

Linking Veterans Together



A 2018 paper in the Oxford Occupational Medicine Journal concluded that military veterans present unique experiences of **loneliness and social isolation**, especially older veterans.

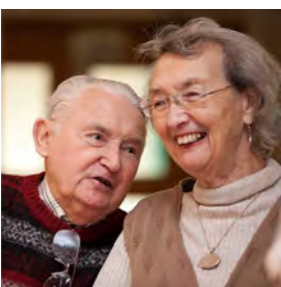
Support will be tailored to each client but could include:

- Linking veterans with other members of the **community** on a one-to-one basis via phone, internet or face-to-face
- Identifying **local groups and activities** and supporting clients to access these where required
- Assisting with getting online and improving **digital skills** (can include the loan of a tablet)
- **Quarterly activities** such as day trips and pub lunches
- Offering **information and advice** across other areas of health and wellbeing.

If you would like to find out more about the service please phone **0121 704 7854** or email veterans@ageuksolihull.org.uk.



We are pleased to have launched our new **Linking Veterans Together** service. Funded by **The Armed Forces Covenant Trust Fund**, the service is designed to tackle loneliness and improve wellbeing in **older veterans and their spouses** living in Solihull.



The LVT project's approach will help older veterans and their spouses to develop **lasting friendships**, widen their **support networks**, become **active participants** in their local communities, increase **independence** and **try new things**.

Volunteer with us!

With many of our face-to-face services resuming and a new service starting, we have several **volunteering opportunities** available. They are all **rewarding** roles and you can make a **world of difference** with just a few hours a week.



Face-to-face Befriender

Visit a lonely older person in their home once a week for a friendly chat.



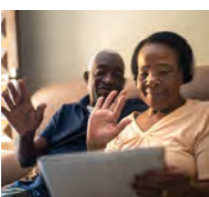
Veterans Champion

Help local veterans meet each other and take part in social events.



Telephone Befriender

Call a lonely older person on the phone once a week for a friendly chat.



Digital Champion

Help an older person learn to use a tablet or computer in their home or at a group.



Driver

Take an older person in your car to and from a weekly exercise class or a lunch club.

For more information or to apply for any of these roles, please contact Catherine on **07397 718 455** or volunteering@ageuksolihull.org.uk, or visit www.ageuk.org.uk/solihull/volunteering.

Acknowledgments

We have continued to receive fantastic support from so many people and organisations, including:

Asda Parkgate & Community Fund

Eveson Charitable Trust

QualitySolicitors Davisons

Albright Grimley Charity

Fountains Care Home

(The) Roger & Douglas Turner Charitable Trust

Arnold Clark Community Fund

Home Instead Solihull

Rotary Club of Knowle & Dorridge

Baron Davenport Charity

Jack's Supports

Sir Jules Thorn Charitable Trust (Ann Rylands Small Charity Fund)

Birmingham Business Park

Knowle & Dorridge Ladies Circle

Countryside Properties (South Midlands)

Knowle & Dorridge Lions

National Grid

Eastcote Retirement Village

Old Edwardians Rugby Club

Sydney Mitchell Solicitors

(The) Edward & Dorothy Cadbury Trust

Olton Knit & Natter Group

Yorkshire Building Society

OneStop Hatchford Brook

Team Spirit Continues



The **Old Edwardian's Rugby Club** are continuing their partnership with us, which they began at the start of the pandemic, with some fundraising initiatives in time for the new rugby season.

After supporting us with **shopping deliveries** and raising over **£1,000** with a virtual walking challenge in 2020, the club is now planning to sell **rugby balls and shirts** in their club shop, with a proportion of the sale of each item coming to Age UK Solihull.

Dan Aplin, Commercial Manager at the Club said "After working with Age UK Solihull in 2020 to deliver food packages to the people of Solihull, the Edwardian community wear our charity focus badge with **great honour**. As an amateur Rugby club, we aim to repay the support given to the club with **support and gratitude in return**. We are delighted to launch our **Edwardians Charity Supporters' Shirt** to raise funds for such a **fantastic organisation**. We hope that you will soon see fellow residents of Solihull out and about sporting our charity shirt, showing **support** for both the Edwardian Rugby Club and Age UK Solihull."

Age UK Solihull Services

Community Advice Hubs 0121 709 7590

Benefits Service 0121 709 7592

Home Support Service 0121 704 7848

Older People's Information and Advice 0121 704 7840

Linking People Together (Befriending and Clubs) 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 7844 (Office/Admin)

Email info@ageuksolihull.org.uk

events@ageuksolihull.org.uk (Fundraising)

volunteering@ageuksolihull.org.uk

Website www.ageuksolihull.org.uk



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Age UK Solihull Newsletter Issue 19 · Autumn 2021



newsletter

Home Instead Senior Care · Services Update · New Veterans Project · Volunteering Opportunities

It's good to be back!

