

News & Views

Keeping you up-to-date on our services, projects and partnerships - Issue two 2017



Pictured from left to right: Jon Culshaw (host), Sheddars: Bob Alexander, Roger James, Malcom Doughty, Roy Blacker, Tony Duhig & Charlotte Hollands (from Good Housekeeping Magazine). Photo by: Maria Moore.

Age UK Surrey wins another award for Men in Sheds project!

We are absolutely delighted to win the Outstanding Community Organisation Spirit of Age awarded by Age UK for our Men in Sheds activity! The award is to recognise the significant achievements of a local organisation, project or group which supports or is run by older people.

Four of our regular Sheddars attended a wonderful evening ceremony at the Merchant Taylors' Hall, London, on Wednesday 28th June, where they enjoyed a 3-course meal and entertainment with master of ceremonies Jon Culshaw.

Sue Zirps CEO, Age UK Surrey said 'We are delighted to win this award for our Men in Sheds project! It is a real credit to the project and John Fairs who co-ordinates the sessions. This activity is so important because retirement creates a void and our research showed that lone men were less likely to engage in activities and social interaction than women.'

The Men in Sheds, located in Ash, brings together older men to meet up in their own space, socialise and learn new skills from each other. The main Shed activity is woodworking, which is carried out in a well-
Continue reading on page 2...

Welcome from Sue Zirps, CEO

Delivering services that make a difference to older people's lives is at the heart of everything we do.

That is why, as we look ahead to 2018 and beyond we will be consulting with clients and organisations across Surrey to ensure we deliver services where they are needed most. Services like the Men in Sheds, which benefits men who may be lonely or isolated, and that has flourished under the leadership of John Fairs, winning 2 well deserved Awards this year!

By bringing services together in local areas, as we have done in Staines with the support of Spelthorne Borough Council, we hope to become more accessible to local residents here and across Surrey in the future.

In these difficult financial times we continue to work on increasing our fundraising initiatives, so we can continue to provide our vital services to the growing older population. We are very grateful for all our wonderful supporters, volunteers and staff for helping to improve later life for people across Surrey – you really do make a difference!

We teamed up with Surrey Coalition and Sight for Surrey at Hampton Court Palace Flower Show in July, where we handed out information and sunflower seeds to visitors. A big thank you to all our volunteers!



Sue Zirps
Chief Executive

Men in Sheds Award continued...

equipped workshop with hand tools, portable power tools and small machines. The men are led by a qualified and experienced Co-ordinator.

The Sheddars work on their own projects and also carry out activities that will bring benefit to the local community. The Men in Sheds have also used their carpentry skills to produce some beautifully crafted items for sale to help with funding. See the range of products on our website: www.ageuk.org.uk/surrey/

In February we were delighted to be awarded the Innovation in the Voluntary Sector, by Guildford Borough Council. Pictured are Kathy Dry and John Fairs from Age UK Surrey receiving the award from The Mayor, Councillor Gordon Jackson and Peter

Cluff from Community Foundation for Surrey.

To join the Shed and for more information email

John Fairs

enquiries@ageuksurrey.org.uk.

Alternatively telephone us on **01483 503414**.

Thank you to Community Foundation for Surrey for supporting this wonderful project.



New regional office in Staines!



From left to right: Susan Usher, Sally Penfold, Shirley Levey, Alan Pye, Karen Robson, Di Cheeseman, John Insoll.

Age UK Surrey is delighted to announce that for the first time we can now provide a range of specialist support to older people in Spelthorne and Runnymede from one easily accessible location.

Services delivered from the office based in Spelthorne Borough Council Offices in Staines are: Help at Home Service - providing Home Helps and Gardeners, Making Connections, Information & Advice outreach and a new Handyperson Service.

Sue Zirps, CEO said: 'This is a very exciting opportunity to bring our services together.

We would like to thank Spelthorne Borough Council for accommodating us, so we can continue to serve older people in the Borough.'

For further information, please call our local Staines office on:

01784 444200.

DATES FOR YOUR DIARY:

- Farmers Markets in Guildford.
Tues 7th Nov, Tues 5th Dec.



