

VOLUNTEER NEWS

NOVEMBER 2021

Calling all Age UK Sunderland Volunteers!

We are holding a Volunteer Coffee Morning Drop-in on **Wednesday 24th November** between **11am - 1pm** at No.25 Stockton (pictured right) Road located 100 yards from the Bradbury Centre.

This is our first opportunity to invite our volunteers to a gathering since the lockdown and we hope you can join us for an informal get together and refreshments, it's also

a great opportunity to meet and catch up with fellow volunteers and share stories as everyone looks forward to getting back into their roles.

Hope to see you there!



Meet our new Keeping In Touch (KIT) Coordinator– Vickey Teasdale

Vickey has hit the ground running in her new role here at Age UK Sunderland, as she has previously worked for us before!

She is one of 3 new members for our Front Door team who will really boost service development. Vickey will be working with KIT Volunteers moving forward, to help reduce loneliness and isolation across Sunderland following the impact of the pandemic.

She is keen to get started and get to grips with the wonderful work our KIT volunteers do, developing and expanding the service to help more local older people.

Commenting on her new role Vickey said: *I am really looking forward to meeting the current KIT volunteers and learning about all the*

amazing things they do for our Age UK Sunderland Clients.

Vickey, pictured below, has vast amounts of experience in successful coordination roles.

Vickey is a busy mum of 3 boys, she loves walking her dog Ozzy and looks after her own physical and mental wellbeing by running.



June steps down after a remarkable 44 years!

After 44 years of volunteering for Age UK Sunderland June Knightley (left) has decided to step down. June started to volunteer in 1977 and over the years has undertaken many different roles. She was best known as the lead volunteer at the Myre Hall lunch club. In 2015 June was the recipient of the British Empire Medal. She attended the Best of Wearside event the same year where she received the Sunderland Echo Lifetime Achievement Award and was also delighted to attend a garden party at Buckingham Palace for her service to volunteering!

The Bradbury Centre, Stockton Road, Sunderland, SR2 7AQ Phone: 0191 5141131

Remember to visit our website, Facebook, Twitter and Instagram pages for regular updates on our services

Search: Age UK Sunderland



Karen and Kathleen (pictured right)

The staff and volunteers at the Essence Service recently said a fond farewell to a highly regarded volunteer. Kathleen Murray

Our much-valued volunteer Kathleen Murray has decided the time is right to hang up her volunteering boots after many years of volunteering in her community, many of which have been with Age UK Sunderland (AUKS). Kathleen volunteered at the AUKS Union Street Chapel lunch club in Hetton for many years where she volunteered alongside a fantastic team. When the lunch club sadly closed Kathleen, determined to keep on volunteering, came to Essence to volunteer at our very busy Friday men's group and ladies' carer group. She was an immediate hit with everyone. Her commitment and work ethic ensured she became a very valuable asset to the Essence team.

She not only kept our clients and carers supplied with refreshments, she provided a warm welcome to all and a friendly listening ear particularly to our lady carers and still had the energy to leave our kitchen here at Essence spotless every Friday evening.

At an informal presentation at Essence a small group of carers and staff gathered to say thank you and goodbye to Kathleen when she was presented with a certificate of appreciation for her many years of voluntary service with AUKS (Karen McKinney, Essence Support Worker).

Our **Redwood Day Service** is back up and running 5 days a week now that restrictions have eased and we are enjoying seeing all of our clients' lovely faces again.

The service provides transport to and from the Bradbury Centre at Age UK Sunderland, a 2 course hot meal, plenty of tea and coffee and great activities.

If your client, a family member or a friend is interested in coming along to our Redwood Day Service and would like more information please contact Eva Senior on 0191 **5141131**

Pictured right: Eva Senior preparing to collect clients.



Can you help us make vital fidget blankets?

Fidget blankets are lap sized pieces of fabric, wool or crochet with interesting tactile bits and bobs e.g. buttons, ribbon, beads attached for people who are agitated or anxious, to twiddle in their hands. Fidget blankets are designed to trigger memories, stimulate senses and the brain, whilst keeping 'restless hands' busy.



We have found that the blankets can help to decrease agitation and anxiety levels and are used through various dementia projects at the Essence Service to promote wellbeing

We would be delighted if anyone could volunteer to help make some fidget blankets or add embellishments to existing blankets .

We will provide the materials and advice needed to get you started. If you would like to help please contact the Essence Service on 0191 5221310

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