



INTERGENERATIONAL LEARNING AND LIVING

Children and young people have so much curiosity and energy, soaking up information. Older people have so much knowledge and wisdom, drawing on life's rich experiences. Although there are many differences between the generations, there are many similarities too. We all undergo joy and sadness, feelings of being connected to others or feelings of loneliness and we can all learn new things.

In some countries, generations live together and intergenerational activities and learning are part of everyday life. In the UK older people do live with their families but it is far less common.

There are so many benefits for different generations to come together in activities; learning and skills are shared as well as life experiences; it increases understanding and appreciation of the challenges and opportunities that each generation experiences; friendships and social connections are built and it creates opportunities for all generations to feel valued and part of their community.

Children from Amesbury School and The Clockhouse community centre have participated in intergenerational art activities for several years, building connections and friendships while enjoying different art projects together. This year they have completed a sketchbook art project - getting to know

each other through a series of drawings on a range of themes including self-portraits, pets, favourite places and what you'd like to be when you grow up! Children and people at the Clockhouse contributed to the books, culminating in a final face-to-face meet-up to enjoy looking at the sketchbooks together.



Age UK Surrey is delighted to have a new home for our Men in Sheds project – at Merrist Wood College, thanks to the College for providing the new 'Shed'. The Sheddars learn carpentry skills and do woodwork and renovation projects. Previously the Sheddars have made bird boxes for community days for children to 'make'. We are looking forward to new intergenerational initiatives at Merrist Wood College.

SUMMER OF 2022

Welcome to our second newsletter of the year, I do hope you are all keeping well and able to enjoy some recent sunshine.

As we move on and out of the restrictions of the pandemic I am delighted that we can now go out and meet friends and new people with more confidence. I am a huge advocate of intergenerational activities and learnings, the young and old can learn from each other and have so much joy from being in each other's company.

That is why I am particularly delighted that we have been able to take part in an intergenerational art project with Amesbury school and we are now in partnership with Merrist Wood College who have provided a new 'home' for our Men in Sheds. We will continue to develop connections and activities between the young and less young!



This month we gave a much-deserved tea party to our wonderful volunteers who give their time by either running activities, being friends and companions or providing practical support. Without them we simply would not be able to deliver such a wide range of services to so many clients across the County. **A big thank you to them and our teams of dedicated staff who support them and our lovely clients.**

In the next issue I will be giving you dates and times for these much anticipated annual events: Older People's Day in October and the December Christmas Carol Service. With very best wishes from myself and all the team at Age UK Surrey.

Sue

Sue Zirps, CEO

RETAIL UPDATE

The Age UK Surrey Vintage Retail shop in Haslemere prides itself in putting out fresh stock every day! Haslemere residents are delighted to have a shop that serves the community and appreciate that all money raised supports older people in Surrey.

The constantly updated eye-catching window displays are a testament to the dedication of the staff and volunteers. We also owe a big thank you to the local community for their generous donations. Recently John Bishop popped in just a few minutes before closing time with his generous bags of stock and praise for the look and feel of this charity shop with a difference.

Local Star Trek/Star Wars fans were thrilled to see collectable books along with amazing vintage games and classic toy cars! Ladies proudly exited the store with bargain handbags from Lulu Guinness, Aspinall and Radley! As always these items are never displayed for long and faithful customers have learnt to get them whilst they can.

We couldn't do what we do without the support of our amazing volunteers who have so generously offered their time. Thanks to them we can now trial 6 months of being open daily. Starting August 7th the shop will be open on Sundays too from 11am to 4pm. Otherwise we are open Mon - Sat 9.30am to 5pm.

Volunteer shifts are flexible and range from one to as many as three or more a week. Several of our Volunteers suffer from long Covid and find that coming to the shop has eased their anxiety and entry back into a work environment. If you would like to join our fantastic team please message via our Facebook page or pop into the shop for a cuppa and a chat. We would love to see you!



DEMENTIA SUPPORT



Pause for Thought

Brand new at The Clockhouse and eligible for people with any type of dementia diagnosis OR with mild cognitive impairment. If you know of anyone who could benefit from Maintenance Cognitive Stimulation Therapy (MCST) sessions do contact The Clockhouse. A fee applies. Email: Evelyn.Chiota@ageuksurrey.org.uk or Elvina.Dunstan@ageuksurrey.org.uk or call 01483 420668.

