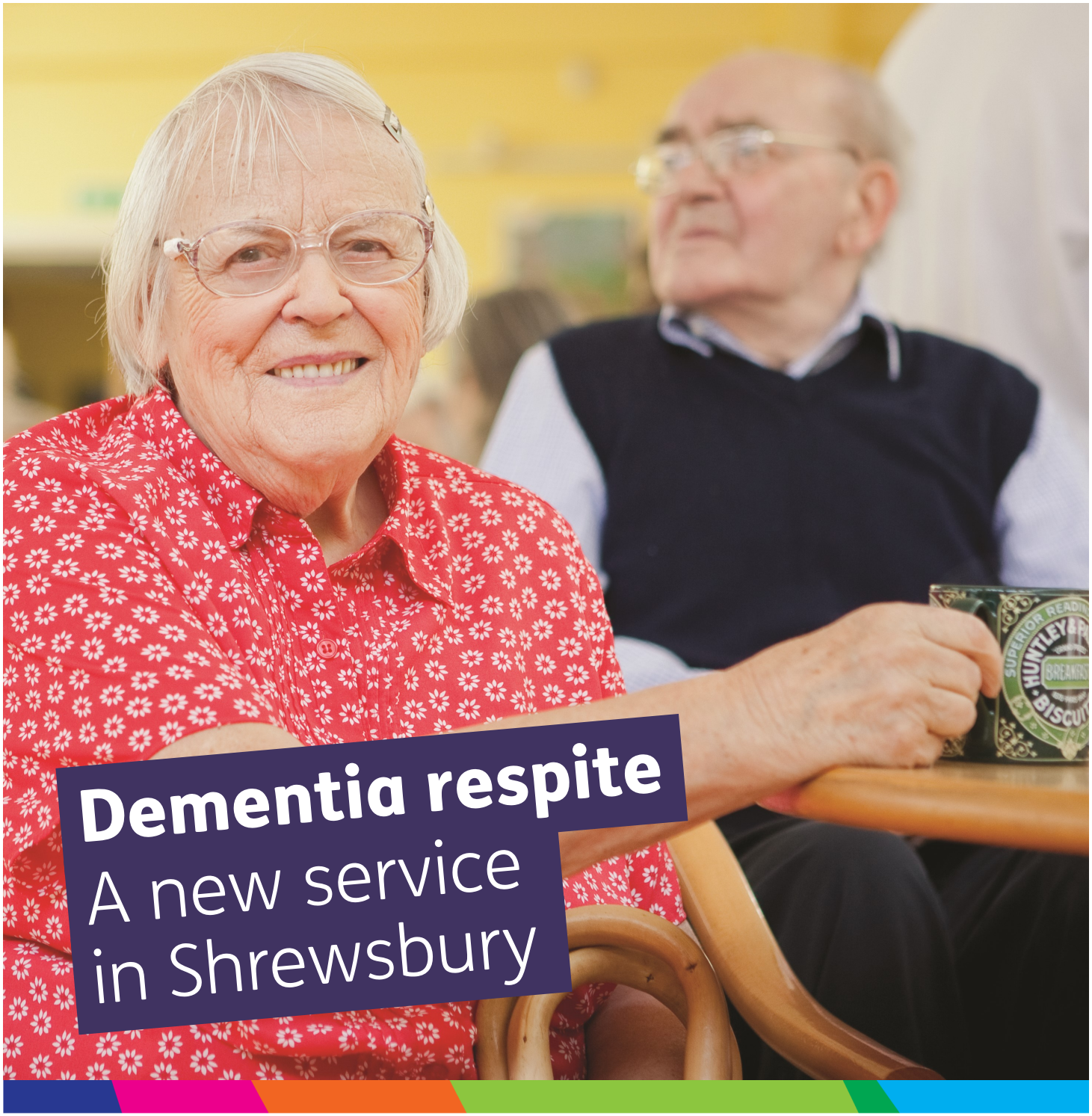
Shropshire Telford & Wrekin

Age UK

Pass it on

Improving the quality of later life



Dementia respite
A new service in Shrewsbury

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Wear it Woolly

A big thank you from us

Wear it Woolly 2018 saw many schools, businesses, churches and care homes choosing a day in February to wear a woolly item and raise money for older people in Shropshire.

On behalf of everyone at Age UK Shropshire Telford & Wrekin, we would like to say thank you to everyone who took part in or organised their own Wear it Woolly fundraising events: you raised £2,133!

The money you raised will be used by us to help local older people beat the cold with our annual winter warmth campaign. We give advice on how people can stay warm and offer Surviving Winter grants to help repair heating or replace boilers.

