

## Exercise helps Jean enjoy life again



**Jean** (*left*) had always led an active life.

She had been a **keen gardener** and worked **37 different jobs** in her lifetime, with her most unique position being working in a **trumpet factory**.

However, Jean's **health began to deteriorate** after having brain surgery followed by a stroke, which affected her balance. She had to stop gardening, and she **struggled with daily tasks** like hanging the washing out, getting clothes out of her wardrobe, cooking and cleaning.

Jean had started to suffer with **anxiety** and had begun to feel **wary of going out**. She found it difficult to get in and out of a car, and she also struggled to get in and out of a chair.

Jean had **several falls**, and was referred to our **Postural Stability Instruction (PSI)** service after suffering a major fall in 2021.

Shortly after beginning the PSI programme, Jean began to see an **improvement in her energy levels** and began to feel **more confident** about leaving the house. She was able to walk further, and getting in and out of the car also became easier thanks to an improvement in Jean's **strength and balance**.

Jean says that the **social interaction** at the classes and **getting out of the house** gave her a real **boost in motivation and confidence**. She has enjoyed **meeting new friends** and is now **feeling much happier about life**.

Jean can now confidently get from sitting to standing with little effort, and **finds daily tasks much easier**. She can lift a pot of potatoes off the stove, reach up into cupboards, fasten her buttons and wash her hair - all things she **struggled with** before completing the PSI programme.

Jean also says that one of the parts of the course she found most beneficial was being shown how to **get up off the floor** if she did have another fall. This gave her the **knowledge and confidence** to know what to do if she ever was in that situation.

Jean says, *"It was nice of all the volunteers to help and they were all very friendly- there was always somebody to help at the class, which made me feel very confident."*

She is much **more happy** now and looking forward to a **better life** than before. She will be carrying on with the **exercises at home** and now attends a **follow-on class** after completing the initial 20-week course.

To find out more about the PSI programme, visit [www.ageuk.org.uk/solihull/psi](http://www.ageuk.org.uk/solihull/psi)

## Our Digital Champions project



The Age UK Solihull **Digital Champion Project** offers advice and support to help older people improve their digital skills.

The project can help with **online shopping**, **video calls**, **searching for information**, **accessing learning online**, and **downloading and using apps**.

Support is available at our **friendly groups** in North and South Solihull. Some of our first group sessions took place at Arden Hall earlier this year. Arden Hall's Deborah Jones said, *"I wanted to say a big thank you to Age UK Solihull for their support in*

*running the IT training and drop in sessions at Arden Hall. It's been great working with Michael , Kim and Maureen. All attendees have stated how much they have enjoyed the sessions."*

**One-to-one support** is also available, where an older person is allocated a **Digital Champion Volunteer** who offers regular tuition to support with using a **tablet or computer**. Those do not have their own IT equipment can benefit from our **Tablet Loan scheme**.

For more details, call **0121 704 7851**, email [digital@ageuksolihull.org.uk](mailto:digital@ageuksolihull.org.uk) or visit [www.ageuk.org.uk/solihull/digital-champions](http://www.ageuk.org.uk/solihull/digital-champions)

## Acknowledgments

We are grateful for the support we have received from organisations including:

<b>Adlington Farm</b>	<b>Crowne Plaza Solihull</b>	<b>Notcutts Garden Centre</b>	<b>Solihull Retirement Village</b>
<b>Asda Chelmsley Wood</b>	<b>Draw My City</b>	<b>Prince of Wales Nursing Home</b>	<b>Specsavers Chelmsley Wood</b>
<b>Asda Parkgate</b>	<b>(The) Entertainer</b>	<b>Provincial Grand Lodge of Warwickshire</b>	<b>Sydney Mitchell LLP</b>
<b>Barclays</b>	<b>Eveson Trust</b>	<b>QS Davisons Solicitors</b>	<b>Team Locum</b>
<b>Benefact Group</b>	<b>(The) ExtraCare Charitable Trust</b>	<b>(The) Ratcliff Foundation</b>	<b>Tesco Shirley</b>
<b>Birmingham Business Park</b>	<b>Finest Catch</b>	<b>Rotary Club of Knowle &amp; Dorridge</b>	<b>Turtle Bay</b>
<b>Blossomfield Grange</b>	<b>Fountains Care Home</b>	<b>Saxon Court</b>	<b>Wadworths Solicitors</b>
<b>Capitol Mobility</b>	<b>John Lewis</b>	<b>Snowdome</b>	<b>We Are All Making a Difference Charitable Trust</b>
<b>Chiltern Railways</b>	<b>Lady Katherine Housing &amp; Care</b>		<b>Werthers</b>
<b>Couch Perry Wilkes</b>	<b>Magical Story</b>		
<b>Countryside Properties (South Midlands)</b>	<b>National Grid</b>		