MCST is the only non-drug treatment recommended by NICE (National Institute for Health and Care Excellence) to improve cognition, independence and wellbeing. It provides meaningful and stimulating group activities which are proven to help maintain memory and mental functioning. An environment both fun and supportive where new friendships can be built.

Pause for Thought, Fridays, 10.30am - 12 noon at The Clockhouse, Chapel Lane, Milford, GU8 5EZ.

Butterfly Café

Additionally, the Butterfly Café at The Clockhouse aims to reduce isolation for people with dementia and gives their carers a break. **Open on Fridays from 10:30am-12:30pm.**

The Butterfly Café is a safe, relaxing and dementia friendly environment. Attendees can be dropped off by family members or caregivers who can have a few hours quality time elsewhere. We find out what activities they like (music, games) and include these in the sessions. Feedback is a big part of developing suitable sessions. **The Butterfly Café takes referrals from any over 65's with dementia.**

SCAMS AWARENESS

Sadly, each year, millions of people in the UK are scammed. People of all ages and backgrounds are victims. However, older people are over-represented as victims of particular frauds, including pension and investment scams, postal scams, doorstep scams and telephone scams.

Some older people are especially at risk, either because scammers target them or because their circumstances make them vulnerable, for example if they are bereaved, lonely or living with dementia. The financial and health impacts can be devastating.

- Almost 5 million older people (65+) believe they have been targeted by scammers.
- People defrauded in their own homes are 2.5 times more likely to go into residential care within a year.
- People have lost an estimated £43 million to pension scammers since April 2014.



Age UK Surrey has been granted funding over two years to prevent hundreds of older people from becoming victims and to support those who have already been scammed so that they feel safer and less likely to be scammed again. We aim to:

- Hold awareness-raising talks across the County in person or online; and
- Provide one-to-one advice sessions with older people in their homes who are vulnerable, at risk of scams or who have already been scammed.

If you are part of a community/local group or know of anyone who could benefit from these sessions/ talks do contact us.

OUR SERVICES SUMMARY

Help at Home

Our Help at Home service is here to make your life easier for you - whether you need someone to keep your home clean and hygienic, do light housework, have a chat, go to the shops or tidy your garden. We provide a personal and tailored service.

Our friendly and reliable self employed Home Helps are selected by us and security checked. They visit regularly and provide peace of mind for you and your family. Help at Home is so much more than just a cleaning service - do call to find out more.



Information and Advice

Do you know what benefits to claim and how to claim them? Or are you worried that you cannot afford to retire? Perhaps you are anxious about a planned hospital stay and how to cope when you leave? Do you need advice on choosing the right care home?



We provide free confidential Information and Advice on a range of issues including housing, care and money. We undertake benefit entitlement checks for clients to help improve their financial situation. Do contact us and find out more.

Shopmobility

Located at Bedford Road Car Park in Guildford, Shopmobility is open five days a week - Tuesday to Saturday from 10.00am to 4.30pm. Closed on Sunday, Monday and Bank Holidays. All scooters and wheelchairs are sanitised. All hires must be pre-booked. To find out the latest opening times, cost of hire and to pre-book a scooter please contact **01483 453993** or shopmobility@ageuksurrey.org.uk



Check in and Chat

Staying connected and having someone to talk to is so important, especially for those of us that live alone. If you are missing companionship, we have friendly home visiting **Befriending** and telephone **Check In and Chat** volunteers who would enjoy having a regular chat with you. After you tell us about yourself, we will match you with a volunteer who will arrange a mutually convenient time to call you. Do get in touch.

Lasting Power of Attorney

We offer a full Lasting Power of Attorney service to Surrey residents aged fifty and over. Our Coordinator will take you through the LPA process step by step during a face-to-face meeting and ensure all paperwork is submitted correctly to the Office of the Public Guardian. A fee applies.

