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Age UK Solihull Newsletter Issue 12 · Spring 2018

newsletter

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Eddie 'The Eagle' flies into Solihull!



It's 30 years since ski legend Eddie 'The Eagle' Edwards won the nation's hearts at the Winter Olympics in Calgary in 1988. As part of Age UK Solihull's programme of events for the year, we have partnered with Solihull School to present 'An Evening with Eddie the Eagle Edwards' at

Bushell Hall at the school on Thursday 3 May 2018 at 7.30pm.

The evening, sponsored by Midland Eye, will see Eddie give an entertaining and inspiring talk about his fascinating life on and off the piste. His journey to Calgary was not an easy one and it will

be interesting to hear how he overcame the challenges to become the best ski jumper in Great Britain. He also talks about his more recent career in the media, including how a film was made about his life with Taron Egerton as Eddie. Tickets to the event are **£16** for Adults and **£14** for Children aged 16 and under and can be booked through The Core Box Office (Solihull Central Library) either in person, by phone on **0121 704 6962** or via The Core website **www.thecoretheatresolihull.co.uk** Refreshments will be available on the evening and there will be a raffle.

We are looking for raffle prizes for the event and also volunteers who can help selling raffle tickets, serving drinks and showing people to their seats. If you can help, please contact the **Fundraising Team** on **0121 704 7842** or email **events@ageuksolihull.org.uk**

New minister for loneliness

We welcomed the news that Theresa May has made Tracey Crouch MP, the new Minister for Loneliness, implementing one of the main recommendations of a report into loneliness by the Jo Cox Commission.

Most people will feel lonely at some point in their lives. It's a deeply personal experience that - in most cases - will thankfully pass. But for a growing number of people, particularly those in later life, loneliness can define their lives and have a significant impact on their wellbeing. Loneliness can be as harmful for our health as smoking 15 cigarettes a day.

Our Linking People Together Service is an excellent example of a practical response to this very worrying issue, combining one-to-one support for older people who are lonely by matching people

with similar interests and providing a link to the outside world as well as acting as a gateway for other services and valuable support.



Anne Hastings, Chief Executive Officer said, ***"Of the 80 new volunteers who joined Age UK Solihull last year, 58 of them wanted to support our work in combatting loneliness, in response to the Age UK 'No one should have no one' campaign. We are very grateful for this fabulous response and to the many volunteers who have been tackling this issue for years, and helping to make Solihull a great place to grow old"***



Typical Brueton Place apartment



Brueton Place gardens

McCarthy & Stone
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Our spacious, age exclusive apartments are perfect for the over 60s who enjoy an active life both when at home and away. Our apartments at Brueton Place enjoy plenty of living space so you can downsize without compromise.

In addition, a stylish coffee lounge with free WiFi and beautifully maintained gardens means meeting friends and enjoying the retirement you deserve has never been easier.

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To find out more or to book an appointment to view, call us free on **0800 310 0636** or visit **mccarthyandstone.co.uk/bruetonplace** and think seriously about living life to the full.



[^]Prices correct at time of going to print.

LP-AgeUK

Moors welcomes Age UK Solihull clients



The dreadful snow mid December meant that our Christmas lunch at Solihull Moors Football Club had to be postponed until February.

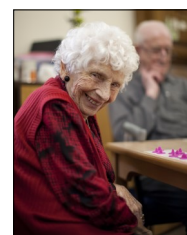
The lunch, which was by invitation only for those clients on our Linking People Together project, was 'kicked off' with entertainment from the choir from Damson Wood Infants School, a delicious two-course lunch followed, then dancing with Derek the DJ.

Each client and their volunteer befriender who attended were given a gift, which had been organised as part of a Christmas campaign by




local recruitment consultancy, Morgan Parkes, who also attended the lunch.

The event was made possible thanks to grants from The Gentlemen's Night Out Charity Fund and the Asda Foundation Community Fund. Sandra Grice, Community Champion from Asda Parkgate was at the event, to see the difference their grant made to older people here in Solihull. We would also like to thank A2B Radio Cars who helped transport clients to and from the event.