- **Open Garden at Timber Hill in Chobham, Woking** – a National Garden Scheme (NGS) garden, where you can enjoy this beautifully kept and stunning 15 acre park-like garden with views to the North Downs. There will be homemade cakes, tea and coffee that will be served in a wonderful timber barn with an open fire.

Sun 15th Oct, 11am - 4pm.

- **Fundraising quiz night!** Get your team together and help raise money for Age UK Surrey! Call us today for tickets.
Saturday 17th March, from 7pm.

- **Christmas Carol Concert at Guildford Cathedral. Thurs 21st Dec.** Come along to our Annual Carol Concert which is bound to get you in the Christmas spirit!

Refreshments and mince pies from
10.15am - 11.00am.

Concert **11am - 12.15pm.**

Making Connections...

Later life can be challenging for many older people with changes such as retirement, family moving away, bereavement as well as changes in health and mobility. Below is Gillian Cooper's story and how our Making Connections Service, in NE Hants and Farnham has helped her.

In the last three years Gillian has become a wheelchair user due to Multiple Sclerosis. Her mobility, independence and confidence have all suffered as a result.

She contacted our Making Connections Service and was matched to Louise, her key worker. One major goal Louise helped Gillian achieve was being able to drive again. For two and a half years Gillian was too scared to drive a car with hand controls, but Louise helped Gillian set up familiarisation lessons in a fully adapted car with a local driving instructor.

Gillian now owns her own hand controlled car and said driving has "given me back my independence, which was really lacking and made me very, very depressed". Gillian is now able to drive herself and attends the MS Sampson Centre in Guildford, which really helps.

Louise spent time with Gillian and asked about the goals she wanted to achieve. She mentioned that she used to love dancing and horse riding. Louise went away with Gillian's information and came up with some possible hobbies: horse and carriage driving and wheelchair ballroom dancing.



"I used to love dancing, but now I can't walk at all, just getting in and out of the wheelchair or the car is a struggle. I can't even dance with my husband anymore, which is horrible. But then Louise told me about the wheelchair ballroom dancing, it's brilliant, it sounds fantastic!"

Louise took Gillian over to meet the people and ponies from the horse and carriage group and now she attends regularly.

"Making Connections is brilliant; it has made so much difference to my life. Louise gave me the kick I needed to make necessary changes. For the three years I wasn't driving because of my disability I just felt like I was nothing. I felt like I was just sitting, waiting in God's waiting room. But thanks to Making Connections I'm no longer there anymore. If they can help you, they will."

You can watch Gillian's story on our website: www.ageuk.org.uk/surrey/services/makingconnections/



Get Online!

Recent studies have shown there has been a take up of Internet usage across all ages. However, there are still currently 6 million people in the UK who have never been online, with 80% (4.8 million) of those aged 65 and over. For older people who have been able to get online the benefits have been far-reaching: saving money, keeping in touch with friends and family and learning new skills.

Come along and learn how to find information on the Internet, shop securely, send and receive emails, edit and manipulate photos. Use one of our computers or bring your own laptop, tablet or phone and we will help with all your questions.

Computer Drop In Centre:

Open every weekday between 10am - 12 noon.
Dray Court, Madrid Road, Guildford, GU2 7UW.
(No appointment required.)

For more information call 01483 452944 or email us at: computerdropin@ageuksurrey.org.uk

Guide to Services:

Get in touch if you would like a copy of our brand new Guide to Services leaflet. Call us on **01483 503414** or email us at: enquiries@ageuksurrey.org.uk



Shirley Levey's 40 years' service

This year we celebrate Help at Home Co-ordinator Shirley Levey's 40 years' service to the community and sadly say goodbye to her as she retires at the end of August.

As the longest serving staff member she has helped thousands of clients! "I first started typing up minutes at £1 an hour, making £6 a week which I spent on a hairdo at the hairdressers!" From this she became a Visiting Officer for Spelthorne Borough Council and then a Help at Home Co-ordinator in the Runnymede, Spelthorne and Elmbridge Boroughs.

