

# VOLUNTEER NEWS

THE NEWSLETTER FOR AGE UK SUNDERLAND (AUKS) VOLUNTEERS  
Spring 2021 Update

## Update from the Director

**As Spring approaches so does new hope that current restrictions will ease and we can move slowly back to a new reality.**

Our volunteers have continued to give excellent support over the long winter months, without their dedication the winter may have been much bleaker for many vulnerable older people. I would like to give a huge thank you to all volunteers who have continued to support Age UK Sunderland during this challenging time.

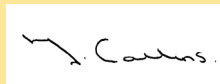
In line with the government's roadmap Age UK Sunderland has devised an action plan to reopen services including face to face support slowly and safely. Our plan may change if government guidelines change however we hope that the easing of restrictions will go to plan.

With this in mind we aim to have some volunteers starting back in their previous roles from July 21, your named coordinators will be in touch with more information over the coming months about how we will do this.

Some services may stay the same and some services may be slightly different going forward due to the impact of Covid-19, we look forward to our volunteers support and understanding when we restart our services to ensure that the older people of Sunderland receive the support and care that they deserve.

Please continue to take care and we hope to see you all very soon!

Tracy Collins  
Director



Both the Keeping in Touch and Community Club volunteers have access to regular Zoom meetings, this is a useful opportunity to chat to the Co-ordinators and fellow volunteers online during the lockdown restrictions. Keeping in Touch volunteers meet fortnightly on Thursday's at 10.30am with Nick. Community Clubs meetings are taking place regularly with Mike. If you would like to participate in your service Zoom meetings, please contact Nick 07715674359 or Mike 07889812771 for further details of how to join in.

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## Loneliness and Isolation Task Force

**We are currently recruiting for dynamic and passionate volunteers who would like to make a big difference to the lives of older people to drive forward a new and exciting Loneliness & Isolation Task Force (LITF) project.**

Due to the significant challenge of increasing prevalence of loneliness and isolation as a consequence to Covid-19 restrictions, there has been a marked rise of loneliness & isolation experienced by older people including those with mild to moderate dementia across the City.

The purpose of the LITF is to help reduce loneliness and isolation in older people aged 50+ and help them to gain access to community support services when it is safe to do so in line with the government road map. The LITF project is scheduled to start in June 2021, if you would like to be considered as a volunteer contact Barry Hall on: 0191 5141131 or 07889812763

Email: [volunteering@ageuksunderland.org.uk](mailto:volunteering@ageuksunderland.org.uk)



### Did you know?

*Throughout the period of the pandemic our Keeping in Touch volunteer team has been very busy contacting older people who have been referred due to loneliness and who greatly benefit from a weekly call from a friendly voice. So far they have made 10,000 telephone calls to 387 individual clients.*

The role of hobbies and pastimes have proven a great source of keeping focussed and busy during the lock-down for our volunteers. Right is a cheerful beaded



picture of Ozzy the puppy by volunteer Vicky Cullen to make you smile. Keep sending your creative work to be featured in the newsletter.

### Active Age

We are looking forward to re-introducing a new and invigorated ActivAge Programme. But we need YOU to help us to achieve our goals of delivering a diverse programme. Therefore, AUKS is currently recruiting new Volunteer Leads for the following activities:

- Mental Cognitive Stimulation Therapy (MCST). This is a bespoke programme for clients with mild dementia, volunteers will be provided with training to enable them to effectively support clients' and the tutor in delivery of these sessions.
- Book Club Lead
- Music Club Lead
- Baking Club Lead
- Jogging Group Lead
- Walk & Sketch Group Lead
- Walking Heritage Group Lead
- Walking & Dog Health Group Lead

For more information, or if you are interested in leading any of the above activities please contact us on 0191 514 1131, or if you have any other ideas that you think we might be able to develop.