If you would like to become a Volunteer Befriender and visit an older person on a regular basis, please contact **Catherine, Volunteer Co-ordinator** on **0121 704 7843** to find out more or email **volunteering@ageuksolihull.org.uk**



Forthcoming Events

Event Date/Time/Location	More Information
Street Collection Day Saturday 28 April 2018 10:00am-3:00pm We will be covering: Solihull Town Centre, Dickens Heath, Dorridge, Hobs Moat, Knowle, Shirley and Olton.	Have an hour to spare? Our annual street collection day is back! As always, we are seeking volunteers to help us raise vital funds. We would be very grateful if you're able to give up an hour of your time. Pick your preferred time slot and location. 
An Evening with Eddie the Eagle Edwards Thursday 3 May 2018 7:30pm Bushell Hall, Solihull School, 793 Warwick Road, Solihull, B91 3DJ Tickets: £16 for adults and £14 for children aged 16 and under	It's 30 years since ski legend Eddie the Eagle won the nation's hearts at the Winter Olympics in Calgary in 1988. Join us for a fun and inspiring evening, as Eddie talks about his fascinating life on and off the piste. Book your tickets in person at The Core Box Office in Solihull Central Library or call 0121 704 6962 . Alternatively, book online at thecoretheatresolihull.co.uk Event sponsored by Midland Eye 
Two Crooners and an Age Gap Thursday 24 May 2018 Venue and ticket prices currently being confirmed	Join us for an afternoon of popular songs performed by John Walton and Matthew Long, singing with a live band. What's a 50 year age gap when you both love to sing?! Register your interest by calling us on 0121 704 7842 .
World Elder Abuse Awareness Day Friday 15 June 2018 Wear purple for the day and donate just £1 to help stamp out adult abuse.	In 2017, local residential homes and places of work helped to raise a fantastic total of £1,713.93! Stickers and a collecting can will be provided.
Parachute Jump Day Saturday 30 June 2018 Hinton Skydiving Centre, Hinton Airfield, Steane, Brackley, NN13 5NS Deposit to pay: £70 Minimum sponsorship to raise: £395	If doing a parachute jump has always been on your wish list, why not take to the skies and raise money for us? Age isn't a barrier - we've had a jumper aged 78! Don't worry, you'll be harnessed to a professional parachute instructor at all times and full training will be provided. Spectators welcome! 
'Out of Africa' Charity Ball Friday 13 July 2018 7:00pm till late St Johns Hotel, 651 Warwick Road, Solihull, B91 1AT Tickets: £45 per person (£400 for a table of 10)	Age UK Solihull are, once again, working in partnership with Solihull Sustain to bring to you our annual charity ball. The theme this year is 'Out of Africa'. Ticket price includes a reception drink, three course dinner, an auction, raffle and entertainment, including a live band. It's a night not to be missed!

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**

Club MG gets into gear

Older people in Marston Green are now benefiting from our Tavern Club, which runs every Tuesday at The Tavern in Marston Green. The club helps those living alone to join in with activities, make new friends, learn new skills and grow in confidence.

The addition of Marston Green brings the number of clubs operated by Age UK Solihull to four. Existing clubs are The Taverners' Lunch Club (Monday lunchtime), St Margaret's (Wednesday afternoon) and Club 'K' at Temple Balsall (Thursday afternoon).

If you, or any of your family members, are interested in joining any of our clubs, please contact

Linking People Together on
0121 704 7846

or email befriending@ageuksolihull.org.uk
Please be aware that these clubs are very popular and during busy periods, we may have a waiting list.



"It felt like an angel was watching over me"



Being able to tend to her hanging baskets and tubs and reaching for things in the kitchen cupboards are just some of the benefits Jenny has experienced since completing her 20-week Postural Stability Instruction ("PSI") class with Age UK Solihull.

"I had a few bad falls prior to seeing an advert in the Your Solihull magazine for the course, which had invariably

decreased my confidence. On reading the advert, it felt like an angel was watching over me".

An initial assessment identified that Jenny had been falling a lot over the past two years, primarily due to dizzy spells and loss of balance. Her left leg had also been affected by a stroke 9 years earlier and was very weak. She had been given a splint to support it. Her left arm had also been affected and Jenny struggled with the movement of her fingers in her left hand too.

As well as the physical problems she faced, Jenny was also feeling depressed and isolated, but in particular the stroke and falls had taken away her confidence. Despite having some adaptations made to the home, she was frustrated at not being able to do everyday tasks like bending down to feed her cats or pick things up from the floor. She was missing doing her gardening, as she would often feel dizzy whilst bending down to do the weeding and this would offset her balance. Within weeks of joining the course, Jenny was

gaining more confidence in the classes, she was starting to smile and have fun with her fellow class mates. The exercises made a real difference to her physical and mental wellbeing. She was absolutely delighted with the improvement to the strength of her left leg, meaning she no longer needs to wear her splint in the house. Jenny's flexibility in her left arm and fingers has also improved.

Overall, she feels her confidence has been regained and she said, *"I feel in a more stable place in myself, than I have been for years".*

Jenny thoroughly enjoyed the classes and although it took a while to get used to the set weekly homework, it was well worth it, as she has personally seen an overall improvement in her confidence, mobility and balance. Having a volunteer driver to take you to the classes, if required, was an added bonus.

Jenny enjoyed socialising with other people who often understood what she was going through which was very comforting and she felt less isolated talking about her situation.

