

# News & Views

Keeping you up-to-date on our services, projects and partnerships - Issue one 2018

## Come and join our walks

If you've often thought about going for a walk but had no one to go with, then this could be for you!

GO50 is our county-wide walking programme aimed at anybody aged 50 or over. We organise guided walks throughout Surrey with a volunteer leader.

There'll always be someone at the starting point to greet you and lead the walk, and there is no need to book - just turn up. GO50 walks are generally 2 - 5 miles in length but with GO Further they can be up to 10 or 11 miles (if you're up for it).

Along with the leisure and social side there are obvious health benefits to be had with regular walking. Walking can help to keep blood pressure low, defend against stroke, heart disease and diabetes, maintain a healthy mind and, of course, help to lose weight.

Given the nature of the programme there are many different types of walk available. We run a dedicated health walk from Merrow leaving every Thursday from St. John's Centre at 9:45. Walkers are encouraged to walk at a pace that suits them. Ideally this pace means you will feel slightly warmer, breathe a little faster and increase your heart rate... (continued on page 2)



Clive GO50 Walk Leader

## Welcome from Sue Zirps, CEO

I am very **optimistic** for the year ahead as we work hard to support older people to improve their quality of life in so many different ways: **Optimistic** that the government has appointed a Minister for Loneliness, which is devastating for so many people but particularly for older people who live alone with no friends or family nearby; **optimistic** that the government is reviewing social care provision and will be providing a green paper later in the year. In Surrey we held an event to hear clients, carers and volunteers' views on their experience of social care. Their views contributed to a paper produced by Age UK to inform members of parliament on the real issues people face on a daily basis. Finally, I am **optimistic** that more people will recognise the challenges that people face as they grow older and as a community we will come together to support them at home and in our neighbourhoods.



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Improving later life for people across Surrey

## GO50 continued...

Clive, a GO50 volunteer who has been leading walks and GO Further Walks for some seven years describes one of his walks (usually 7-8 miles):

'We start on the outskirts of Haslemere, and ascend to the highest point in West Sussex, Blackdown, at 917 ft above sea level with a superb view, and memorial seat where we have our picnic.



'En route outbound, we walk along a short section of the Serpent Trail, a 64-mile footpath which runs from Haslemere to Petersfield (which are only 11 miles apart as the crow flies), and on the return go through Valewood Park.'

Eryl, another one of our volunteers, describes her enthusiasm for guiding walks around Surrey:

'Surrey is such a wonderful county for walking that it is hard choosing where to go! When planning for a group I find that selecting a suitable car park is often the most difficult part of the process. I also like to include something of historic or local interest if possible just to widen the appeal. During the walk there is plenty of time

to chat with the others and enjoy the fresh air.'

'For my monthly walk on Tuesday 12th June we are starting from The Watts Studios overflow car park. We will go north through deciduous woods along part of the North Downs Way before crossing the A3 on our way south again to the village of Compton.

Our route then takes us through fields (with fine views across to the Hog's Back) to the outskirts of Binscombe and then north again across the wooded Compton Common and Bummoor Copse back to the gallery where the café will surely beckon for lunch!'

You can find all of the details about our walks on our website. Please get in touch if you would like to get involved using the contact details below.

**Email:**  
[enquiries@ageuksurrey.org.uk](mailto:enquiries@ageuksurrey.org.uk)

**Website:**  
[www.ageuk.org.uk/surrey/activities/go50](http://www.ageuk.org.uk/surrey/activities/go50)

## New regional office in Godalming!

Age UK Surrey and Waverley Borough Council are delighted to be working in partnership to deliver vital Services to older residents in Waverley. A new office in Godalming, located at Wey Court is now the local hub for delivering Age UK Surrey Services across the borough.

Waverley Borough Council officially opened the centre on Monday 9th April. A community event is planned for the summer. Waverley has the highest number of residents aged 65+ and 85+ compared to other boroughs in Surrey, and the need for services to support our ageing population has never been greater.

Councillor Jenny Else, Portfolio Holder for Health, Wellbeing and Culture at Waverley Borough Council, said: 'Age UK Surrey already do wonderful work across the borough to support older people.

