

Our Corporate Partnerships

Our partnership with Olton Golf Club may have come to an end, but we are lucky to currently be working with a number of other local businesses.

Birmingham Business Park chose us as their Charity of the Year 2018/19, and we're delighted that they have decided to extend the partnership



Distributing the Easter eggs at Club TLC

for a second year. So far, they have collected **128 Easter eggs** from businesses based on the park, which were given to befriending clients and members of our clubs, they hosted an **Easter-basket making workshop** with some of our clients, they have allocated us **two allotments** on the site for older people to tend, and they invited us to promote the charity and collect donations at a **Wimbledon event** for employees.

We are also **Sydney Mitchell's** Charity of the Year. The local solicitors have hosted a **golf day**



The Peak Climbers setting off

and a **Smartphone Quiz**, sponsored **t-shirts**, and four colleagues who called themselves the 'Peak Climbers', completed the **Yorkshire Three Peaks Challenge** in July, raising over

£1500, which will be split between us and their other chosen charity, The Buddy Bag Foundation. Sydney Mitchell are also hosting a **charity ball** in November where proceeds will be split between the two charities.

Another local solicitors firm, **The Wilkes Partnership**, has also offered lots of support. They recently sponsored our **PSI bags**, they had a team at our **Smartphone Quiz**, and one of their employees, Anne-Marie Aston, is taking part in the **Great Birmingham Run** for us.

Data Service Provider for Britain's gas market, **Xoserve**, raised a fantastic **£2,341** during our Charity of the Year partnership. The money has been spent on two new **self-help PCs** for our South Solihull Community Advice Hub. Rather than relying on an advisor to complete online forms on their behalf, people who access the Hub for information and advice are empowered to help themselves using the touchscreen PCs, with the help of a trained Age UK Solihull volunteer.

Finally, **A Plan Insurance** have recently offered to donate **£25** to us if you mention Age UK Solihull when purchasing insurance from their Solihull branch (Ts & Cs apply. Contact us for details).



Staff from Xoserve visited the Hub to see the new PCs

Acknowledgments

Thanks to all our supporters including:

A Plan Insurance	Asda Parkgate	Balsall Common Primary School
Barclays	Baron Davenport Charity	Bill Farnsworth
Birmingham Business Park	Capitol Mobility	C B & H H Taylor 1984 Trust
Derek Fowler	Eveson Charitable Trust	Garfield Weston Foundation
Good Gym	Knowle & Dorridge Lions	Marston Green Tavern
Nicky Robinson & Friends of Age UK Solihull	Olton Golf Club	Smith's Wood Primary Academy
St Anne's Catholic Primary School	Sydney Mitchell Solicitors	The Eric W Vincent Trust Fund
The Wilkes Partnership Solicitors	Xoserve	Yorkswood Primary School

Volunteer with us. Call **0121 704 7843** for an informal chat.

New friends in Knowle



In May we launched the new **Wednesday Friends Lunch Club**, which takes place at the Red Lion in Knowle every week. It costs £8 to attend and this includes a hot meal, drinks, a raffle and themed events. Here are Age UK Solihull staff and volunteers along with the Red Lion pub manager at the club's launch event.

Christmas cash for clubs



The Asda Community Foundation has once again kindly given **£500** to help pay for our clubs' Christmas lunches this year. Here are some photos from last year's Christmas party at The Taverners' Lunch Club, which meets every Monday at the Olton Tavern.



The lease on our **Solihull town centre shop** has come to an end after a fantastic **27 years**. We will be looking to find other suitable premises but to date have not found one to suit our needs. We wish to thank all our donors for all the years of fabulous donations to the shop on Station Road, the sales of which have made life better for so many older people in Solihull who have received support from the charity. We very much hope that these donors will continue to support us by dropping off their donations at our other shops at 89 Hobs Moat Road, **Hobs Moat** or 6 Hurst Lane North, **Castle Bromwich**. Thanks to all the staff and volunteers who have supported us over the years at this wonderful shop and thanks especially to the people of Solihull and wider afield who have supported the charity by buying beautiful pre-loved items in the shop and also for contributing with us to our recycling efforts. It's much better to re-love things than to send them to landfill! **Thank you all!**

Age UK Solihull Services

Information & Advice/Community Advice Hubs

0121 709 7590

Benefits Visiting Service 0121 709 7592

Direct Payments Support Service 0121 709 7591

Home Support Service 0121 704 7848

Linking People Together (Befriending)

0121 704 7846

Postural Stability Exercise Service 0121 704 7845

Winter Warmth Helpline 0121 704 8080

Cog, Jog or Be a Mad Dog!

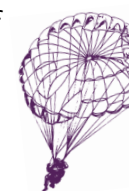
Over the last few months we have been promoting three personal challenges:

COG is the London to Brighton Bike Ride on Sunday 15 September.



JOG is the Great Birmingham Run on Sunday 13 October. We have six runners taking part for us so far. Get in touch if you are interested.

