



## Chief Officer's update



Peter Bennie,  
Chief Officer

Welcome to the Autumn edition of our volunteer newsletter. This coincides with the launch of a new digital project to support older people to use technology to access NHS services and in their daily lives. If you know someone who might be able to help provide one-to-one assistance, or could do so yourself, there are more details on page 2.

This year's London Marathon is almost upon us; entrants include our volunteer Vicky Toomey who is running to raise funds to address loneliness – see page 2 for how to support her.

We were sorry to see the departure of two valued members of staff in the last few months, Louise Beer and Sue Williams. Both played key roles in helping improve the lives of Southampton's older people, and will be greatly missed.

Finally, a big 'welcome' to Chris Hill, who joins us as our Information & Advice Team Leader; Chris brings a wealth of experience and will be a great asset to our organisation in supporting vulnerable older residents.

## Latest news from Age UK Southampton

### Reopening of our Coffee Afternoon Shirley Chums

We are pleased to say that at the end of July we re-opened our coffee club - 'Shirley Chums' This has been extremely popular since re-opening and has in fact doubled in size from pre-pandemic numbers! Its just goes to show that older people have really missed the interaction from having to isolate or shield during the pandemic. The feedback has been wonderful and we continue to hold the coffee club every Friday 1pm-3pm in the main hall at Freemantle Community Centre.



### Re-opening of our Computer Club.

As well as the Coffee Afternoon re-opening, we also re-opened our Computer class for older people here at Freemantle. This class is every Friday from 10am-12pm and whilst the numbers of clients are fairly small, we are so happy to be able to help the clients that drop in for us to help with all things digital! We have a wonderful bunch of volunteers on hand to help each week and we look forward to the numbers increasing over the coming weeks, we will keep you updated!!



## Volunteer spotlight

**This edition's volunteer spotlight is on Vicky Toomey**, who will be running the Virgin Money London Marathon to raise funds for Age UK Southampton. Vicky is a Strategic Intelligence Analyst for Southampton City Council and started to support our charity during the pandemic, working with our local team to understand more about coronavirus cases among older people in the city. When Vicky discovered she had been lucky enough to win a place in the marathon, she decided to run on behalf of our charity to help older people to regain their sense of connectedness in the wake of the virus. The funds raised will go directly towards supporting older people in the city to develop their knowledge of digital technology – an area highlighted during the pandemic. If you'd like to support Vicky as she takes on the 26.2 mile run, you can make a donation to Age UK Southampton on her Virgin Money Giving page, [here](#).



**Would you like to be in our volunteer spotlight?** Simply let us know what it means to you to volunteer for Age UK Southampton by emailing: [volunteering@ageuksouthampton.org.uk](mailto:volunteering@ageuksouthampton.org.uk)

### Appeal for volunteers – can you help?

**Volunteer Digital Champions-** We are starting an exciting new project providing IT support for people who are particularly vulnerable to the effects of the covid pandemic, including patients with chronic lung disease. Being a **Digital Champion for this project** involves introducing older people to technology and its benefits, and in particular, the use of the MYCOPD app, to improve their health and wellbeing. If you have good IT and communication skills this is a great opportunity to become involved in this new service.

**Information & Advice service.** This role involves meeting with older people to complete Attendance Allowance claims forms or carry out benefits checks to help claim any extra money they may be entitled to.

**Assessment Volunteers** to visit clients at home to assess suitability to our visiting service.

**Visiting Volunteers** to visit clients at home for a cuppa and a chat, & also **Telephone Befrienders.**

If you have good communication skills and would like to donate your time (Monday to Friday), please send us an email at:

[volunteering@ageuksouthampton.org.uk](mailto:volunteering@ageuksouthampton.org.uk) or call us on: **023 8036 8636**

### Service headlines .....

There's been lots going on at Age UK Southampton over the last couple of month since the restrictions have been lifted. Just take a look at what we now offer.

- Re-opening of our Coffee Afternoon 'Shirley Chums' on Friday's 1pm-3pm
- Re-opening of our Computer Club at Freemantle on Friday's 10am-12pm
- Re-opening Padwell Road Day Centre
- Face to face appointments (socially distanced)

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