## Worried about the cost of living?

The recent increase in fuel bills and the general cost of living is a source of worry and anxiety for many people in Solihull and throughout the country. However, there is some **support available**.

You can call our **Community Advice Hubs** on **0121 709 7590**, whatever your age, to find out what support you might be entitled to.

Alternatively, visit [www.ageuk.org.uk/solihull/cost-of-living-support](http://www.ageuk.org.uk/solihull/cost-of-living-support) to see a summary of the Government's **cost of living support package**.



### 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

**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

### 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](mailto:info@ageuksolihull.org.uk)

[events@ageuksolihull.org.uk](mailto:events@ageuksolihull.org.uk) (Fundraising)

[volunteering@ageuksolihull.org.uk](mailto:volunteering@ageuksolihull.org.uk)

**Website** [www.ageuksolihull.org.uk](http://www.ageuksolihull.org.uk)



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**Age UK Solihull Newsletter** Issue 21 · Autumn 2022

# newsletter

Solihull Village · Volunteers · Day Trips · Fundraising · Social Clubs

## Farewell, Ma'am

At Age UK Solihull we were deeply saddened by the death of **Queen Elizabeth II**. The Queen was a fine example of the **valuable contribution** older people make to society, and she was an ambassador for many **charities**. She will be dearly missed by so many, and our thoughts are with her loved ones.



## A well-deserved treat



We were thrilled to celebrate the work of our **wonderful volunteers** recently by treating them to an **afternoon tea**.

The **Deputy Mayor of Solihull, Councillor Joe Tildesley**, was a special guest at the event at the **Crowne Plaza Hotel**, where he joined 73 volunteers for sandwiches, cakes, tea and prosecco. A raffle also took place, raising over **£300** to help us provide our services.

The Deputy Mayor said, *"It was a pleasure to meet with volunteers of Age UK Solihull and celebrate all the good work they are doing. Over 300 volunteers dedicate their time to improving the lives of older and vulnerable people in the borough for Age UK Solihull. I want to thank them all; their ongoing support and dedication is admirable and helps so many people."*

Councillor Tildesley presented **longstanding volunteers**, including **Peter Ogle** (*right*), with **certificates** to recognise their contribution to our work.



Peter, who has volunteered with us for seven years, said, *"Thank you to everyone at Age UK Solihull for organising such a great afternoon. I normally run a mile if I'm asked to stand up in front of a room of people, but I was very proud to receive my certificate today."*

Volunteer Manager, Ashlee Young, said, *"It was a pleasure to see so many volunteers face-to-face as for two years we had to cancel our celebrations. We are very blessed as a charity to have the support of over 300 volunteers who willingly give up their time to help our clients. I would like to thank them all for coming and hope they enjoyed their well-deserved treat."*

## Help us make a difference

Can you spare an hour or two each week to **help older or vulnerable Solihull residents**? We have several volunteering opportunities, all of which are **rewarding** and offer the chance to learn **new skills** and be part of a **friendly team**.

We currently especially need **befrienders** to visit a lonely older person in their home once a week, **drivers** to take an older person to their weekly exercise class, and **helpers at our charity** shop at 89 Hobs Moat Road, B92 8JL (this shop is also looking for donations of good quality men's clothes).