For initial advice about Lasting Powers of Attorney, **call 01483 503414** and to set up a new LPA, please contact Leonie Dove, our LPA Co-ordinator, by emailing: LPA@ageuksurrey.org.uk

To find out more, call: **01483 503414** or email: enquiries@ageuksurrey.org.uk

SOCIAL ACTIVITIES ON OFFER

GO50 Walking

Do sign up to our **GO50 Walks**! Led by volunteers, they are a great way to stay fit and healthy as well as meeting new people. New GO50 Walks are coming to the east of the County as well as new Walk Leaders - watch this space! To find walks in your area, please visit the GO50 calendar on our website: www.ageuk.org.uk/surrey/activities-and-events/go50/ If you do not have access to the internet, please telephone our Customer Service Team.



Men in Sheds

We are pleased to announce the official opening of our Men in Sheds premises at Merrist Wood College on 17th June. The college generously provided a disused building in their grounds for the new Shed and with funding support of Guildford Philanthropy and local tradesmen, the Sheddiers have transformed the space into a workshop. Numbers are restricted and bookings are via appointment, so book your place ASAP. **Email: enquiries@ageuksurrey.org.uk or call 01483 503414.**

Another shed is available for storing larger machinery but funding is needed for it to be restored and made secure. Please give what you can to support this fundraising initiative: www.spacehive.com/men-in-sheds-at-merrist-wood



Cafe Culture & Tea and Chat

All over 50's are welcome to attend our social chat groups to catch up with friends, or make new ones, in Lingfield, Oxted, Cranleigh and Farnham. Prebooking not required.

Cafe Culture is in the following locations:

- **CRANLEIGH:** Wed 10.30am - 12:30pm at Cranleigh Arts Centre Tea Room, 1 High Street, Cranleigh GU6 8AS
- **FARNHAM:** Wed 2:30pm - 4:30pm at The Plough Public House, 74 West Street, Farnham, GU9 7EH



Tea and Chat is in the following locations:

- **LINGFIELD:** last Thursday of every month 2:30pm – 4:00pm at Lingfield Day Centre
- **OXTED:** first Tuesday of every month 2:00pm – 3:30pm at Bluehouse Social Centre

Hospital Activities

Activity sessions for patients in Farnham Community Hospital continue in full swing. Our Volunteer Lead and a dedicated team of volunteers work closely with nursing and therapy teams to visit patients 1:1 and engage in a conversation or activity. These visits bring cheer and motivation to the patients in Farnham Hospital whilst they are convalescing.

THERE IS FUN IN FUNDRAISING

Enterprise-ing Rent a Car

A big thank you to employees at Enterprise Rent a Car for hosting a charity day on 24th May at their headquarters in Egham.

Enterprise's Charity Staff Team organised a bake sale with delicious homemade cakes and biscuits, and a raffle which raised £192.95 for Age UK Surrey. We are delighted with their donation and support. Pictured are Enterprise staff Shefali, Frankie and Charlie.



Summer Fetes

A huge THANK YOU to all our wonderful Clockhouse volunteers who made delicious cakes and helped sell them at the Milford Summer Fete, raising £745.

They also organised a magnificent Summer Fair at the Clockhouse, raising £1,700 from stalls, refreshments and a great raffle, supported by generous local businesses including: Squires, Eliza's tea room, Amy Lou's in Godalming. The strawberries were very kindly provided by Hall Hunter.



A Men in Sheds Challenge

Two community fundraisers Mark and Ed are aiming to raise a shed load of money for Age UK Surrey's Men in Sheds by spending 24 hours in a garden shed on 10th-11th September. Why don't you join in the challenge and spend 24 hours in your garden shed with family or a couple of friends and be part of a night to remember!

Men in Sheds offers men the opportunity to meet, make new friends, learn new woodworking skills and work on a range of carpentry and furniture restoration projects. The activity benefits health and wellbeing, reduces isolation and loneliness, all in the welcoming space of The Shed.

We are delighted to be in partnership with Merrist Wood College who have provided space for a new Shed, which has recently opened. Another shed is available for storing larger machinery but funding is needed for it to be restored and made secure. Please give what you can to support this fundraising initiative.



Sponsorship donations can be made on the Men in Sheds 24 Hour Challenge fundraising page:
www.ageuksurrey.enthuse.com/pf/menisheds24hr

Please email enquiries@ageuksurrey.org.uk for further information.