BE A MAD DOG is a tandem skydive! One half of the Fundraising team, Becky, took part in one in May this year, raising **£645**. Lorraine, who makes up the other half of the team, completed one in 2017. Let us know if you would also like to take the leap while raising money to help older people in Solihull. Our jumps take place at Hinton Airfield in Brackley, Northamptonshire, and you can choose a weekend that suits you.



Celebrating 27 years of our Solihull shop



Sponsored by



Age UK Solihull Newsletter Issue 15 · Autumn 2019

newsletter

Barchester Healthcare · Events · Local business support · Clubs news · Fundraising · Research Project

Right up our Street!



The Mayor of the West Midlands Combined Authority, **Andy Street**, recently visited our **Marston Green Tavern Lunch Club**. He is the first elected Mayor of the West Midlands, and he was previously the Managing Director of John Lewis. He contacted us asking to come and visit, which was a real honour.

It was a fantastic event where Andy enjoyed a fish and chip lunch and some entertainment before going round and speaking to everyone, answering any questions they had.

The Mayor showed a real interest in the club, chatting to our clients and volunteers, posing for



photos and finding out more from our staff about what we do. He emphasised how important **social cohesion in the West Midlands** is to him.

The **clients all had a wonderful time** and it looked like Andy did as well. He even had a quick dance with Soozie the entertainer before he left.

As well as the club's regular members, some of our **befriending** clients, who don't usually venture out of their homes, went along for the occasion. Many enthused that they **hadn't socialised like this for years**, and some of them enjoyed themselves so much that they have asked if they can come along to the club again.

Faye, the landlady at Marston Green Tavern and her team were professional as always. They do a wonderful job every Tuesday for our clients and we are very grateful to them.

Pictured: Top left - Andy with Age UK Solihull staff and volunteers; bottom left and right - Andy chatting to clients at their tables.



Generous golfers dig deep

Our year as the chosen charity for **Olton Golf Club's** Captain, Moray Hulme, has recently come to end, and thanks to the generosity of its members, the club raised an impressive **£8,050** over the year.

Our CEO, Anne Hastings, and Fundraising Manager, Lorraine Hart, went along to the club to be presented with the cheque.

Moray said, "The members were delighted with my chosen charity and consistently supported events throughout the year. We know that the funds raised will benefit local people, and it was a pleasure to support such a great charity."

We are so grateful that Moray chose us as his charity to support during his year in position.



Moray presenting the £8,050 cheque to Anne and Lorraine



Pass it on! If you have a printed version of this newsletter, don't throw it away after you've read it. Why not pass it to a friend to read or leave it somewhere in the community (but don't litter!) for someone else to find?

Local charity | **Local services** | **Local people**

Registered Charity Number: 1055887

Did you know...?



We recently discovered that some of our supporters are not aware that we are a **local charity**, how much it costs to provide our services (£1.6m), or where our funding comes from (75% from **Solihull Council** and the **local NHS Clinical Commissioning Group** and 25% through voluntary income including **donations and gifts in Wills**). We have produced six bookmarks with key facts about the charity on to try and raise awareness about how we operate. Look out for them at our shops and out in the community.

Knit the target

Molly, who goes to our Wednesday Friends Lunch Club, is just one of the wonderful knitters who created miniature bobble hats for our **Big Knit** campaign with Innocent Drinks. We've sent off a total of 11,984 hats, wildly surpassing our target of 9,327! We will receive 25p per hat which means a total of **£2,996** has been raised. Thank you to Molly and everyone else who joined in!



Running for good



We recently joined forces with **GoodGym Solihull** to support more vulnerable older people living in our local community.

GoodGym volunteers keep fit whilst helping people. They run to older people's houses and act as a Befriender, providing support and companionship. They call the older people they run to 'coaches' as they motivate the volunteers to make a regular run.

They also undertake 'Mission Runs' when they run to older people to help them with one-off tasks they are unable to do for themselves such as changing a lightbulb, some light gardening or moving furniture.

Volunteers also complete 'Group Runs' where they run to various locations and help with community projects. Tasks have previously included painting our Solihull charity shop.

To find out more about GoodGym visit www.goodgym.org/areas/solihull.

The care we want



We have been working with the **University of Birmingham** on a project exploring the experiences of older people who pay for their own care and that of their carers. A group of Age UK Solihull volunteers has been working as co-researchers to conduct interviews with older people and their carers, and with service providers and commissioners. Partnership has been at the heart of the project, with excellent cooperation and interest from Solihull MBC plus several local care agencies, and of course from older people themselves. The researchers would like to say a big thank you to all of them.

Four **'Knowledge Exchange'** meetings have been held between statutory, private and voluntary sector services, and a fifth is due to be held in September. These useful events have informed local providers of some of the experiences of older self-funders, and there have been some changes in how things are done locally as a result.

The University has also secured funds from the Economic and Social Research Council to hold a public event called **'The Care We Want'**, which will highlight the research. It will feature a team of experts from local organisations discussing what care means, some of the problems that older people and their families face when purchasing care, and ideas about how these can be tackled. Co-researchers from the project will also be present at the event, making sure that the voices of older people are heard. The event will be held on **Friday 8 November 2019** from **2-4pm** at the Crowne Plaza Hotel, Solihull. It is free to attend but numbers are limited, so please register your place at: www.birmingham.ac.uk/future-festival-2019.