I am delighted that the new hub in Godalming will enable Age UK Surrey to have an information and advice morning every Monday, open to older residents across the borough. It will also be the new base for the Help at Home team, who provide a vital service to people who need a helping hand.'

For more information please telephone 01483 503414.



Our CEO Sue Zirps with Waverley Councillors



# Café Culture - bringing people together

A few years ago Britain was voted the “loneliness capital of Europe” by the Office for National Statistics. We’ve since been overtaken by countries like Italy and Portugal but we still rank among the top 5 - something that our Health and Social Care Secretary has described as our “national shame”.

Inspired by the late Jo Cox and her Commission on Loneliness, the Prime Minister has pledged to ‘build on her legacy with a ministerial lead for loneliness’ that will work with charities ‘to shine a light on the issue and pull together all strands of government to create the first ever strategy’. The government has already started work on developing some anti-loneliness strategies together with charities like Age UK.



Ena is one of the regulars at our Guildford Café Culture

Older people are more at risk of loneliness and isolation. To help address local loneliness we have set up “Café Culture”. Our weekly meetups encourage people to get out of the house and make new friends in high street locations. We run weekly meetups at cafés in Cranleigh, Guildford, Staines and, starting in May, a pub in Farnham.

Come along and join Age UK Surrey for a drink and chat:

- **Tuesdays 3pm-5pm at Bill’s Restaurant in Guildford**
- **Wednesdays 2pm-4pm at Manns of Cranleigh Coffee Shop**
- **Thursdays 2pm-4pm at Notcutts Garden Centre Coffee Shop in Staines**
- **Wednesdays 2:30pm-4:30pm at The Plough Public House in Farnham.**

*Terry from our Cranleigh group says ‘It’s nice to have somewhere to go where you can meet for a coffee and have a chat with new people and make new friends.’*

## Looking after your mental health

Many people, at some stage of their life, feel anxious, depressed or isolated. Life events such as the loss of a loved one or an illness can trigger these feelings.

Small things can help improve how you feel. Campaigns like ‘Time to Talk’ encourage people to break the silence on mental health and feel more comfortable discussing these issues. Anybody can suffer from mental health issues and it’s important that we start talking about these feelings.

Counselling gives you time and space to explore these feelings and to help you make sense of them. If you’d like to talk with a trained Counsellor, we run an affordable Counselling Service. Please get in touch if you think this could help you or someone you know:

For more information have a look at our website or get in touch with Joanna Williams, our Counselling Co-ordinator: [Joanna.Williams@ageuksurrey.org.uk](mailto:Joanna.Williams@ageuksurrey.org.uk)

## Dates for your diary

- Cafe Culturé comes to Farnham from 9th May, every **Wednesday at 2:30pm in The Plough Public House.**
- The Great Get Together **22 - 24 June.**
- Older People’s Day, **1 October.**
- Carol Concert at Guildford Cathedral, morning of **20th December**

# Meet Jennifer, Volunteer

My name is Jenny Merritt and I'm a Regional Co-ordinator for the Help at Home Service in Caterham and I would like to introduce you to Jennifer who has become a valuable member of the team.

Jennifer's journey as a volunteer began a couple of years ago. She saw an advert asking for volunteers in the local paper in Caterham and applied - she knew she wanted to do some kind of volunteering, but wasn't sure exactly what.

Following her application she met with us and discussed suitable roles. Jennifer started to assist with the Tea and Chat group, helping with teas and coffees, talking to people and assisting with the quizzes, which she thoroughly enjoyed.



We underestimated how much we would come to rely upon Jennifer. She has been a real asset in helping ensure people receive the best help. Clients and Home Helps enjoy speaking to her and Jennifer is very empathic and friendly and she has since become a good friend as well as a colleague.

Jennifer says: 'To anyone thinking about volunteering, I would say - Try it! I'm sure you won't regret it. Start with something easy (like giving out teas or assisting at an animal centre) for a short time and you can always increase this if you want to. The majority of charities are very happy to have volunteers and will be very appreciative of any time you can spare.'

