

A perfect match for Jean

Jean (*right*) has been volunteering for us as a **befriender** for nearly three years. She visits **Wendy**, who lives alone with no family nearby, once a week.

Jean says, *“Befriending is something I can do easily as I love to talk to people! I started in Shropshire where we used to live so when we moved to this area it was an easy choice to make to be able to give back to the community in a small way.”*



Wendy and Jean were matched based on **shared interests**, and they have developed a **great friendship**. *“Wendy has become like a friend, we have our past occupation of teaching in common, we both enjoy reading & have both lived overseas. I feel we have the same outlook on life, never taking anything too seriously & just enjoying what we have & do each day. I look forward to visiting her & think she feels the same.”*

Jean recommends volunteering for Age UK Solihull, saying, *“This is a great scheme & is an easy way to volunteer if people have a couple of hours free each week.”*

Thank you, Jean, for sharing your story. Please **get in touch** if you’re interested in **befriending**.

Make your legacy count

Did you know, we rely on donations and gifts in wills to keep our vital services going?



A **gift in your will** to Age UK Solihull is a gift to **future generations** of older Solihull residents.

You can leave as little as **1%** to charity, so those closest to you are taken care of first.

It is **simple** to do and can make a **huge difference** to a **local charity** like us. To remember Age UK Solihull in your will, simply give the executor of your will the following information:

Charity name: Age UK Solihull

Charity number: 1055887

Address: The Core, Homer Road, Solihull B91 3RG

Don’t forget to include the “Solihull” part of our name so your gift comes to your **local Age UK** and **stays in Solihull** to help residents of the borough.

Visit: www.ageuk.org.uk/solihull/leave-a-gift

Play for the jackpot!

Our **Weekly Lottery** is just **£1 per play**, and offers the chance to win cash prizes each week, including a huge **£25,000**

jackpot! As well as giving you the chance to **win big**, joining our lottery will also **raise funds** to help support older Solihull residents. **Join today** at: www.ageuk.org.uk/solihull/weekly-lottery



Here to help

Financial support is available for some Solihull households who are struggling with energy, water bills and other related essentials due to **rising living costs**.



We are distributing funds on behalf of Solihull Council from the **Household Support Fund**. If you are a Solihull resident with savings of less than £10,000 and a household income of, or below, £31,000, we may be able to help.

Contact us to find out if you’re eligible:

0121 709 7590

admin@solihullcommunityhub.org.uk

Please note criteria may be **expanded** over the winter for **older people**. Check **our website** for updates, and see what other support is available for Solihull residents at www.solihull.gov.uk/here2help

Still in good hands

We recently stopped providing our **Home Support Service**, but it continues in good hands! It has been transferred to **Caremark Solihull** – a local provider that shares our aim of supporting people to **flourish** and **live safely** and **independently** in their own home. Visit: www.caremark.co.uk/solihull



Dates for your diary



Carol Singing Choirs singing in Solihull town centre on **Sat 29 Nov**.

Volunteers needed to collect donations - can you help?

Blythe Rose Care Home Christmas Fun Day in aid of Age UK Solihull.

Santa’s grotto, festive food, activities and market stalls on **Fri 5 Dec**. Contact us to book.

Christmas Raffle 13 brilliant prizes to be won. Draw is **Thu 11 Dec**.

More carols Local performers at Birmingham International Train Station on **Sat 13 Dec**. Again, volunteer collectors needed.

AD Concert Band Spring Concert **Sat 21 Mar 2026**. Save the date! More details tbc.

Skydive Day Sat 9 May 2026 Take the leap and raise funds!

Sponsored challenges Check out our other challenge events, including bungee jumps, Run Solihull, Paris Marathon, Run Alton Towers, overseas bike rides, Inflatable Obstacle Course, Tough Mudder and more.

Contact our **fundraising team** for more details about any of these events, or to find out what else we have coming up: fundraising@ageuksolihull.org.uk | **0121 704 7842** | www.ageuk.org.uk/solihull/fundraising

Acknowledgements

We are grateful for recent support we’ve received from organisations and members of the community, including:

Adlington Farm	CPW	Green’s Cocktail Lounge	Paragon Banking	Solihull Summer Fest
AD Concert Band	Dunelm	Howden Insurance	Paramo Lounge	St Alphege Infant & Junior Schools
Age UK	Eastcote Park Care Home	Knowle & Dorridge Lions	Personal Exercise	St Alphege Rotary
Asda Chelmsley Wood & Asda Shirley	Edwards Insurance	Lucent Financial	Pop Voices Choir	Tesco Shirley
Avery Healthcare	Energy One	Macc Care	Probate Solicitors	Touchwood
Baron Davenport’s Charity	Eric Lyons	Morgan Parkes	Regency Hotel	UB Healthcare
Belmont Healthcare	(The) Entertainer	National Gas Metering	Saxon Court Care Home	Ukelele Central
Blossomfield Grange Care Home	Foresters Financial	Neil Shastri-Hurst MP	Saqib Bhatti MP	Warwickshire Freemasons
Caremark Solihull	Gail’s Bakery	Omaze	Shirley Heath Junior School	Waitrose
Cash 4 Coins	George Fentham Endowed School	Our Lady of Compassion Primary School	Shirley Lions	We Are All Making A Difference
Chiltern Railways	(The) Goodenough Charity		Sky	Werthers