We also combat loneliness through the warmth of friendship with our befriending service, day centres and our social activities.

LGBT

Grains of SAND

Safe Aging No Discrimination (SAND) would like to hear stories from people in Shropshire about their experiences of getting older as an LGBT person.

Your stories will help to provide more tailored advice and information and form new and improved services, as well as helping other LGBT people across the county. It's your opportunity to become a role model for younger LGBT generations and it means people will feel less isolated, encouraging the sharing of their own experiences.

To tell your story over a cup of tea and a slice of cake, email Sue at **lgbtsand@gmail.com**. The project runs until December 2018.

100 Club

Win with Age UK

Join Age UK Shropshire Telford & Wrekin's 100 Club for your chance to win cash prizes every month and help local older people.

Our 100 Club is a great way for you to support us for just £2.00 a month. Once you're a member you'll be entered into a monthly draw to win cash prizes.

Joining is really simple and the money raised is split between the prize fund and providing vital services for vulnerable older people in Shropshire and Telford & Wrekin.

If you'd like to find out more about our 100 Club call our Fundraising team on **01743 233 123**.

(All participants must be over 16 years old.)

Dementia respite

New service opens in Shrewsbury

Age UK Shropshire Telford & Wrekin has opened its first dementia respite service in partnership with ShireLiving.

The new service started on Monday 9 April and will run every Monday from 10.00am – 4.00pm. Situated at the Choices Housing Association building, on Ellesmere Road, Shrewsbury, Withywood is a 5 star venue that offers a peaceful setting, modern décor and the most up to date facilities.

Working with ShireLiving, Age UK Shropshire Telford & Wrekin can provide highly trained staff to offer tailored care and support for your loved one. Every week stimulating and engaging activities in a sociable environment are organised to provide a positive experience for the person living with dementia.

This means that carers can have the opportunity to take a break, run errands, meet friends or simply have some time to themselves whilst having the peace of mind that their loved one is being cared for.

Heather Osborne, Chief Executive of Age UK Shropshire Telford & Wrekin, said: 'This is a new service that we feel will really help those living with dementia and offer support to their carers. Our dementia support team know just how important it is for carers to take a break from what can be a very demanding role.

'The new building at Withywood is light and airy; it's a lovely environment to be in and an ideal place to offer respite once a week. It will also give the person living with dementia important social contact and opportunities to pursue hobbies and interests, remain active, get involved and form new friendships.'

For more information and to book a visit to look around Withywood with the Dementia Support Team, contact Age UK Shropshire Telford & Wrekin on **01743 233 123** or visit **www.ageukshropshireandtelford.org.uk**

Celebrating Telford 50

Our Afternoon of Entertainment

Age UK Shropshire Telford & Wrekin held its annual Afternoon of Entertainment on Tuesday 15 May at The Place, Oakengates.

This year's show was themed around the Telford 50 celebrations and featured music from acoustic guitarist Bob Gessey and local tribute act Chloe May, who specialises in wartime and musical classics of the 1940s and 50s. A line up of professional entertainers included magician Jack Dent and comedian Jo Enright.

The event was full of laughter and enjoyed by all, especially when West Midlands based dance group The Fizzogs arrived on the scene. The crowd gave them a really enthusiastic welcome as the dancing grannies performed all manner of dance moves, ranging from Bollywood to flamenco dancing.

Our Afternoon of Entertainment is aimed at people over 60 and we have run this hugely popular event every year for over a decade. Each show attracts over 400 people and always promises an afternoon of fun, music and comedy.

Bella Sohi, who organised the event, said: 'This is an annual event and one that proves to be very popular. Our staff and volunteers work hard to put on an entertaining programme each year for older people within our communities to come along and enjoy.'

Pictures: singer Chloe May (above) and magician Jack Dent (below).

Help at Home

Need help with the big Spring clean?

Spring is finally here and our Help at Home team is ready to give you a hand. Our fully trained support workers can help you or your loved one with household tasks such as cleaning, gardening, laundry or even baking a cake!

Help at Home now supports over 1,100 older people across Shropshire and Telford & Wrekin. Every week, our support workers visit older people to help with the cleaning, ironing, vacuuming and dusting. They collect prescriptions, do the shopping and even walk the dog.

Our team are dedicated to helping older people and home support workers visit older people as often as needed at a reasonable price, whilst also offering companionship and a friendly face.

John Hughes is one of three coordinators who look after the service. As a former Home Support Worker himself, John knows just how valuable peace of mind is to older people. 'If a service user has a problem, be it their health, their home or anything else, we always go the extra mile to sort it out for them. I'm not sure you'd get that wrap-around support from a cleaning company,' says John.