For more information, visit [www.ageuk.org.uk/solihull/volunteering](http://www.ageuk.org.uk/solihull/volunteering), call **0121 704 7843** or email [volunteering@ageuksolihull.org.uk](mailto:volunteering@ageuksolihull.org.uk).





## Speedquizzing Night

Join us for our next **Smartphone Quiz** at **Fountains Care Home** in Shirley on **Wednesday 26 October 2022**. Find out more at [www.ageuk.org.uk/solihull/quiz-night](http://www.ageuk.org.uk/solihull/quiz-night)

## Christmas

It will be here before we know it, and we have several ways you can get involved and help older people in Solihull, many of whom will be spending Christmas alone. Find out more at [www.ageuk.org.uk/solihull/christmas](http://www.ageuk.org.uk/solihull/christmas)

## Ruby anniversary celebrations

**Age UK Solihull turns 40 in 2023!** We would love to hear from you if you've had any experience with Age UK Solihull over the last 40 years. Perhaps you or a family member has **benefitted from one of our services**, maybe you've **volunteered for us**, or you might have **supported us** by coming to one of our **events**, making a **donation** or **fundraising** for us. Email [events@ageuksolihull.org.uk](mailto:events@ageuksolihull.org.uk) or visit [www.ageuk.org.uk/solihull/we-are-40](http://www.ageuk.org.uk/solihull/we-are-40) to tell us your story.

## Turn useless cash into donations

We are delighted to be working with **Cash4Coins** to collect unused currency and transform it into donations.

We have **collection tubes** in various locations around Solihull where you can drop **foreign and out-of-date currency** to raise funds for Age UK Solihull.

Some of our latest drop-off points include **NM Money** (formerly Eurochange) in Touchwood, **Shirley and Hobs Moat Post Offices**, **Knowle Travel**, **Wadsworth Solicitors'** offices, **One Stop Sharmans Cross**, and our own **charity shops** in Hobs Moat and Castle Bromwich.

See a full list of drop-off points at [www.ageuk.org.uk/solihull/cash-4-coins](http://www.ageuk.org.uk/solihull/cash-4-coins)

## PSI team strikes it lucky

Our **Postural Stability Instruction (PSI)** service staff and volunteers recently took a trip to **Acocks Green Bowling** for a team-building social event.

It was a fun evening where the team enjoyed getting to know each other and a bit of friendly competition. Congratulations to the winning team, **"Shinny Pins"** (*left*).

Thought of your own fundraising idea? Email [events@ageuksolihull.org.uk](mailto:events@ageuksolihull.org.uk) to discuss.

## Our Biggest Knit Yet!

The **Big Knit 2021/22** has now come to an end, and we are delighted to confirm that we received **13,462 little hats**, meaning the campaign raised an incredible **£3,365.50** for Age UK Solihull!

This is our best year yet, and we are **so grateful** to our wonderful knitters for their support.

Hats will go on top of **innocent smoothie bottles** to be sold in shops in **early 2023**. We'll let you know when the next campaign kicks off. Please **hold onto your hats** for now, and we'll let you know when we're able to receive them again.

Visit [www.ageuk.org.uk/solihull/big-knit](http://www.ageuk.org.uk/solihull/big-knit) for the most up-to-date information.

Our PSI volunteers support our **gentle exercise classes**, which are proven to **reduce the risk of falls** in older people.

If you'd like to help out by **driving** an older person to their class, or **supporting older people** in the classes, please contact **Angela** on **0121 704 7845** or [psi@ageuksolihull.org.uk](mailto:psi@ageuksolihull.org.uk). Or find out more at [www.ageuk.org.uk/solihull/volunteering](http://www.ageuk.org.uk/solihull/volunteering)

## Parties galore for our club members

Our **four social clubs** have enjoyed various **celebrations** in recent months.

Before the sad passing of Queen Elizabeth II, we put on a party at each club to celebrate her **Platinum Jubilee**.