Age UK Solihull Services

Older People’s Information & Advice 0121 704 7840

Linking People Together (Befriending) 0121 704 7846

Clubs and Activities 0121 704 7811

Postural Stability Exercise Service 0121 704 7845

Winter Warmth Helpline 0121 704 8080

Digital Champion Project 0121 704 7851

Community Advice Hubs 0121 709 7590

Benefits Service 0121 709 7592

Direct Payments and PA Register 0121 709 7591

Stay in touch

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

Tel 0121 704 7844 (Office/Admin)

Email info@ageuksolihull.org.uk

fundraising@ageuksolihull.org.uk

volunteering@ageuksolihull.org.uk

Website www.ageuksolihull.org.uk

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Age UK Solihull Newsletter Issue 26 · Winter 2025

newsletter

Welcome **to Age UK Solihull’s Winter 2025 newsletter**.
Read on to find out about our latest activities, events and opportunities.
Thank you to **Birchmere House Care Home** for sponsoring this issue.



The value of our volunteers

Our incredible volunteers have donated over **10,000 hours** so far this year, equating to over **£150,000** in added value!

We couldn’t provide our vital services for older and vulnerable Solihull residents without the support of our **300+ volunteers**.

We’re looking for people to **join our team**. Can you spare a couple of hours a week to help Solihull residents who need us?

We’re currently looking for:

Befrienders to visit a lonely older person in Solihull **Fundraising** volunteers to help at one-off events

Welcome Desk volunteers at our Chelmsley Wood Community Advice Hub
Contact volunteering@ageuksolihull.org.uk or **0121 704 7843** to find out more.

Our groups and activities

We offer a range of activities to help older and vulnerable Solihull residents get out and socialise with others in the community.

We offer weekly and monthly activities around the Solihull borough, including **lunch clubs** and **coffee afternoons** for over 65s, with priority given to those who live alone with no family or other support nearby. We are also supporting the **Friday Meet Up** which is run by Age Concern Castle Bromwich volunteers and takes place twice a month at **Arden Hall**.

People of all age and locations are welcome at our weekly **Big Knit Drop-In Group**. It’s free to attend and we provide patterns and wool - just come with your needles!

Our **Social Prescribers** have also started two new monthly **Social Cafés** at **Asda Parkgate** and **The Tea Chest Café** on Lyndon Road. Solihull residents aged 18+ are welcome to join our Social Prescribers, members of Solihull Council’s Community Development Team, and others who have come to enjoy some company.

Contact us for details of our activities:

0121 704 7811
activities@ageuksolihull.org.uk
www.ageuk.org.uk/solihull/clubs



A harmonious partnership

We have just come to the end of a fantastic Charity of the Year partnership with **Pop Voices Choir**, and we are so grateful for their support over the last 12 months. The choir raised over **£3,600** for us from events, raffles, collection days and their Summer Concert at Birmingham Town Hall.

Pop Voices will kindly continue to support some of our activities - they're performing at our Carol Singing Day on 29 November and taking part in our Christmas chocolate bouquet raffle. Thanks to all involved!



The Big Knit is back

We were thrilled to see the recent return of the **Big Knit**, after it had been on hold for a couple of years.

In partnership with **innocent drinks**, the Big Knit raises funds by asking our supporters to **knit little hats**, which are put on top of innocent smoothie bottles.



Over 13,000 hats were sent to Age UK Solihull for the last campaign, raising almost £4,000.

It was great to see **wonderful designs** from some of our regular knitters, and lots of new supporters too! The hats from the last campaign will be on bottles in **Sainsbury's** and **Co-op** stores from **October 2025**.

We also launched our **Big Knit Drop-In Group** where you can come and knit little hats with others. The group takes place every Thursday from 1-3pm on the Lower Ground Floor of The Core, Homer Road, Solihull B91 3RG. It is **free** to attend and there's no need to book. Simply come along with your needles, and we'll provide wool, patterns and hot drinks.

We're awaiting the timings of the next campaign, but **please get knitting** over the winter to give us a head start and the best chance of reaching our next target.

Visit www.ageuk.org.uk/solihull/big-knit for patterns and full details.

More news....

Our Fundraising Manager, Rebecca, was honoured to attend **Warwickshire Freemasons Charitable Foundation's** Presentation Lunch where we received a **£1,000 donation**.

Check out our **charity shop** at **89 Hobs Moat Road** (*the Age UK shop in Shirley belongs to the national charity, not us*).