Shirley has seen the development of our Help at Home Service and many changes in terms of the charity and clients over the years. The charity's name change, the launch and rebranding of our Help at Home Service and technological changes are just a few to name.

One reason she has stayed in her job for so long

is because "no two days are alike, every person is different. I never dread waking up and thinking I have to go to work, I don't see it as work. I just love helping people!"



Shirley would like to thank everyone that she has met along the way "I'm going to miss you all. A special thank you to Spelthorne Borough Council who I have worked so closely with over the years."

Her plans won't stop here though, she is moving to North London to be closer to family and has already phoned the local Age UK to see what volunteering roles/jobs they have available! She jokes that she will probably stay a house wife until the end of the week but is "looking for anything to stop me from doing the ironing at home!"

"THANK YOU SHIRLEY" FROM EVERYBODY AT AGE UK SURREY AND ON BEHALF OF ALL THE CLIENTS YOU HAVE HELPED.

Do you need Help at Home?

Whether you need someone to do light housework, go to the shops, run errands or tidy your garden, we are here to make life easier for you. Our friendly and reliable Home Helps and Gardeners will undertake a wide range of tasks to help improve your quality of life and keep you independent at home.

How does the Service work?

You choose the support you need. Our local team will talk to you about your requirements and personally 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. All our Home Helps are security checked, to give you peace of mind. Our new Handyperson Service in Runnymede and Spelthorne is here to help with those small practical jobs around the home. Call **01483 503414** for more information.



Cleaning



Companionship



Handyperson



Gardening

Café Culture

Café Culture has been running for 6 months now and in that time



we have welcomed 24 clients. Some come on their own and others bring their carers or family members to join in with the conversations. We'd like to thank our volunteers who play a huge part in running this activity!

We have lots of regulars who enjoy attending and we are delighted that so many people know about Café Culture.

The group meets every Wednesday 2pm - 4pm at Manns of Cranleigh in their coffee shop. Do drop by!

Engagement Events

Hampton Court Palace Flower Show

This year we shared a stall with Sight for Surrey and Surrey Coalition of Disabled People at Hampton Court Palace Flower Show. We were there all week handing out free sunflower seeds and information about the charities to visitors of the show. Thank you to all our volunteers and to everyone who donated.



King's Singers Summer School Gala Concert

Thank you to the King's Singers a capella group, who kindly invited our clients to enjoy tea and cake followed by the Summer School's Gala Concert at the Royal Holloway University of London.



Thank you Sainsbury's, Camberley



Thank you to Sainsbury's, Camberley for inviting us along to their store for Carers Week, where we talked to shoppers about our Services. Thank you to everyone who donated and took the time to have a chat with us.

Eagle Radio's Random Acts of Kindness

We teamed up with Eagle Radio in February to surprise one of our clients – Mrs Smith, with a free makeover for her garden, as part of Eagles' Random Acts of Kindness.

Mrs Smith is unable to do her gardening due to a hip operation, so the breakfast show presenters – Peter Gordon, Breakfast Bev and Morning Matt dug deep, planted a few trees, flowers and shrubs and gave the whole garden a tidy up... even in the pouring rain! Mrs Smith was so grateful and said "I can't believe it; it makes me want to cry! What they've done is amazing!"

Thank you again for bringing so much joy to a happy resident.



The Great Get Together

On Saturday 17th June we took part in The Great Get Together Street Party in Chapel Street, Guildford. The event was part of The Great Get Together National Celebration. Charities and businesses organised different events up and down the country in memory of murdered Labour MP Jo Cox. We were there with a cosy sofa to ask people about their views on loneliness and bring people together by starting a conversation. Thank you to everyone who volunteered and helped make the day such a success and to those who shared their views with us.

Thank you tea party for volunteers

Volunteers and staff enjoyed the chance to get together, relax and chat over tea, cakes and scones at Denbies wine estate in Dorking in June. The raffle raised £156 and we would like to thank Denbies Wine Estate; the Odeon cinema, Côte, Top Golf, and our Men in Sheds for their raffle prize donations.