**Jenny Merritt**  
Help at Home Regional Co-ordinator

I asked Jennifer if she would consider assisting us in the office. 'It was nice to be asked,' she said, 'I learned how to use a new computer system, and I never expected to find myself working in a modern office again. It works very well, I can be flexible with the times and days that I work. I get on very well with the girls and I really enjoy the contact with the clients. It's lovely to hear the praise for the Home Helps'.

## Find out more about our Help at Home services

We run a Help at Home Service across the county. Whether you need someone to do light housework, have a chat, go to the shops, run errands or tidy your garden, we are here to make life easier for you.

### How does the service work?

You choose the support you need. We will talk with you about your requirements and introduce you to a Home Help who has been interviewed and selected by us. We will be available to ensure you receive excellent service and answer any questions you may have. For more information please call our head office at 01483 503414 and we can put you in touch with your local office.

### Would you like to volunteer with Age UK Surrey?

If so, have a look at our website or get in touch with our Volunteer Co-ordinator Lesley Power at [lesley.power@ageuksurrey.org.uk](mailto:lesley.power@ageuksurrey.org.uk)

## Meet us for Tea and Chat!

Come along to one of our meetups! The groups currently meet in Oxted, Caterham and Lingfield:

**Caterham** – every other Monday from 21st May, 10.30am – 12pm at the Douglas Brunton Centre.

**Lingfield** – last Thursday of every month from 2.30 – 4pm at Lingfield Day Centre.

**Oxted** – the first Tuesday of every month from 2.30 – 4pm at the Bluehouse Social Centre.

## STOP PRESS

New Feet First clinic open in Caterham at the Douglas Brunton Centre. To make an appointment please call us at 01483 503414.



# Engagement Events

## Event with Jeremy Hunt

In January we held a Social Care Listening event in partnership with Age UK. Clients, staff and volunteers came to the event and shared their experiences of social care provision and their views on how it could be improved. The Rt Hon Jeremy Hunt, MP for SW Surrey, came to the event and heard from his constituents.



Hunt said 'a strong social care system is absolutely vital for both the NHS and society as a whole – and making reforms that sort out both funding and the quality issues is the litmus test of whether we are really serious about looking after older people with dignity and respect'.

Our Chief Executive Sue Zirps said 'We are really grateful to our clients and volunteers who came to the event in Godalming to share their own experiences of social care and the challenges they face when it comes to getting quality and affordable social care. Innovative ideas were also shared for solutions which is why events like this are so important.'

The government plans to publish a green paper this summer that 'will set out plans for how government proposes to improve care and support for older

people and tackle the challenge of an ageing population' and hopes to 'stabilise the social care provider market'.

Age UK has published a report on social care based on events like this held throughout the country. It can be accessed on Age UK's website:

<https://www.ageuk.org.uk/our-impact/campaigning/care-in-crisis/>

## Carol Concert at Guildford Cathedral

We were delighted to welcome 650 older people and dignitaries from across the county to our annual Christmas Carol Concert in the newly refurbished Guildford Cathedral on 21st December.

Guests enjoyed coffee and mince pies as people arrived. Surrey Cantata and the Guildford Cathedral Singers performed some songs with organist Matthew Kelley. Our President Mrs Lavinia Sealy DL and our Chief Executive Sue Zirps read poems. Everyone enjoyed the morning. We hope to see you at our next Carol Concert on the morning of Thursday 20th December 2018!

We would like to thank our sponsors for their generosity: Headline Design and Print, Waitrose Guildford, James and Thomas Funeral Directors and Romans Property Services.



# Fundraising Events

## Donate a Present campaign

Thank you to all of our supporters who donated over 200 gift bags last Christmas for older people.



Thank you to Proctor and Gamble, who spent a morning in December 2017 sorting presents for distribution to local hospitals and community nurses.

Students from Royal Holloway University also hosted a Santa workshop in December, inviting students and others to pack gift bags filled with food and presents for older people.

Thank you to the staff at Centrica for their generous donation of £2,995.00 which they raised by organising fundraising events in the lead up to Christmas. They also donated Christmas goodies for the Royal Holloway Santa Workshop.

Thank you to staff from BP who donated wonderful gift bags and treated us to a lunchtime carol concert.

