. Many schools nowadays enjoy the benefit of a small garden or allotment. The idea is to help the children to enjoy the pleasure of growing things and in the process learn about gardening and the connection between growing and eating produce. For the children to learn effectively there is a real need for a group of well informed enthusiastic volunteers to support the teaching staff.

The role varies from school to school, but generally speaking there will be a member of staff taking the lead role of running the club and the volunteers will work with them to try and make the Gardening Club as interesting and useful to its members as possible. Generally the gardening clubs meet once per week during term time and often take place for an hour or so after school or sometimes in the lunch hour.

If you are a keen gardener and would like to share your skills with Primary age school children please contact Patty Wilkinson, Intergenerational Project Officer, Age UK Shropshire Telford & Wrekin at Meeting Point House Southwater Square, Telford TF3 4HS
☎ (01952) 216018 ✉ patty.wilkinson@ageukstw.org.uk.

We offer a short preparation course which run in the Spring ready for going into schools during the Spring and Summer Terms and a free DBS (CRB) check. Please note we can only offer this opportunity in the Telford & Wrekin area.



Shropshire Deafness Association



Hearing loss of some degree affects around 70% of people aged over 70. For some this will be little more than a nuisance but for many it is a defining characteristic that can lead to depression and social isolation.

Shropshire Deafness Association (SDA) is a local organisation that works hard to address these issues and soon we plan to merge with another local organisation to form a new charity called 'Signal' to maximise our effectiveness. Currently the Shropshire Deafness Association supports hard of hearing groups, tinnitus groups and deaf clubs across Shropshire, Telford & Wrekin. All of these are great places to get useful information, share stories and to meet people that know what it's like not to hear clearly.



At the Shrewsbury hard of hearing group you get two cups of tea!!

We also run an outreach programme for more vulnerable people who need help managing their daily lives because of hearing loss. Our outreach worker Jo, who was born deaf, is an advocate and friend to many who otherwise would live a lonely and silent life.

As 'Signal' we will be looking to expand this service so if you or anyone you know would benefit from a visit, or would simply like to go to one of the local groups then please get in touch with James Cousins, Development Manager, c/o Woodford Foundation, 9 College Hill, Shrewsbury SY1 1LZ Tel: (01743) 358356 email: james@shropdeaf.org.uk website: www.shropdeaf.org.uk

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Telford Care Navigators

In an exciting development with NHS Telford & Wrekin, we have been asked to run a pilot project for 12 months which will involve working with a number of GP practices across the borough. We have employed three 'Care Navigators' who will be attached to the 9 participating practices. Their role will be to work with vulnerable older patients who will benefit from being signposted to community and voluntary services in Telford & Wrekin that can help to maintain their independence at home. We have appointed three excellent Care Navigators: **Sue Brennan**, currently a Home Support Worker, will be working with Ironbridge, Madeley & Sutton Hill practices; **Caroline Moss**, also a Home Support Worker, will be supporting Oakengates & Wellington Road, Newport; and **Sarah Dorrell** will be supporting Stirchley, Wellington, Donnington & Linden Hall, Newport. Sarah currently volunteers at Much Wenlock Day Centre. The project will be coordinated by Sally Belsham, who has joined us on a 12 month contract having previously been a senior manager in the NHS; Sally is based with the Age UK team at Meeting Point House.

All change in South Shropshire...

We welcome Pat Goodwin to the South Shropshire Team as our new Age UK Co-ordinator in South Shropshire following the retirement of Jackie Willetts at the end of last year. We have taken the opportunity to change the way this role works and based the new post on the model that has been so successful in north Shropshire with Pat based with the community health team in Ludlow. Her role will include undertaking a range of short term tasks to help keep people out of hospital and also to oversee our Home from Hospital scheme supported by Jean Baker (who worked alongside Jackie as her deputy). With Julie Gildie working as a Community & Care Coordinator with the Ludlow & Craven Arms GP practices we now have a full team in the south west of the county.

What have we done with the money raised by our Diamond Appeal?

It's only two years since we started setting up our new dementia support service and in this short space of time we have set up four centres: one in Telford, one in Bridgnorth and two in Shrewsbury and we are hopeful to open another centre in Oswestry later in the year. We call them our 'Diamond Drop In Centres'.