Club members, volunteers and staff donned their best red, white and blue outfits, waved their Union Jacks while enjoying a hot meal, cakes and entertainment.

They also had the chance to have their photo taken with a cardboard cutout of the late Queen.

Thank you to **QS Davisons** and **We Are All Making a Difference** for generously making donations to fund the jubilee parties.

For their last meetings before they broke up for Summer, the clubs also enjoyed **Hawaiian-themed parties**. Check out some of the amazing tropical outfits!

And the celebrations don't finish there, as we are currently planning our clubs' **Christmas party!**

We'd like to say a **big thank you** to our **Clubs Volunteers** who give their time freely to make our clubs fun and a great place to come.

We have **three lunch clubs** which take place at the **Olton Tavern**, the **Marston Green Tavern** and the **Red Lion** in Knowle. We also have a **Wednesday Afternoon Club** which takes place at **Moseley Cricket Club** in Shirley. Please note **waiting lists apply** for all clubs. For more information please call **0121 704 7811** or email [activities@ageuksolihull.org.uk](mailto:activities@ageuksolihull.org.uk)

## A trip down memory lane

Our **Linking Veterans Together** project aims to tackle loneliness and isolation in older veterans and their spouses living in Solihull.

Support includes **connecting veterans to other members of the community** on a one-to-one basis, identifying **local groups and activities** and supporting them to attend them where required, assisting with **digital skills**, and providing information on **health and wellbeing**.

We also run **regular activities** for Linking Veterans Together clients, including a recent trip to see **"Rolling Back the Years"**, which is a nostalgic and vibrant show with songs from the 50s, 60s and 70s.

40 clients enjoyed an **afternoon tea** (*left*) followed by the matinee show at **The Core Theatre**.

The Linking Veterans Together project also took a coach trip to **Stratford-Upon-Avon** in June (*right*).

35 veterans and 5 volunteers began the day with breakfast at **Encore Café**, before traveling to Stratford for a **boat trip** on the Avon and lunch at **Stratford Garden Centre**.

The trips offer a chance for veterans and their spouses to **get out of the house and connect with other members of their community**.

As you can see from the photos, the trips are hugely enjoyed by the clients.

Find out more about the project at: [www.ageuk.org.uk/solihull/linkingvetstogether](http://www.ageuk.org.uk/solihull/linkingvetstogether)

Raise money for us each time you shop with Amazon by starting at [www.smile.amazon.co.uk](http://www.smile.amazon.co.uk)

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## Raise funds for free

You can **raise free donations** for Age UK Solihull with your **online shopping!** From your weekly shop to your annual holiday, whenever you shop online you could **help us make a difference**.

**Over 7,000 brands** will make a donation, including Argos, John Lewis, Booking.com and M&S.

More than **£1,800** has been raised so far for Age UK Solihull, all from shopping our supporters were doing anyway!

To sign up, visit [easyfundraising.org.uk](http://easyfundraising.org.uk) and choose Age UK Solihull as your cause to support. Then download the **Donation Reminder** so every time you visit a participating website it will ask if you want to raise a donation. After you've checked out, the retailer will make a donation to Age UK Solihull at **no extra cost to you whatsoever!**

There are **no catches or hidden charges** and we will be **so grateful** for your donations.

Every gift in every Will, large or small, helps make a big difference. Visit [www.ageuk.org.uk/solihull/leave-a-gift](http://www.ageuk.org.uk/solihull/leave-a-gift)

## Join our club

Join our **100 Club** for the chance to win **cash prizes** every month, while **raising funds** for Age UK Solihull at the same time!

For an annual membership fee of **£24** (that works out as just £2 a month!) you will be entered into a draw each month where **three lucky winners** are picked at random.

**45%** of the membership fees taken each month is given to the three winners, and the remaining **55%** comes to Age UK Solihull to help us deliver our services to older and vulnerable people in the Solihull borough.

The draws take place on the **last Thursday of every month**.

Visit [www.ageuk.org.uk/solihull/100-club](http://www.ageuk.org.uk/solihull/100-club) to find out more.