## The Big Knit Campaign 2018

Innocent smoothies' Big Knit Campaign began over thirteen years ago with the purpose of helping older people through knitting. Whether you're an experienced knitter or a beginner, we need your help! Every hat really has made a difference to Age UK Surrey. Keep an eye out for more information about the Big Knit this year on our website.

## Red Mist Competition

One lucky reader can discover the historic town of Odiham and win an overnight stay for two at The Red Lion, Odiham. Eat and relax your way through dinner, bed and breakfast. The winner can choose a date (Thurs – Sun) to come and stay, subject to availability, valid until 28th February 2019. To enter, answer the following question: 'Which part of the Armed Forces is based near Odiham and celebrated its centenary this year?' Send answers by June 30th 2018 to Age UK Surrey (Marketing Department, address on back page) or by email to [bradley.davies@ageuksurrey.org.uk](mailto:bradley.davies@ageuksurrey.org.uk). Terms and conditions apply and can be found on our website. Alternatively, call us as 01483 503414.

Also enjoy 25% off published Bed & Breakfast package rates at The Red Lion, Odiham and The Stag on the River, Godalming. This offer is valid on all stays between Thursday – Sunday until 31st October 2018 when using promo code **AGEUKSURREY**. This offer is based on two people sharing a room and is not valid 14-22 July 2018 inclusive or 6-8 September 2018 inclusive. Please refer to their website for more information: [www.redmistleisure.co.uk](http://www.redmistleisure.co.uk)



## Surrey Half Marathon

Braving the cold of the "Beast from the East", Age UK Surrey staff and Paul Lynch from Romans Property Services took part in The Mercer Surrey Half marathon on Sunday, March 11th.



The half marathon is the largest of its type in Surrey and winds through the scenic countryside between Guildford and Woking, attracting thousands of participants.

Thanks to the efforts of our staff and generous donors we were able to raise close to £3,000!

**We have places for the Surrey Hills Challenge on 23rd September. Please email: [melanie.sneller@ageuksurrey.org.uk](mailto:melanie.sneller@ageuksurrey.org.uk)**

## Quiz night

We hosted a charity quiz night in March raising over £750 for older people. Our generous attendees were treated to rigorous brain-racking and all sorts of culinary splendours. Questions covered the typical topics of music, geography, history and politics as well as some stranger ones, like mortality rates in fishing. Keep an eye out for any future quiz nights and fundraising events!



# Loneliness capital of Europe

Britain's loneliness crisis is difficult to remedy, especially among older people who are more vulnerable to chronic loneliness. According to Age UK, two fifths of older people in the UK say television is their main form of company, with many going weeks or months without even one conversation.

Over the past few years scientists and lawmakers have acknowledged that loneliness is a physical as well as mental problem. Studies have shown chronic loneliness to be as harmful as smoking 15 cigarettes a day, causing cardiovascular issues (heart disease, strokes) as well as inflammatory disorders. Some studies have suggested that loneliness can even hasten the onset of conditions such as dementia.

To tackle the problem of loneliness Age UK Surrey runs a range of local services and activities such as Making Connections, Café Culture (see our feature on page 3), Men in Sheds, Tea and Chat and GO50 walking. We also take part in local and national campaigns such as the Jo Cox Great Get Together to bring people together and start our own conversations!

As an independent local charity we provide all of our own services across Surrey. We work hard to combat loneliness among older people, so if you or somebody you know ever feels lonely please do get in touch.



Last year's Great Get Together in Guildford

Find out more on our website: [www.ageuk.org.uk/surrey/activities-and-events](http://www.ageuk.org.uk/surrey/activities-and-events)

## Why legacies are so important to us...

Legacies and donations are vital to Age UK Surrey because without them, we would not be able to deliver our local Services.

By leaving a legacy to **Age UK Surrey**, you can help to make sure that older people in the County remain independent, informed and healthy. We work to ensure that people live with dignity and respect and are able to make the most of later life.

Legacies left to us locally in Surrey can help in so many ways. For example, in 2010 we received a legacy that enabled us to expand our Feet First Service. The Service makes a tremendous difference to the lifestyle of older people who may have become isolated because of foot problems.