As a result of the funds raised through our successful local Diamond Appeal we have already supported 1150 people at our four centres and the feedback from clients who have attended has been very positive. One member said *"The drop in centre has been a real boon to me personally as it helps me cope as a carer and my husband gets such a great deal out of it too - it's like a very good social club!"*

The four centres are now well established and meet fortnightly, providing a range of interesting activities and therapies including singing, music, art therapy and reminiscence. All of the centres have a unique character and provide a chance to get to know others and share experiences in a friendly and relaxed atmosphere. They also provide carers with support and information and are run by dedicated and trained teams of volunteers who really want to help and make a difference. The service is of equal benefit to both the person with dementia and the carer who accompanies them. It is timely that we now have the Drop In Centres available as a new report just published called *"Dementia 2013; The hidden voice of loneliness"* highlights how the majority of people living alone with dementia or caring for a loved one feel lonely and isolated.

Volunteers wanted - We need your help!

We are planning to open our new Diamond Drop In at Coverage Care's brand new residential home, Fairholme, in Oswestry later this year. This would meet fortnightly for two hours on a Thursday morning. We would love to hear from anyone who can spare a few hours to join our friendly team and help us to run our new centre.

Living with dementia touches the lives of over 5000 people in Shropshire and the people who care for them and we want our Diamond Drop In centres to put a little sparkle back into their lives. Please give us a ring to find out more and how you go about volunteering to make a real difference.

A lot of people reading this might also know someone who could benefit from our service. We particularly want to help people who are caring for their loved ones, but may be feeling isolated, and in need of a little help and support. If you know anyone like this please encourage them to contact us. If you would like to find out more information about any of our Drop In Centres, or would like to book a place, then please contact Age UK Shropshire Telford & Wrekin at our Shrewsbury office on (01743) 233123 – full contact details on the back page.

HAVE YOU GOT YOUR COPY?

NOW AVAILABLE!



OUR UPDATED FREE BOOKLET THE 'A-Z OF SERVICES FOR OLDER PEOPLE' CONTAINS A WEALTH OF INFORMATION FOR OLDER PEOPLE, THEIR FAMILIES AND CARERS & EVERYONE WHO HAS THE WELFARE OF OLDER PEOPLE AT HEART.

Single copies are available in all our offices and can be posted; bulk orders will need to be collected though we may be able to deliver in some instances. Please contact your local Age UK office – details on the back page.

New Health and Social Care Champion for Shropshire

Healthwatch Shropshire is a new organisation set up to act as the county's independent consumer champion for health and social care. Their remit covers hospitals, GPs, pharmacists, opticians, community health services, residential care, mental health and children's services.

Healthwatch Shropshire is responsible for gathering information and opinions from patients, carers, service users and the wider public about health and social care services across Shropshire and then making sure those views are used to improve services for all. The organisation also has a role in providing information and signposting services to support the people of Shropshire as they make choices about health and social care services and access them.

Healthwatch Shropshire has statutory authority to visit locations where health and social care services are being delivered for the people of Shropshire, observe what is happening, and report on its findings. They are keen to hear from anybody who is interested in volunteering for this opportunity, as well as for the roles of community champions and specialist leads. Individuals and organisations are also encouraged to become associate members of the organisation. Benefits include receiving the Healthwatch Shropshire newsletter, being kept up to date on local health and care issues, participating in events, and nominating individuals to sit on the Board.

Healthwatch Telford and Wrekin is the equivalent for the Telford & Wrekin area and the two organisations have the flexibility to work closely together.



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Twitter: @HealthwatchT_W
Website: www.healthwatchtelfordandwrekin.org.uk

HOW TO GET HOLD OF US IN SHROPSHIRE

Age UK Shropshire Telford & Wrekin	Tel: (01743) 233123	Help at Home (Direct Line)	Tel: (01743) 233788
Advocacy Service (Direct Line)	Tel: (01743) 357748	North Shropshire Office	Tel: (01948) 665317
Insurance Service (Direct Line)	Tel: (01743) 357749 or (01952) 200010	Age UK NESIT Co-ordinator	Tel: (01630) 650850
Bridgnorth Trading Office	Tel: (01746) 769273	Telford Office Information Line	Tel: (01952) 201803 Tel: (01952) 216018
		Home from Hospital, Ludlow	Tel: (01584) 878046

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email: enquiries@ageukstw.org.uk**