

News & Events

Issue one 2019



*John Fairs, our Co-ordinator (far right)
with two 'Shedders'*

Handcrafted 'Shed' products

The Men in Sheds make a small range of handcrafted products. Below are a handful of the products - they make delightful affordable gifts and the funds raised go towards supporting the service. To see the full range, please see our website: www.ageuk.org.uk/surrey/activities-and-events/men-in-sheds/items-crafted/



'The Shed'

Now open to new members

Our award-winning Men in Sheds activity, based in Ash, is now open for new members!

Men in Sheds came about following research that showed lone men in retirement were less likely to engage in activities and social interaction than women.

The Shed, which has won many community awards, has gone from strength to strength. Not only do the men learn new skills and enjoy a 'bit of banter', they also support community activities and go on social day trips.

We are now open for morning and afternoon sessions on a Thursday and Friday (as well as the usual Tuesday and Wednesday).

"It breaks the monotony, especially for myself as I spend so much time on my own. With the group we seem to blend together and can all have a nice conversation, a laugh and a joke. I look forward to coming every Wednesday. Having someone like John, who is highly skilled in his trade and showing you the right way to do things is great".

For more information and to join, please email: enquiries@ageuksurrey.org.uk, or call us on 01483 503414.

Follow us
@AgeUKSurrey



Improving later life for people across Surrey

Welcome from Sue Zirps, CEO

A warm welcome to you from myself and the team at Age UK Surrey! Since our last newsletter we have been busy helping older people through the changes and challenges of later life as well as arranging events and fundraising activities to raise funds to help support the charity in delivering our much-needed services.



To understand how we can add more value and improve sustainability, we have undertaken a review of our work under a framework called Social Value Made Real. The review included bringing staff and volunteers together in workshops and talking with clients about their experiences.

The work will help inform how we continue to develop services that ensure the older person is at the heart of everything we do and how we work together under our values of:

- * Being a person centred organisation,
- * Respecting everyone,
- * Working collaboratively and
- * Having a can-do approach.

I am really looking forward to the year ahead so that in these uncertain times we can continue to bring some 'sunshine' into people's lives.

Sue

Dates for your diary

*1st October - Fundraising Lunch
with guest speaker Joy Hunter.
Venue: Forbidden City, Knaphill.
Enquire for more information.*

*19th December - Carol Service
with Guildford Cathedral Singers
and the Rock Choir.
From 10:30am.*

Shedding pounds for Men in Sheds

As a local independent charity we need to raise funds locally to deliver our local services. Shed Pounds for Age UK Surrey is an initiative by two volunteer Community Fundraisers, Mark and Ed, who have challenged themselves to raise £10,000 for our Men in Sheds project over the coming year.

Their first event, a Big Charity Quiz and Curry Night on 8th February, attracted 200 people and raised an amazing £2,780 which was a great start to their fundraising target. Quizmaster Ed had teams debating over the answers and Mark's organisational skills kept the evening running smoothly. The next event is being planned for September when they'll spend 24 hours in a shed. To make a donation and find out more please visit: <https://ageuksurrey.charitycheckout.co.uk/pf/shed-pounds>



St Saviour's Church, Guildford

How we make a difference - your stories

Elizabeth

“Someone suggested, I don’t remember who, that I could probably ask Age UK Surrey if they did anything like cleaning. And they sent me this girl that comes, she’s extremely nice. I also have a girl from Making Connections, she’s part of Age UK Surrey, she comes once a week, she’ll ring me up and tell me what day she’s coming, and she’ll take me shopping and then I take her out to lunch, so I pay her that way.”

“The volunteer from Making Connections is very young, she’s very sweet. She takes me by car, to go to Tesco’s or wherever I want to go. She helps me with the shopping, she’s a very, very nice girl. She makes me laugh, she can’t be more than in her early 20s but she’s bright and she’s funny. I am surprised that, being as young as she is, she’s got the patience that she has. She’s a really, genuine person. Very often she’ll say, when we’re out, or in the middle of having lunch, “Right, I



must ring my mum to see if she’s alright”. She’s that caring type of person.

She makes a difference because she makes me laugh, she’s just very pleasant and brightens me up, because she’s young and she brings in the sunlight if you know what I mean. It’s like when your kids come home, when they come in you’re alive more.”

If you or someone you know would benefit from our Making Connections service, please call 01483 503414. To become a volunteer befriender, please email volunteer@ageuksurrey.org.uk.

Phillipa - a carer for her mum

I contacted the Information and Advice service at Age UK Surrey to get help with Attendance Allowance. I went to the office and met a staff member there and she went through and ticked everything. We got the Attendance Allowance and it’s really good, makes a difference. It covers a tiny bit of care for my mum and it is something, it means we can have live in care for her.

