

Christmas Parties

Christmas seems a long time ago now but we had to mention our Christmas lunches which took place last December. Guests enjoyed Christmas dinner, fabulous entertainment and a Christmas gift. Pupils from Damson Wood Infant School and Marston Green Junior School entertained with wonderful Christmas songs. A big thank you to A2B Taxis for providing free transport for our guests, the two



Christmas Raffle

Thank you to all who bought tickets for our Christmas raffle and also to the wonderful local businesses who donated prizes. This year's raffle raised **£736**.

Armistice Day

Around 80 guests enjoyed an afternoon of nostalgia to recognise 100 years since the end of WW1. Entertainment was provided by vintage singer, Madeline Brown, and local dance group 'Ladies Who Dance'. There was much flag waving and singing and thanks to matched funding from Santander, we raised **£575** from the event.



Smartphone Quiz

Solihull Solicitors, Thursfields, were the victorious team at our 4th smartphone quiz held at Solihull Moors Football Club. The fast-paced quiz is always well received by our supporters and thanks to matched funding from Barclays, the latest event raised just over **£1,000**.



Acknowledgments

Thanks to all our supporters including:

A2B Taxis	Asda (Parkgate & Chelmsley Wood)	Balsall Common Primary School
Baron Davenport Charity	Big Knitters	Bill Farnsworth
Birmingham Business Park	Bluebird Care Solihull	Coventry Building Society
The Grimmitt Trust	Home Instead Solihull	Ladies Who Dance
Lillie C Johnson Trust	Lyndon Pub Friendship Club	Marston Green Tavern
Morgan Parkes Recruitment	Olton Golf Club	Rotary Club of Knowle & Dorridge
The Rowlands Trust	Santander	'Slip into Slippers' Schools
Sydney Mitchell Solicitors	Tesco	'We are all making a difference' Charitable Trust

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

Club MG is one!

Our social club at the Marston Green Tavern has been running for a whole year! Club MG is a fantastic place where our clients in the north of Solihull can come every Tuesday to enjoy food, music and company. A huge thank you to Faye and all the team at the Marston Green Tavern Pub for hosting the club each week, and also to our brilliant volunteers for helping to ensure it runs smoothly.

If you or an older person you know would like to come along to Club MG, call **0121 704 7846** or email befriending@ageuksolihull.org.uk. The price is £8 (includes lunch and afternoon tea, a raffle and bingo).

One member of the club says,

"The Lunch Club is very important to me as before I was always stuck inside all of the time with no friends to contact. Now I have met this wonderful group of people who have become my good friends. I look forward to meeting them every Tuesday and I have been given a chance to really enjoy myself every week. Volunteers and organisers here are lovely and the entertainment really is wonderful."




Research on Local Care

For the last two years, Age UK Solihull has been working with the University of Birmingham on a research project to find out about older people's experiences of paying for personal care. This means paying other people to help with things like washing and dressing.

A team of Age UK Solihull volunteers has been working as co-researchers alongside University staff. They meet regularly with the researchers to guide the project and help to interview older people. The researchers have said they owe much of the success of the project so far to our fantastic volunteers.

The group has now recruited its target number of older people and finished the first round of interviews with them. They have learned a lot already and would like to thank everyone who is taking part.

The next stage is to speak to people who are family or unpaid carers of older people paying for their own care. If you are giving unpaid support to an older person who lives in Solihull (you do not have to live in Solihull yourself) they would love to hear from you. If you'd like to take part, please contact Denise Tanner dltanner@bham.ac.uk or Sue Bennett s.bennett.1@bham.ac.uk or ring **0121 414 2941**.



Age UK Solihull Services

Information & Advice/Community Advice Hubs
0121 709 7590 / 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)

Fax 0121 704 7859

Email info@ageuksolihull.org.uk

Website www.ageuksolihull.org.uk

Social Media
[f](#) [t](#) [i](#) [in](#) AgeUKSolihull

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Age UK Solihull Newsletter Issue 14 · Spring 2019

newsletter

Bluebird Care · Forthcoming Events · Research Project · Case Studies

Good news for Age UK Solihull and local residents



Following a recent procurement process by Solihull Council, Age UK Solihull was successful in securing a number of services aimed at supporting residents and local communities.

The Community Advice Hubs, delivered by Age UK Solihull for the past five years, will sit at the heart of a range of wellbeing services under the new **'Solihull First – for advice and support'** banner for all residents aged 18+.