Jenny says, *"A wonderful life saving service, which has made me more positive and able to do things more easily than before, especially in my mobility with the use of my left arm."*

Finally, Jenny is aware of the importance of continuing with exercise. She will continue to attend an exercise class and do her exercises weekly at home and maybe even try Tai chi classes.

For more information about **Postural Stability Instruction**, contact **Angela, PSI Project Manager** on **0121 704 7845**.

A Helping Hand



The Home Support Service provides traditional 'home help' for older people to support them to maintain

independence and continue to undertake daily living tasks.

Our team of Support Workers are trained to ensure you remain in control of how **you** want things done and are there to support and enable rather than 'do for'.

Amongst the tasks we can undertake are shopping (with or without you), light housework, preparing and cooking a meal, getting out and about, escorting you to appointments, helping with paperwork and bills and companionship.

From 1 April 2018 the cost is £17.50 per hour and the minimum purchase per week is one hour.

For further information contact

Anne or **Siobhan** at the **Home Support Service** on **0121 704 7848**.

The Hubs' 4th birthday



The Community Advice Hubs are now entering their 4th year of operation. Based in Chelmsley Wood and Solihull Central Libraries (The Core), the Hubs provide high quality information, advice and support to all adult residents of the borough. Whatever your issue or problem, the Hubs will help you find a solution either directly or by referral to another organisation.

Whether you have a problem with benefits, finances, care and support, being a carer, housing, keeping warm or want to find out more about maintaining or improving your health and wellbeing, drop into one of the Hubs and you'll find a friendly team of highly trained advisors ready to greet you.

The Community Advice Hubs are commissioned by Solihull Council and managed by Age UK Solihull. The Hubs work with many statutory and voluntary organisations across the borough to ensure you have the information, advice and support you require to meet your individual needs.

For further information contact us on

0121 705 3588
or email **admin@solihullcommunityhub.org.uk**

Acknowledgments

Thanks to all our supporters including:

All schools and businesses who took part in Slip into Slippers	All Christmas Raffle ticket supporters (tickets/prizes)	Arup
ASDA Parkgate	Balsall Common School	Barclays
Baron Davenport Charity	Big Knitters	Blossomfield Infants School
Coventry Building Society	Eveson Charitable Trust	Fiz Aziz (parachute jump)
Four Ashes Golf Centre	Gentlemen's Night Out Charity	Great Birmingham Runners
Interserve	John Lewis	Legal & General Home Finance
Lode Heath School	Masonic Lodge	Midland Eye
Morgan Parkes Recruitment	Paragon Finance	Ramada Solihull
Santander	Sing! Bentley Heath	Solihull Moors Football Club
Solihull School	Sydney Mitchell Solicitors	The G J W Turner Trust
The Kate Oliver Wilson Trust	The Wilkes Partnership	Virgin Trains

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

Changes to the Trading Office

After many years of trading, we have reached the difficult decision to stop selling insurance and other financial products from this Age UK office: Age UK Solihull Trading Limited. This means that it will no longer be possible for our customers to purchase or renew insurance at this office.

Please be assured that this change affects only our financial services activities and that the good work of the Age UK charity in your community will continue to help the lives of older people locally. Our community of local older people will also still be able to purchase any of the Age UK products, or amend their current policies with Age UK, by telephone or

online. We are happy to provide the right contact details if this is the case.

As always, our thanks goes out to the many older people who have bought the Age UK products through our local trading office, providing much needed support over the last few years.



Paying for care at home: finding out the experiences of older people

Later this year, the government will be publishing a Green Paper, setting out plans for care and support for older people. Whilst health care is provided by the NHS, 'personal care' is not. Consequently, many older people find that they have to pay for help to get dressed, use the bathroom or with eating; a position the Secretary of State of Health and Social Care has described as 'random' and 'unfair'.

Age UK Solihull and the University of Birmingham are about to start research in Solihull to find out how easy or difficult it is for older people wishing to remain at home to find the right kind of help. The research team is made up of academics and older

people who live in Solihull, and together they plan to interview older people who pay for personal care, their families and service providers. Their findings will be used to help local and national agencies gain a better understanding of the challenges and benefits of paying for your own care.

If you would like to find out more about this research, contact: **Dr Llinos Mary Jehu**, Department of Social Policy at University of Birmingham.

Call **0121 414 7910** or email **l.m.jehu@bham.gov.uk**

Age UK Solihull Services

Information & Advice/Community Advice Hubs

0121 705 3588

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

Stay in touch

Age UK Solihull

The Core, Solihull Central Library, Homer Road, Solihull, B91 3RG

Tel 0121 704 7840 (Reception)

0121 704 7842 (Fundraising and Events)

0121 704 7843 (Volunteering)

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Email info@ageuksolihull.org.uk

Website

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