I feel Age UK Surrey really listened to me and understood my needs. I know I am not going to be judged if I ring up and ask questions. It is support to know there is someone there. It is definitely peace of mind. I would definitely go back (to Age UK Surrey) if I need anything else or more information, you know you would get gold star treatment.

Our Information and Advice Service

We are experts in older people’s issues. For free, impartial information and advice, please call us on:
01483 446627
Mon to Thurs, 9:00am - 1:00pm.

Outside these hours the call is diverted to the Age UK national helpline, which is also available on: 0800 678 1602.

Volunteer Award - Jennifer

Caterham's volunteer, Jennifer Symonds has been an invaluable member of the team since she approached us with some spare time at the end of 2015. Jennifer started by helping us to hand out teas and coffees during Tea and Chat and entered our office to assist with the very important job of monitoring the Help at Home clients during 2016. This involves ensuring people are happy with the service they are receiving and keeping records up-to-date.

In recognition of the help and time Jennifer donates she was recently awarded a Certificate of Appreciation from John Insoll, the Help at Home Manager. Jennifer said, *"Thank you Age UK Surrey! Delighted to receive the certificate, the lovely hyacinth and chocolates too... I enjoy my volunteering role and it's so nice to be appreciated. I am happy to feel I am making a useful contribution to the team."*



Would you like to volunteer with Age UK Surrey? We have lots of roles to choose from. Take a look at our website or get in touch with our Volunteer Lead Debra Davies at volunteer@ageuksurrey.org.uk

Day in the Life of - Help at Home Team

My name is Kelly and I am the Regional Co-ordinator for the Help at Home Team for Waverley and Mole Valley.

I live in Woking with my 3 children and my cat. I start work at 9am every morning and always make myself and Anna a coffee and breakfast to start the day! The Help at Home Service provides help to make life at home easier. My job involves organising new and current clients and their Home Helps. I go out to see clients to see how we can support them, introduce the Home Helps and help clients fill in the paperwork. I also spend time out in the community holding stalls, doing talks and putting up flyers. When I am not out seeing clients I work in the office to help Anna with the administration. I love meeting different clients and feeling like I can help people.



My name is Anna and I am the Administrator for the Help at Home Team for Waverley and Mole Valley.

I have worked here for just over 9 months now and am really enjoying my job. I drive every morning from my home in Alton and arrive to breakfast and coffee made by Kelly. After 9am the phone starts to ring and my day begins! My job involves taking enquiries from new clients, matching up clients and Home Helps, booking appointments into Kelly's diary and sorting out all other matters. I also help with any administration queries and training that arises in the Help at Home Team. My days can be extremely busy but I always leave the office feeling like I have made a difference.



If you would like some help around the home, call us today on: 01483 503414.

Out and About - Activities for you

GO50 Walking

Our volunteer walks are a great way to improve your overall health and fitness while making new friends. Walks range from 2 - 5 miles with some between 6 - 11 miles for those who enjoy a longer walk.

To find walks in your area, please visit the GO50 calendar on our website, alternatively email: enquiries@ageuksurrey.org.uk or telephone: 01483 503414

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 – 12:00pm at Douglas Brunton Centre.

Lingfield – last Thursday of every month from 2:30 – 4:00pm at Lingfield Day Centre.

Oxted – the first Tuesday of every month from 2.30 – 4:00pm at the Bluehouse Social Centre.

Falls Prevention Class

Help strengthen your core stability, improve muscle tone and mobility with our exercise class that has been specially designed for people who are at risk of or worried about falling.

The instructor will take into consideration your individual circumstances and has a range of chair, standing and floor exercises.

When: Every Tuesday. Time: 2:00pm - 3:15pm

Where: The Link, Derby Road, Haslemere, GU27 1BS

Price: £5 per session payable on the day. No booking required. Please wear loose, comfortable clothing and flat shoes.

Shopmobility

Located at Bedford Road carpark in Guildford, we have a selection of manual and powered wheelchairs and scooters available to anyone of any age group. You do not have to be registered disabled to use the scheme. For more information about availability and fees, please call: 01483 453993.

Pop in for a coffee and make friends at Cafe Culture, no booking required

Cranleigh, Wednesdays 2:00pm-4:00pm:
Manns of Cranleigh, 101-105 High Street, Cranleigh, GU6 8AY.

Farnham, Wednesdays 2:30pm-4:30pm:
The Plough Public House, 74 West Street, Farnham, GU9 7EH.

Staines, Thursdays 3:00pm-5:00pm:
Nostrano Lounge, 55 High Street, Staines, TW18 4QH

Computer Drop-in Centre

The volunteers at the Computer Drop-in Centre will help you to find information on the internet, shop securely, receive emails or edit and even manipulate photos. Use one of our computers or bring your own laptop or device. The volunteers have many years experience between them and will help you with all of your questions too!