The new services, provided by a range of community and voluntary sector organisations, include debt and benefits (including children's Disability Living Allowance), Specialist Employment Support, Support for Carers and those living with Dementia, Advocacy, Solihull Winter Warmth Campaign, a Lifestyles Service, and Direct Payments - Information, Advice and Managed Payroll. Age UK Solihull will continue to deliver a Specialist Older People's Information and Advice Service and its Linking People Together Service,

which includes Volunteer Befriending and our four clubs. All these services can be accessed through the Community Advice Hubs located in Chelmsley Wood Library and The Core, Central Solihull.

Whatever your age, as long as you live in Solihull or are a carer of a Solihull resident, you can access high quality information, advice and support on a range of topics at the Hubs. The new services promote self-care and independence. The support offered will be appropriate to your individual level of need, including new supported self-help desks, where you can be supported to access the information you require with the help of a volunteer. For those unable to access the Hubs, home visits can be offered.



Visit the **Community Advice Hubs** Monday to Friday 10:00am-4:00pm (close early on Wednesdays), email admin@solihullcommunityhub.org.uk or call **0121 709 7590 / 0121 705 3588**.



When things get too complicated...

The Hubs recently helped a client returning to Solihull from abroad by making sure they understood what benefits and housing they were entitled to and helped them to claim. We also advised them on what banks provide basic accounts for people who may not have the relevant identification that may prevent them from getting a regular bank account. The satisfied client said, "Everything seemed complicated until we came to the Hub. It still is, but they have got us through it!"

Follow the Community Advice Hubs on social media

[t](#) @advicehubs [f](#) @communityadvicehubsolihull www.solihullcommunityhub.org.uk

Support for Cecelia

Cecelia contacted us as she wanted to remain independent in her home, but needed some support to be able to do so. She has a history of injuries from falling or walking into furniture.

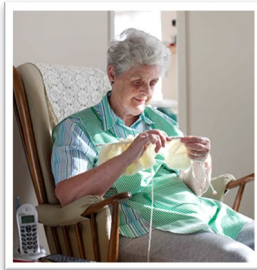
Despite this, 87-year-old Cecelia tries hard to stay active. She enjoys crafts, light gardening and singing, and she recently completed a course of singing lessons so she could make a recording for her sister who has dementia. She really enjoyed this and even feels that it was beneficial to her health, as the breathing techniques she learned in her lessons helped her manage her asthma symptoms.

Caseworker, Elsa-May, visited Cecelia and identified parts of her home that would benefit from adaptations. She completed Later Life Goal Project questions with Cecelia and found that she had an extremely positive and proactive outlook on life. Cecelia gave a score of 10 out of 10 for how satisfied she feels with her life nowadays,

and another 10 for how worthwhile she feels the things she does in her life are.

Although Cecelia is a very positive person, she admits that it is difficult to make herself get up and do things on a daily basis. However she says “you have to make the effort”. She really tries to push herself to do things and keep occupied even when she is not feeling up to much. She often catches the bus with a flask of tea with no particular purpose or trip in mind, but just to enjoy the ride and the scenery.

Elsa-May was touched by Cecelia’s positive outlook and believes that she can continue with her hobbies and activities with some support. She referred Cecelia for an Occupational Therapy assessment, as well as a Home Hazard Assessment with Solihull Community Housing, which will help Cecelia remain independent in her home.



Forthcoming Events

Event Date/Time/Location	More Information
Asda Parkgate Collection Day Saturday 27 April 2019 Hourly slots available between 9:00am - 5:00pm.	Volunteers needed to hold a bucket for an hour to collect loose change from Asda shoppers. Free parking available.
Parachute Jump Day Sunday 5 May 2019 Hinton Airfield, near Brackley, Northants	We’re looking for brave souls to do a tandem parachute jump and raise money for us. You’ll need to raise a minimum of £395 to take part. Find out more on our website or contact us to chat through. Can’t make 5 May, but still want to do it? Get in touch to discuss an alternative date.
Comedy Night Friday 10 May 2019 Solihull Arden Tennis Club Sharman’s Cross Road, Solihull	Join us for an evening of chuckles with amateur comedians. Tickets: £10 available from Solihull Arden Club or Nicky Robinson 07736 645583. Organised by ‘Friends of Age UK Solihull’. If you are interested in helping to organise their fundraising events, contact Nicky on the number above.
Birmingham International Railway Station Collection Day Friday 14 June 2019 Two-hourly slots available: 9:00 - 11:00am, 11:00 - 1:00pm, 1:00 - 3:00pm, 3:00 - 5:00pm	We’re looking for 8 volunteers to hold a bucket collection for us during BBC Gardeners’ World Live/Good Food Show. Free parking and entry to the show.
World Elder Abuse Awareness Day Friday 14 June 2019	Wear purple for the day, hold purple themed events to raise money for us and pledge to help stamp out abuse in older people.
Big Knit Campaign – 2nd deadline Monday 31 July 2019	We’ve already posted off half of our 9,327 hat target. If you’re still busy knitting little hats for the top of Innocent Smoothie bottles, you have until 31 July to get your hats to us. Need patterns? Get in touch.
London to Brighton Bike Ride Sunday 14 September 2019	Cycle a picturesque 55-mile route from Clapham Common to Brighton Seafront. Minimum sponsorship is £205 (including a £55 registration fee). Contact us for 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.