THE CLOCKHOUSE

Age UK Surrey was pleased to welcome Lady Toulson DL, Mayor of Waverley Cllr John Robini, Mayor and Mayoress of Godalming Cllr Michael Steel, Mrs Jane Steel and Mayor of Haslemere Cllr Simon Dear, as well as local town and parish Councillors and supporter Dame Penelope Keith at The Clockhouse community centre in Milford on Tuesday 10th May for an open day of the newly refurbished building.



The Clockhouse has been a big asset for the local community in Milford since it was built over 20 years ago and the merger with Age UK Surrey at the end of last year will enable the centre to remain sustainable for the future.

Guests talked to staff and volunteers about the services and activities Age UK Surrey provides across the County and viewed the upgraded facilities including the Poppy Café. Clockhouse clients and school children from Amesbury School showed off an intergenerational art project they have worked on together over several months.

Sue Zirps - Age UK Surrey Chief Executive said " I have never really understood why we build centres purely for older people and keep them separated from others in their community. Communities are made up of mixed ages and differing types of people. Studies have shown the benefits for people of all ages coming together. There is so much intergenerational learning that can take place between young and old".



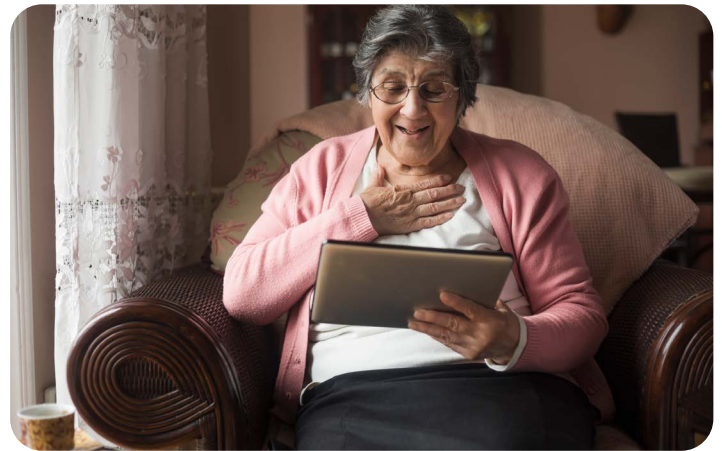
TABLET LOAN SCHEME

Have you ever held a tablet? Do you know what it feels like? Would you like to borrow a tablet computer and try it out? We also provide a SIM card for internet connection on a 6-8 week loan basis.

This is a completely FREE service so you can try it out, without needing to make the financial investment.

Age UK Surrey is proud to be part of the Vodafone sponsored Tablet Loan Scheme which aims to address digital inclusion, access and connectivity by providing tablets, Stylus pens and SIM cards on a loan basis to give older people the opportunity to 'give it a go'.

We have also got dedicated Tech Support volunteers on hand to guide you to make the most out of the internet on your borrowed device. Whether you are a complete beginner or looking to brush up your skills, our Tech Support Team are here to help.



Through free sessions delivered safely over the phone or face-to-face, we can guide you through the tasks that you want to do! Whether that be video calling family and friends, online shopping or pursuing your hobbies and interests, we are here to help.

If you live in the Guildford/Godalming area or near Milford and would like to know more about this scheme or know of someone who would benefit from it, please contact us today.

Do also remember that if you need digital help our friendly Tech Support Team are just a phone call away. We also have a Tech Support Drop-In at Dray Court, Guildford. Sessions by appointment only, Monday to Friday between 10.00am -12.00pm.

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: www.ageuksurrey.enthuse.com/profile or by sending a cheque and completing the form below.

Yes I would like to donate: £10 ☐ £15 ☐ £20 ☐ Other: £ to Age UK Surrey

Title Name

Address

Postcode Tel

Email

Signed Date

Using your personal information: Age UK Surrey would like to keep you informed about our events, campaigns, services and ways you can support us and to send you our newsletter. 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 please visit our website: www.ageuk.org.uk/surrey/help-page/privacy-policy/ or call us on **01483 503414**

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.

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Leaving a gift in your Will. Age UK Surrey is committed to being there for older people who need us. If you decide to leave a gift in your Will 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

If you have enjoyed reading News & More and would be happy to receive it by **email** please contact: melanie.sneller@ageuksurrey.org.uk

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

Please complete and return this form with your cheque made payable to **Age UK Surrey** to the following address: Age UK Surrey, Rex House, William Road, Guildford, GU1 4QZ