Thanks to all who supported our **World Elder Abuse Awareness Day** campaign in June, raising over **£870**.

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

Spreading festive cheer in Solihull

The festive season is the most difficult time of year for many older people in Solihull.



It's estimated that over **3,400** over 65s in Solihull are **lonely**. This is often felt more intensely around Christmas, especially for those who live alone. Many older people are

also experiencing **financial hardship**, struggling to heat their home or not being able to buy enough food.

We've been busy planning **festive activities** to make this Christmas a little brighter for our clients, as well as **fundraising activities** to enable us to carry on being here for those who need us.

Members of our social clubs will be treated to a special **Christmas party**, where they'll enjoy hot food, entertainment, gifts, and great company.

Our **befriending** team will deliver **Christmas meals and gifts** to clients who are on their own. The meals are provided at a discounted rate by **Eric Lyons** butchers, and the gifts will be bought by **Dunelm Solihull** customers for their **Delivering Joy** campaign.

Paragon Banking, National Gas Metering and **Morgan Parkes Recruitment** are once again supporting us with gifts and activities for our clients.

Please contact us for more details about the above, or if you're interested in collecting gifts or making a donation as a business or group. Fundraising@ageuksolihull.org.uk | **0121 704 7842**

Challenges of a lifetime!



Sneha (*left*), **Rory** and **Jane** all completed the **Great Birmingham Run**, raising over **£600** between them.

Alison (*right*) completed the **Run Solihull** half marathon, raising over **£1,500**.



Brothers **Benji** and **Milo** and their dad, **Chris** (*right*), completed an **Inflatable 5k Obstacle Course**, raising **£340**.

Thank you to everyone who has raised funds for us with a sponsored challenge. Contact us or visit www.ageuk.org.uk/solihull/challenges to see what challenge events we have coming up.

More news....

We were delighted to receive a **£3,500** donation from **Knowle & Dorridge Lions** as thanks for providing volunteer marshals for the **Knowle Fun Run**. We also received **£700** from their **Easter Egg Raffle** - thank you all!

Thank you to local MPs **Saqib Bhatti** and **Neil Shastri-Hurst** who have both hosted **Pensioners Fayres** to spread the word about support available for older Solihull residents.

Thanks to **Paramo Lounge** who raised **£239** for us for their **Lounge Aid** month, and continue to support us with events and activities.



How you can help

Give a gift Donate a box of **biscuits** or **chocolates** to give to older people who might not otherwise receive a gift this Christmas. Donations can be dropped off at our office. Alternatively, visit **Dunelm Solihull**, take a tag off their tree and buy one of our befriending clients a gift as part of their **Delivering Joy** campaign.

Donate Help us run our vital services for older people in Solihull. Visit www.ageuk.org.uk/solihull/donate or contact us for details.

Christmas Raffle Play our **raffle** for just **£1** a ticket for the chance to win one of 13 fabulous prizes.

Christmas cards Get in touch if you'd like to **buy some cards**, or **sell them** on our behalf.

Christmas meals Let us know if your care home or business is putting on any **festive activities** for older people who are on their own this Christmas, and we will spread the word.

Volunteer See the **Dates for your Diary** section for details of festive volunteering opportunities.

Several supporters have recently taken on epic challenges in aid of Age UK Solihull....

Sam from **Energy One**, **Hayley** from **Harper Fields Care Home**, and her sister-in-law **Clare**, (*right*), and **Herkesh** from **Caremark Solihull**, all completed skydives, raising over **£2,600**!



Brothers **Benji** and **Milo** and their dad, **Chris** (*right*), completed an **Inflatable 5k Obstacle Course**, raising **£340**.



With thanks to our sponsor:



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Helping you find flexible work

We are setting up a **Personal Assistant (PA) Register** in Solihull, working with **Solihull Council**.

We want to help PAs **find work** easily in Solihull, and we want to **match employers** with the **right PA** for them.

A PA helps **adults or children** with **disabilities, long-term conditions**, or **other support needs** to live **independently** and **well**. Tasks can vary from **cooking, cleaning** and **shopping**, to **companionship** and **accompanying to appointments**, to **personal care**. The adult or a child with additional care needs is the PA's **employer**, and each employer will require support with **different tasks**.

Contact paregister@ageuksolihull.org.uk | **0121 709 7591** | ageuk.org.uk/solihull/directpayments

More news....

Last Christmas's **Omaze** draw raised a whopping **£5.25m** for Age UK! This was shared with local Age Uks and we were thrilled to receive **£20,000** for our **befriending** service.

Mention **Age UK Solihull** when taking out a new car, home, van or business insurance policy with **Howden** (Solihull branch only), and we'll receive a **£50 donation**.

Thanks to **AD Concert Band** for raising over **£1,000** for us with their wonderful concerts. Thanks also to all who supported the events.



Please **leave a gift** to Age UK Solihull in your **will** to help us to be here for **future generations**.