Address: Dray Court, Madrid Road, Guildford, GU2 7UW.

Open Mon - Fri, 10:00am - 12:00pm.

Lunch Club

Come to our friendly and sociable Tuesday Lunch Club and meet new people over a bite to eat. A freshly prepared two-course set menu lunch is provided. Advanced booking is required and please let us know of any special requirements when you book.

Cost of lunch: £5.00

Time: Every Tuesday, 12.15pm - 1.45pm

Address: The Link, Derby Road, Haslemere, GU27 1BS. Advance booking required. Please call 01483 503414 or email enquiries@ageuksurrey.org.uk. Please pay by cash or cheque on the day.

Fundraising and 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 2018 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 staff from BP who gave wonderful gift bags and donated through their employee match giving scheme.

Royal Holloway staff donate to local charities

Many thanks to Royal Holloway staff for selecting Age UK Surrey to benefit from an initiative that donated monies to local charities for each response to a staff survey. Monies raised for Age UK Surrey totalled £214.00.



The Big Knit Campaign 2019

Whether you're an experienced knitter or a beginner, we need your help! Every hat really has made a difference to Age UK Surrey. Our target is 7,000 hats by 31st July 2019. See our website for patterns and more information. Pictured is one of our amazing knitters: Maggie Bachelor. Thank you Maggie!



Recycling Centres give generously

We were delighted to have been selected by the general public to receive donations from Revive shops based at two recycling centres in Surrey owned by Suez.

In July we received a cheque for £440.07 from Councillor Peter Martin at our Men in Sheds project in Ash from the Suez recycling centre shop at Witley and in September a cheque for £1,709.18 was presented at Reigate Town Hall by Councillor Barbara Thomson from the Suez recycling centre shop at Earlswood.



Thank you McCarthy & Stone

At the beginning of December, The Clockhouse in Guildford, a McCarthy & Stone retirement development, organised an afternoon of Christmas music performed by the George Abbott school choir. A wonderful Christmas hamper was raffled in aid of Age UK Surrey. We are very grateful to McCarthy & Stone for organising the event which raised a total of £68.50 for us from the raffle.



Over 600 people enjoy carols at Guildford Cathedral

The service was conducted by The Very Reverend Dianna Gwilliams. The Rock Choir and the Guildford Cathedral Singers performed some beautiful carols and readings were read by our President The Hon Mrs Lavinia Sealy DL, Sue Zirps Age UK Surrey Chief Executive and John Burbridge, Chairman of Trustees. The retiring collection totalled £840.48.

We are very grateful for the generous support of our sponsors: Headline Design and Print; The Good Care Group; McCarthy & Stone and Romans Estate Agents.



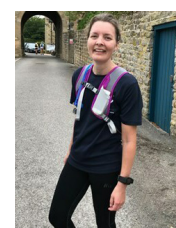
Older People's Day - a week of events

We celebrated Older People's Day on 1st October with a week of interesting events from spending a day in a shopping centre with 'The Queen', informative talks about avoiding scams and the importance of having a Power of Attorney and a fun afternoon in a pub playing games and listening to live music.



Congratulations Christina on your marathon run!

Many congratulations to Christina Long who ran the Southampton Marathon, raising funds for Age UK Surrey. She finished the marathon in a great time and smashed her target, raising over £360. Thank you so much Christina!



Did you know?

Age UK Surrey is committed to being there for older people who need us. If you decide to leave a gift in your Will to us, you will be supporting us to make life better for older people in Surrey.

Every single gift is vital and we appreciate any gift you may choose to leave us after taking care of your family and friends. Whatever the value of your gift, it will go a long way to help someone who needs us.

Having a Will and keeping it up-to-date helps ensure that your wishes can be respected and your property and assets benefit people and causes you really care about. We would always recommend that you speak to a qualified professional such as a solicitor, when making or amending your Will. Your solicitor will be able to advise you on the required wording to carry out your wishes. If you wish to leave a gift to Age UK Surrey in your Will, all you need is our charity details below:

Age UK Surrey, Rex House, William Road, Guildford, GU1 4QZ. Charity No: 1036450.

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. We depend on donations and legacies to support our work in Surrey. **You can donate via our website or by completing the form below:**

**To donate online please visit
our website:**

www.ageuk.org.uk/surrey/donate

Would you like to volunteer?

Most of our services are supported by volunteers; if you would like to get involved we would love to hear from you. Please email our Volunteer Lead for more information:

volunteer@ageuksurrey.org.uk

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

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.



Yes I would like to donate and help make a difference to older people in Surrey

£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
Address
Postcode Tel
Email
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, news, services and other ways you can support us. 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 ☐

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/ or call us on 01483 503414.

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Tel: 01483 503414 Email: enquiries@ageuksurrey.org.uk
Website: www.ageuk.org.uk/surrey

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Improving later life for people across Surrey

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