Barclays Scams Workshop

Barclays Solihull, in conjunction with O2 and Trading Standards, are providing quarterly workshops on how to protect people from Frauds and Scams. They talk through what to look for and provide examples of scams that have taken place. Each session lasts around 2 hours and you don’t need to be a Barclays customer to attend. The next workshop is on **Wednesday 15 May**. To find out more, drop into Barclays, Mell Square, Solihull.

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.



Care visits at home

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Home care with Bluebird Care can be anything from a 30 minute care visit to 24 hours live in care, supporting you to remain as independent as possible, living the lifestyle you choose.

Call and talk to one of our friendly professionals today:



0121 7117435
solihull@bluebirdcare.co.uk
bluebirdcare.co.uk
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PSI - “A wonderful service”



After having nine falls in three months, Sheila was referred to our Postural Stability Instruction (PSI) classes. She had lost a lot of confidence in the home and was also nervous going out alone. She had stopped driving and relied on her daughter to take her shopping or to appointments, and on her husband to do all the

household chores and gardening. She recalled this as being a very low point in her life when she was unhappy and felt helpless.

When Sheila started the PSI classes she initially said she felt very tired after each session. However, within weeks of joining the course she noticed a huge difference to her mobility and wellbeing. Her confidence and strength began to grow and she started to enjoy life again.

Sheila started to incorporate exercises into her daily routine at home, and she is now more

mobile and has much more energy. She now shares housework jobs with her husband and she’s once again able to do light gardening, which was previously her favourite hobby. She can also now climb the stairs more easily and she can stand straight up from the sofa.

Sheila’s husband and daughter have noticed a major improvement in her mobility and confidence, and they are now able to enjoy quality time together going out and about on walks. Sheila also now enjoys going out for walks and bus trips on her own.

Being in a group environment with people with similar problems was something Sheila enjoyed, and she valued the friendships she made at the classes.

Sheila was very impressed with her own achievements. She said, “I would advise to go to the PSI classes...it helped me tremendously and I feel it is a wonderful service.” Sheila intends to attend a follow-on class as she would like to improve her balance even more and she enjoyed the group contact.

Donate unwanted items to our charity shops in **Solihull Town Centre, Hobs Moat, Castle Bromwich & Acocks Green**

Local Business Support

Sydney Mitchell Solicitors are one of three Solihull businesses who have voted us as their Charity of the Year for this year.



They have already held a golf day and a team of four colleagues who have called themselves the ‘Peak Climbers’ are taking part in the Three Peaks Challenge in July for us. Other fundraising activity is also planned.

Birmingham Business Park have also chosen us and will be co-ordinating a number of events during the year for the various businesses that occupy the North Solihull business park.

Bluebird Care have kicked off their year with us as their charity by sponsoring this issue of our newsletter, for which we are very grateful. The team of 30 at the Solihull care agency are putting their heads together to plan out how they will support us throughout the year.

Win cash prizes!

Our 100 Club is a different way to regularly give to Age UK Solihull, with the chance to win some money back for yourself!

For just £2 a month (payable as £24 annually) you can join the club, and you will be entered into a monthly draw. The three winning numbers will win a proportion of the membership fee taken that month. The more people that join, the more the prizes will be! The remaining amount goes to Age UK Solihull to help us improve quality of life for older and vulnerable people in Solihull.

For terms and conditions and to join, download a membership form from our website, email **events@ageuksolihull.org.uk** or call **0121 704 7842**.



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