Awards to volunteers were presented by Robert Avis, Chair of Age UK Surrey.



Long service awards (5+ years): Theresa Peterson, Bob Russell, Pauline Russell, Mary Hellings, Roger James, Lena Tostevin. **Other awards:** Peter Spragg – commitment to organising annual carol service, Betty Spragg – shortlisted for Spirit of Age UK Awards for Befriending and also Long Service Award, Gwyneth Grout – Arranging training courses on Dementia for AUKS, Eileen Taylor – Fundraising and Big Knit.

Fundraising Events

Godalming Spring Fair and Dog Show

We are thrilled to announce that we raised a total of £502.40 from our bottle tombola at The Spring Fair and Dog Show at The Burys Field, Godalming. The event was hosted by St. John's Parish Church and took place on Saturday 29th April. We had some fantastic prizes to be won and the day was enjoyed by all. A big thank you to everyone who took part on the day and to those who contributed by kindly donating bottles – we couldn't have achieved this great result without you!



Rock Choir Mystery Bus Tour

In March the Rock Choir went on a mystery bus tour. They visited various locations around Surrey throughout the day, arriving by coach before launching into surprise 'pop-up' performances.

The Rock Choir raised a total of £3,100 for their three chosen charities: Age UK Surrey, Challengers and Phyllis Tuckwell Hospice Care. A big thank you to everyone who took part and donated!



Beaver Scouts night hike

Well done to all the 1st Virginia Water Beaver Scouts for raising a massive £200 on their night hike to support our Services.



My Dearest Kate

In June we had our first ever fundraising play "My Dearest Kate" at The Wilfrid Noyce Centre, Godalming and we are pleased to announce it was a great success – raising a total of £892.20!

A big thank you to everyone who came along and supported us. It was a fantastic show and very interesting to find out what life was like for wives in that time. We were delighted that Ellie Dickens who wrote and performed the original play in 1983 was able to attend and tell us about what inspired her to write the play.

We all tucked into some yummy tea, coffee and cake after the performance too!



Special thanks to The Small Spaces Theatre Company and to our sponsors who helped support this wonderful event: The Good Care Group and Emery & Orchard.

Waiting for God

A massive £684.89 was raised at the Yvonne Arnaud Theatre, Guildford, at the 'Waiting for God' performance in May. Thank you to all our volunteers and all who donated!



The Big Knit Campaign 2017 - our "biggest Big Knit ever"!

Age UK and Innocent smoothies teamed up again for the 13th year of the Big Knit partnership and we would like to say a huge thank you to EVERYONE who got involved to make this the 'biggest Big Knit ever'!

Age UK Surrey's target this year was the highest ever with an ambitious 6,000 little knitted hats, double our target from 2016. We are delighted to announce that we succeeded!

This year we have reached the most knitters ever with a number of knitting groups in Surrey helping us to reach our huge target. One knitter said **"Our knitting group have had great fun knitting the hats. We all have a great laugh... more nattering than knitting, but great company. I hope that the little knitted hats will help raise a lot of money for Age UK Surrey and I hope that you reach your target. We can't wait to see them on sale on the Innocent smoothie bottles in the shops!"**.

All the hats we have received are beautiful and we have had some really imaginative ones!

Whether you're an experienced knitter or a beginner every hat really has made a difference

to Age UK Surrey. For every hat we sent in we receive 25p... that's £1,500 to help older people in Surrey.

The smoothies, wearing their little hats, will be sold in supermarkets nationwide for several weeks during October.

Remember to keep on knitting for us to ensure we reach our target next year. More information will be released soon.



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 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.

How to leave a gift in your Will:

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, GU1 4QZ.**

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



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. 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 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
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 and services that we provide for the over 50s in the Surrey area. Please tick the boxes if you would like to hear from us by email, phone and text, or if you would prefer not to hear from us by post. ☐ I would like to be updated by email. ☐ I would like to be updated by phone. ☐ I would like to be updated by text. ☐ I do not want 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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Website: www.ageuk.org.uk/surrey



Improving later life for people across Surrey

Registered Charity Number: 1036450