All our services continued to run throughout the coronavirus pandemic, but until recently, many had to be run remotely. We are thrilled that we are now able to restart some of our **face-to-face services**.



Our **Community Advice Hubs** have recently reopened for limited drop-ins, and we also continue to offer

appointments. All Hub services can also be accessed by telephone and email.

To contact the Hubs, please call **0121 709 7590** or email admin@solihullcommunityhub.org.uk.

Opening times for Drop-ins:

The Core (Central Solihull)
Monday, Wednesday, Friday 10.00am – 1.00pm*

Chelmsley Wood Library
Tuesday, Thursday 10.00am – 1.00pm*

*Please note these times may be subject to change and waiting times may be longer than we would hope for due to additional cleaning and possible staff shortages. Please check the Solihull Community Advice website for updated information: www.solihullcommunityhub.org.uk



Our **Postural Stability Instruction (PSI)** gentle service for frequent fallers resumed group classes in August. After running the service by telephone, leaflets and video link since March 2020, our clients, staff, volunteers and instructors are delighted to be **back together** in person.

If you would like to find out more about PSI, please telephone **0121 704 7845** or visit www.ageuk.org.uk/solihull/psi.

Our **Linking People Together (LPT)** service (clubs and befriending) has been able to restart face-to-face social interaction, which is more important than ever for older people.



After stepping up our Telephone Befriending service during the pandemic, we have now recommenced **Befriending Home Visits**. Our clients and **Volunteer Befrienders** have been so pleased to see each other in person. Some of them hadn't seen each other since before the pandemic and some had previously only ever spoken on the telephone.

Our popular **social clubs** (details overleaf) are just opening now. We are looking forward to seeing our existing members again, and hopefully welcoming some new ones too.



You can contact the LPT team on **0121 704 7846** or befriending@ageuksolihull.org.uk.

Finally, our **Home Support Service** has resumed all its help in the home tasks. For help with shopping, preparing meals, light housework or respite breaks from caring responsibilities please contact the team on **0121 704 7848**. Please note this is a chargeable service currently charged at **£18.50** per hour.



Back together again

We are thrilled that our **Postural Stability Instruction (PSI)** service - the only evidence-based exercise programme for frequent fallers - has resumed group classes. Participants have been equally **excited to be back out**, meeting others and improving their strength, balance and fear of falling.

The classes are supported by a fantastic team of **Volunteer Drivers** and **Classroom Assistants** and are all socially distanced.

PSI Manager, Angela Liatis, says, "We've been pleased to help clients with our virtual classes and phone support during the lockdowns, but it is even better now our face-to-face classes have resumed. People love coming to meet others, to see the instructors and to make sure they are doing the exercises correctly."

Thank you to **Birmingham and Solihull Clinical Commissioning Group** for their continued support of this vital service and the **Family Renewal Centre** for reopening for us.



How exercise has changed Shirley's life



Shirley had spent years struggling to walk. She'd had several falls, fractured bones, pain and an overall fear of falling. She would cling on to furniture and struggled to carry anything.

Her GP encouraged her to join our **Postural Stability Instruction (PSI)** programme where she was given a tailored set of exercises, along with **weekly telephone support** and **virtual exercise videos**, as group classes were suspended at the time.

Shirley has been **delighted** with the results, telling us, "I have come on in **leaps and bounds** and my daughters **cannot believe the difference** you have made. You gave me **confidence** that I would get there and now I feel that **life is worth living** and for a long time I had not felt like that."

Shirley is **thrilled** that classes have now restarted in person. She is taken to her class each week by **Volunteer Driver**, John (*pictured*).

Our PSI Programme has been transforming the lives of older people for years, and it faced a **major challenge** during the pandemic with

many isolated older people needing help. We worked hard to continue the service running through covid restrictions, and we're so pleased that group classes have now restarted.

The impact of the exercise classes is seen clearly in the **outstanding results** - there is an **87%** reduction in future falls for older people completing the 20-week programme.

Our PSI waiting list is open. If you or someone you know is over 65, has a history of falls in the last 12 months, is registered with a Solihull GP, and would like to complete the PSI programme, please contact your **GP or a health professional** for a referral, or call us on **0121 704 7845**.

In order to keep running the classes, we need more **Volunteer Drivers** like John, to transport clients to and from their class at **Renewal Christian Centre** off Lode Lane.