Families appreciate the care as well. John goes on to say: 'They've told us how comforting it is to know that Age UK Shropshire Telford & Wrekin can keep an eye on things, especially when they are working full-time or live away from Shropshire.'

Continuing to remain independent in their own home in familiar surroundings is preferred by most older people, rather than going in to residential care. However, as people get older they experience changes in their economic, physical and social situations that become barriers to managing their own gardens and homes, and many people need assistance to maintain their independence, health and wellbeing.

To find out more about how our Help at Home service can assist you, or someone you know, call us on **01743 233 788**.

Power of attorney

Are you eligible for a refund?

A scheme has been launched by the Government to refund anyone who paid more than they should have when applying to register a power of attorney.

If you applied to register a lasting or enduring power of attorney with the Office of the Public Guardian between 1 April 2013 and 31 March 2017 and subsequently paid a fee, you could be due a partial refund.

In April 2017, The Ministry of Justice reduced the application fees and organised this refund scheme for past applications which were overcharged.

To find out more information or make a claim online visit the government website: **www.gov.uk/power-of-attorney-refund**

Alternatively, you can call the dedicated Refunds Helpline on **0300 456 0300** and select option 6 to be put through to the refunds team. Their lines are open Monday, Tuesday, Thursday and Friday from 9.00am - 5.00pm and Wednesday from 10.00am - 5.00pm.

You must claim your refund by 31 January 2021.

Volunteering

Support our furniture shops

We're looking for volunteer retail assistants, van drivers and van mates to help in our furniture shops in Shrewsbury, Oswestry and Wellington.

We urgently need more volunteers who can offer good customer service and enjoy meeting the public. The roles involve working as part of a team and anyone interested must be available to do a minimum of one shift a week. Full and half-day shifts are available, Monday to Saturday.

Heather Osborne, Chief Executive of Age UK Shropshire Telford & Wrekin, said: 'All profits from our donated furniture shops help fund essential services for older people in the county. Being part of our team at the furniture shops will make a real difference to the lives of local older people.'

Training, expenses and on-going support is provided by the Age UK Shropshire Telford & Wrekin team to all our volunteers.

If you are interested in volunteering for us, call our volunteer recruitment team on **01743 588 570** or visit **www.ageukshropshireandtelford.org.uk**

Safe and Well

Free fire safety and wellbeing advice

Shropshire Fire and Rescue Service have joined forces with Citizens Advice and local councils in Telford and Shropshire to create a new method of help and support for people in need.

Every year, Shropshire Fire and Rescue Service visit more than 3,500 homes to carry out fire safety checks and offer advice to vulnerable people, including the elderly and disabled living alone. During these visits, firefighters will often come across people who require additional help to live independently.

In the past, they contacted the local authority on an informal basis to pass on their concerns. However, due to the increasing incidence of these cases, Safe and Well visits were created, to allow the Fire Service to provide fire safety advice and to signpost people in need to organisations who can offer additional help and support.

At the heart of the new Safe and Well system is a simple form the firefighter fills out with the householder, asking questions on four key issues: lifestyle, warmth, social isolation and slips, trips and falls.

If the householder answers yes to any question and agrees to a referral, the Fire Service will immediately contact the appropriate organisation. That organisation will then contact the householder within 28 days to provide further advice and support.

If you would like a free Safe and Well visit, call **01743 260 260** during office hours.

Befriending

Music care workshops in Oswestry

We've teamed up with Qube Oswestry to provide weekly 'music care' workshops for volunteer befrienders keen to learn new and meaningful ways to share time with older people.

By taking part in weekly workshops led by a professional musician, you will develop musical listening and practical skills, discovering new and creative ways to engage with your clients. You will be supported to introduce 'music care' in your companionship role, creating a play list of favourite songs with clients to be shared time and time again with friends and family.

Evidence has shown that using music in healthcare, including listening activities that provoke memories, reduces anxiety and has a hugely positive impact on an older person's wellbeing.

No musical experience is required as workshops will provide the skills and confidence you need to use 'music care'. You just need enthusiasm and two hours a week to attend our weekly workshops at the Qube.

To find out more information or to book a session call our office on **01743 233 123** or contact Vanessa Baldry from Qube on **01691 656 882**.

Contact

How to get in touch with us

Age UK Shropshire Telford & Wrekin

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Telford Office
01952 201 803

Information Line
01952 216 018

Advocacy
01743 357 748

Help at Home
01743 233 788

Email
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David Stacey