Recent Events

Comedy Night Friday 10 May

This was the first event organised by the Friends of Age UK Solihull, and it was a huge success, raising **£1,267**.



Birmingham International Railway Station Collection Day Friday 14 June

Volunteers collected change from visitors to the BBC Gardeners' World Live/Good Food Show at the NEC. **£249.86** was collected in total.



Wear purple for WEAD Friday 14 June

Staff at local care companies wore purple to mark World Elder Abuse Awareness Day and paid £1 each. The event raised **£940.85**.



Smartphone Quiz Tuesday 16 July

Our 5th Smartphone Quiz took place at The Core. Ticket sales, the raffle and matched funding from Barclays meant that over **£1,351** was raised.



Marston Green Tavern Fun Day Sunday 25 August

The pub, which hosts our Monday lunch club each week, raised a total of **£305** through their Fun Day.



Flourishing Fivers Ongoing

This year five schools took part in this initiative, where children are given £5 each and they think of an idea to make it grow into more. Activities like cake sales, beauty salons, jewellery-making and games tournaments meant that the schools raised **£884.71** profit.



Forthcoming Events

Event Date/Time/Location	More Information
Slip into Slippers for International Older People's Day Tuesday 1 October 2019	Wear your slippers to school or work for the day and make a £1 donation to recognise International Older People's Day.
Great Birmingham Run Sunday 13 October 2019	Take part in a 13.1 mile half marathon through Birmingham City Centre in aid of Age UK Solihull. Registration is free. Minimum sponsorship £200.

Volunteer spotlight: Marian



Marian has been volunteering as an Attendance Allowance Volunteer for 18 years, and in that time, she has completed over 700 visits to help older people complete forms to apply for the Attendance Allowance benefit.

Marian says, "Volunteering is very rewarding. It's a chance to give something back and make a difference to people's lives. There have been occasions where people I've previously helped have recognised me and thanked me, saying they no longer have to worry about

paying their bills. It gives me great satisfaction to help people, but I also really enjoy doing it.

"Each visit takes around two hours as I always stay for a coffee and a chat. During those two hours a bond is formed. As well as helping people get the financial benefit of Attendance Allowance, visiting people in their homes also shows them that someone cares.

"As a Volunteer for Age UK Solihull, you receive brilliant training and there is plenty of support. If you ever have a problem there is always someone available to help."

If you would like more information on any of our events or would like to book, call us on **0121 704 7842** or email events@ageuksolihull.org.uk
For information about volunteering, call our **Volunteer Co-ordinator** on **0121 704 7843** or email volunteering@ageuksolihull.org.uk

Go to www.ageuksolihull.org.uk for information on our services.



Luxury New Care Home COMING SOON

A brand new Barchester care home will open its doors in Solihull this winter, offering bespoke residential, dementia and respite care.

Fountains Care Home will be a luxury 80-bed care home with ample living spaces, daily life-enrichment programme of activities and choice in delicious and nutritious menus.

Call: 0121 514 8357

1355 Stratford Road, Shirley, Solihull, B90 4EF
www.barchester.com/Fountains

Marketing Suite Opening Autumn 2019



Five years of preventing falls!



Our **Postural Stability Instruction** (PSI) service recently turned five.

Staff, volunteers and class instructors celebrated the milestone with a **bowling trip**. It was a great chance for the team to socialise and have fun, and for us to show them our appreciation.

Our PSI service is a **free exercise programme**, funded by the local Clinical Commissioning Group, for older people with a recent history of falls. The 20-week programme consists of a weekly one-hour exercise class designed to **reduce the risk of future falls** through improving strength, power, balance and confidence. Participants are also required to exercise at home.

Since they started in 2014 the classes have helped **over 600 people** in Solihull.

The classes are held at the **Family Renewal Centre** on Lode Lane on Mondays, Wednesdays and Thursdays.

They are supported by Age UK Solihull staff, trained PSI Instructors and a valuable group of volunteer class assistants and drivers who provide transport and support for the participants.

87% of participants have not had another fall six months after completing the programme.

If you are interested in becoming a volunteer driver or class assistant, please contact Angela Liatis on **0121 704 7845**.

Pictured: Top left - The PSI team ready to bowl; top right - Winning bowling team 'The Oddballs'.



"I enjoy volunteering at the PSI classes. The clients are so appreciative and it's amazing to see their progression from week to week."
Val, Volunteer Class Assistant

"It is very rewarding to see people's health and mobility improve and to be involved in a hugely professional and successful service."
Carol, Volunteer Class Assistant

"I have a great relationship with the clients - they always appear to enjoy the PSI classes which benefits them physically as well as socially."
John, Volunteer Driver

Donate unwanted items to our charity shops in **Hobs Moat & Castle Bromwich**

Visit www.easyfundraising.org.uk to raise money for us each time you shop online.