The class takes an hour, during which time the volunteers can sit together inside or outside. Many of our drivers have been helping out for years, and it's a great, **supportive team**.

If you're interested in helping out, please contact our Volunteer Manager, Catherine Gulati, on **07397 718 455** or email **volunteering@ageuksolihull.org.uk**.

Shop through **smile.amazon.co.uk** to raise money for us each time you shop with Amazon.

Dates for your diary

Please note, some events may be affected by covid restrictions in place at the time of the event and may be subject to change.

Wed 22 Sept **Speed Quiz Night**
Old Edwardians Rugby Club, B90 3PE
www.ageuk.org.uk/solihull/quiz-night

Fri 1 Oct **Slip into Slippers**
Wear slippers for the day and donate
www.ageuk.org.uk/solihull/slip-into-slippers

Fri 8 Oct **Big Knit**
Deadline to submit your hats to us
www.ageuk.org.uk/solihull/big-knit

Tue 12 Oct **Traditional Quiz Night**
Eastcote Park Retirement Village, B92 0JA
www.ageuk.org.uk/solihull/eastcote-quiz

To find out more about any of our Fundraising events and activities, call **0121 704 7842**, email **events@ageuksolihull.org.uk**, or visit **www.ageuk.org.uk/solihull/fundraising**.

Jack's Supports



If you shop in Castle Bromwich, you may have seen that we are one of three local charities selected to receive votes from customers in the **Jack's** store there. The charity with the most votes at the end of the voting period, which runs until **Saturday 17 October**, will receive **£750**.

The donation from Jack's Supports is made possible from income generated from the carrier bag revenue in stores and is distributed

on behalf of Jack's Supports by Groundwork.

Voting is on an electronic voting unit in the Castle Bromwich store and not by the use of tokens, like grant schemes run by other supermarkets.

So if you find yourself in the store between now and **Saturday 17 October**, please do hit the button for us.

Our Fundraising Manager, Lorraine, visited the store to see the voting machine and meet Store Manager, Laura Cerrone (*pictured*).

Running Solo!

Sadly this year's Great Birmingham Run has been postponed until **Sunday 1 May 2022**. While this news is disappointing, it does mean there is more time to train if you were thinking of signing up.

The organisers have also come up with an alternative for people who want to complete a running challenge this year. The **Great Birmingham Run Solo** is a challenge to complete 25 (or more) runs by **Sunday 10 October** - the date the Great Birmingham Run was due to take place. The runs can be done in an area of your choice and at your own pace and distance. Everyone who completes a minimum of 25 runs to finish the challenge will receive a special edition medal and digital certificate.

If you raise at least **£200** for Age UK Solihull then we will cover your entry fee! Please email **events@ageuksolihull.org.uk** if you are interested in taking part in aid of Age UK Solihull.



Thought of your own fundraising idea? Email **events@ageuksolihull.org.uk** to discuss

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Clubbing Together



We are so excited to welcome older people back to our **groups and clubs**.

Asda's "Bringing Communities Back Together" programme has funded a Welcome Back event for each club.

Our three weekly lunch clubs meet at the **Olton Tavern** (every Monday), the **Marston Green Tavern** (every Tuesday) and the **Red Lion** in Knowle (every Thursday). Members enjoy a hot meal, tea and coffee, entertainment and wonderful company. The lunch clubs each cost **£8**, which covers food and activities. The **Wednesday Friends Club** meets at **Moseley Cricket Club** (previously met at St Margaret's Church, Olton) every Wednesday for hot drinks, refreshments, activities and social interaction.

For more about our clubs, please visit **www.ageuk.org.uk/solihull/clubs** or call us on **0121 704 7846**.

Golf Days



Two local organisations are kindly organising **Golf Days** to raise funds for us. Both are taking place at **Copt Heath Golf Club**.

Local solicitors, **Sydney Mitchell**, are continuing their partnership with us this year and are organising a **Charity Golf Day on Thursday 7 October**. If you're a golfer and would like to get a team together to take part, email **events@ageuksolihull.org.uk** and we will send you details.

The **Rotary Club of Knowle & Dorridge** are also organising a **Charity Pro-Am Golf Day on Monday 27 September**, and they are looking for team fourballs to enter.

If you are not a golfer but fancy joining the evening dinner, which includes a raffle and auction, tickets are available for **£25**.

Contact **Colin Winstone** on **07800 121 274** or **colin.winstone@blueyonder.co.uk** for more information.

Become an Age Angel and make a regular donation. Visit **www.ageuk.org.uk/solihull/age-angels** to find out more