

VOLUNTEER NEWS

AUGUST 2022

Community Support Clubs (CSCs) Buzzing Once Again!

Nobody was happier to see the end of lockdown restrictions than our CSC members and volunteers. However, the hard work then started in reopening CSCs and finding new venues to replace some that were no longer suitable.

To date, thanks to our amazing team of volunteers, we have reopened 17 clubs at various venues across the City of Sunderland. The CSCs differ in structure to try and cater for everybody. We offer coffee/tea and chat groups, clubs with bingo and raffles, a domino group, scrabble group, craft group and a knitting group! There is also a movie club and sing-along group. All of these CSCs have space for new members so please get in touch if you want more details.

We are currently looking at new groups and new venues, including special interest groups, e.g. darts, snooker, pool, music and games. New ideas and suggestions are always welcome.

We are recruiting new volunteers to join our fantastic team to help run our CSCs. If you would like to make a positive difference to older people's lives why not join our amazing volunteer army!

For more information please contact our CSC coordinator Melanie Whing on 0191 5148338

Volunteer Coffee Morning

Thursday 25th August

Call in between 11am and 1pm

No.25 Stockton Road

A great opportunity to meet and catch up with staff and fellow volunteers

We look forward to seeing you there!

Volunteer Event

Our 2022 **Volunteer Celebration and Long Service Awards** were held in June at the Grand Hotel in Seaburn.

Entertainment was provided by the ARCO String Quartet, Solosax and the brilliant New Herrington Primary School Choir.

10 years **Long Service Certificates** were awarded to Andrew Knox, Jim Ramage, Alan Wright, Paul Carter and Barrie Oliver, while Liz Hiles received her certificate for 15 years volunteering.

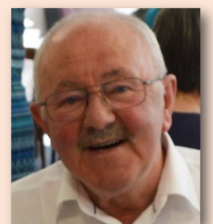


As we have not been able to hold the event in the previous 2 years, we had 3 **Volunteers of the Year** for 2022!

The recipients were **Fred Gallagher** (pictured above) for his work in Keeping in Touch, CSCs and the Active Age Walking Group.

Alan Wright (pictured right) for his work as an advocacy volunteer and **Ian Cunningham**

(pictured below) who volunteers five days a week in our CSCs.



The award recognises volunteers who have been outstanding for their dedication, commitment and achievement in the last twelve months.

Well Done All!

Volunteer Profile

David Barraclough, Redwood Day Service



David (left) has been a valued Age UK Sunderland Volunteer since July 2013.

For many years he was based in the Lambton CSC in Washington welcoming the clients to ensure everyone was kept topped up with refreshments and enjoying the great activities.

Following the pandemic lockdowns, David began to volunteer in the our Redwood Day Centre at the Bradbury Centre.

David explains "I enjoy meeting and helping people and doing things to help in the community, this is what first attracted me to volunteering for Age UK Sunderland. Over the years I have met lots of very nice people".

"Everyone is different, this is what keeps it interesting for me. I also enjoy knowing that I am helping the staff in the day centre".

"I particularly like the special events, such as celebrating clients' birthdays and the celebrations for the Queen's Jubilee were very memorable".

Asked if he would recommend volunteering at Age UK Sunderland to his family and friends David responded with a resounding "Yes" summing up his experience for the last 9 years as "*Fandabbydosey!*"

Dial a Driver back after the lockdown

We were delighted to relaunch our **Dial a Driver Service** in June following the pandemic restrictions.

We have a small team of amazing volunteers who dedicate their time because they are passionate about empowering older people to stay engaged in their local community, supporting them to access local amenities. Volunteers also find meeting new clients and transporting them safely to their chosen destination to be a very rewarding role.

Our Dial a Driver service is a lifeline for many and provides a door to door transport service which promotes independence preventing loneliness by helping people to attend GP and hospital appointments or visit family or friends. It can also provide transport to our many activities and CSCs.

The first month saw an encouraging start with the volunteers completing almost 100 journeys.

The service is steadily growing as word spreads but future growth does depend on volunteer recruitment. If you would like to volunteer and take advantage of this rewarding opportunity please contact our transport coordinator, Danny Morris, on 0191 **5148339**.

Drivers expenses are reimbursed.

One of our longest serving volunteers Jennie Hendry (right) stepped down in July. Jennie 85, has been a volunteer Keep Fit Tutor for Age UK Sunderland for 19 years and for all those years has been on a mission to keep our older people as fit and agile as possible.

Our Director Tracy Collins would like to thank Jennie for her amazing contribution to the work of Age UK Sunderland over many years which has been invaluable in improving the mental and physical wellbeing of everyone she supported.

Thanks for being you Jennie!



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