Please remember that your legacy gift does not need to be a large amount to make a very real difference – gifts range from a few hundred to thousands of pounds. Gifts can be either a specific sum or a share in the balance, called a share of the residue. Your family may benefit too because a lower rate of inheritance tax applies if over ten per cent of an estate is left to charity.

To leave a gift to Age UK Surrey in your Will, you will only require a few key pieces of information to take with you to your solicitor.

- The name of the charity: **Age UK Surrey**
- Registered charity number: **1036450**
- Address: **Age UK Surrey, Rex House, William Road, Guildford, Surrey, GU1 4QZ.**

It is important to include "Surrey" in the name of the charity if you want local services to benefit.

For more information about legacies, please visit our website.

This article has not been written as legal advice, but is meant to be advisory and helpful.



# Ways to support us:

Age UK Surrey is an independent local charity. We work for people over the age of 50 offering a wide range of services to help them make the most of life. Our aim is to see a County where older people live a fulfilled, enjoyable and dignified life, free from isolation, poverty, abuse and discrimination. Please help us raise funds so we can continue to deliver work locally. **You can donate via our website or by completing the form below:**

## Get involved

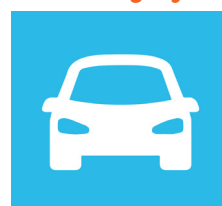
Most of our Services are supported by volunteers; if you would like to get involved we would love to hear from you. Please contact our Volunteer Co-ordinator for more information: 01483 503414 or email: [lesley.power@ageuksurrey.org.uk](mailto:lesley.power@ageuksurrey.org.uk)



Leave a legacy



Donate Online



Donate your car



Donate via Text

## Help us reduce costs

Do you have an email address? If you have enjoyed reading News and Views and would be happy to receive it by email please contact [melanie.sneller@ageuksurrey.org.uk](mailto:melanie.sneller@ageuksurrey.org.uk). This helps to keep our printing and postage costs down.

If you do not wish to receive the Age UK Surrey News and Views please write to Marketing at Age UK Surrey, Rex House, William Road, Guildford, Surrey, GU1 4QZ.

**We depend on donations and legacies to support our work within Surrey. You can donate via our website: [www.ageuk.org.uk/surrey/donate](http://www.ageuk.org.uk/surrey/donate) or by completing the form below:**

Yes I would like to donate: ☒ £5 ☐ £10 ☐ £15 ☐ Other: £..... to Age UK Surrey.

### Boost your donation by 25p of Gift Aid for every £1 you donate:

Gift Aid is reclaimed by the charity from the tax you pay for the current tax year. Your address is needed to identify you as a current UK taxpayer.

### In order to Gift Aid your donation you must tick the box below:

☐ Yes I want to Gift Aid my donation and any donations I make in the future or have made in the past 4 years to Age UK Surrey. I am a UK taxpayer and understand that if I pay less Income Tax and/or Capital Gains Tax than the amount of Gift Aid claimed on all my donations in that tax year it is my responsibility to pay any difference. Please notify us if you: want to cancel this declaration; change your name or home address; or no longer pay sufficient tax on your income and/or capital gains. If you pay Income Tax at the higher or additional rate and want to receive the additional tax relief due to you, you must include all your Gift Aid donations on your Self-Assessment tax return or ask HM Revenue and Customs to adjust your tax code.

Title ..... Name .....  
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Signed ..... Date .....

Please complete and return this form with your cheque made payable to Age UK Surrey to the address below.

**Using your personal information:** Age UK Surrey would like to keep you informed about our events and services that we provide for the over 50s in the Surrey area and to send you News and Views. Please tick the appropriate boxes to let us know how you would like to hear from us. I would like to be updated by EMAIL ☐ I would like to be updated by POST ☐ I would like to be updated by TEXT ☐ I would like to be updated by PHONE ☐. If you have any questions on how your data is used and our Privacy Policy then please go to [www.ageuk.org.uk/surrey/help-page/privacy-policy/](http://www.ageuk.org.uk/surrey/help-page/privacy-policy/) or call us on 01483 503414.

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