

connect

*The Age UK West Sussex,
Brighton & Hove Magazine*

In this issue:

Glorious gardens
Could you benefit
from our gardening
services?

Pandemic heroes
We thank our staff
and volunteers for
their amazing help

**Funding to fight
dementia**
How our new
courses can help

**Our Cream Tea
is back for 2021!**
Find out how to
get yours...



Get in touch:

 01903 731800

 connect@ageukwsbh.org.uk

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How to receive Connect Magazine

If you would like to receive Connect regularly or simply want more copies, please let us know. We are always looking out for free distribution points at local businesses, shopping centres, cafés and coffee shops, doctor's surgeries and hospitals etc. If you can help, please contact us.

Read online

You can view the latest magazine on our website.

Write to the Editor

AUKWSBH Connect Magazine
Suite 2, Anchor Springs, Littlehampton,
West Sussex, BN17 6BP

If you see an article or picture you would like to copy or reproduce elsewhere, please contact the editor, Vicki Rayment by emailing connect@ageukwsbh.org.uk or calling 01903 731800

 www.ageukwsbh.org.uk

   @ageukwsbh

 Age UK West Sussex, Brighton & Hove

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Love later life

Published by

Age UK West Sussex, Brighton & Hove
Head Office: Suite 2, Anchor Springs,
Littlehampton, West Sussex, BN17 6BP

Registered charity number: 1086323

Company number: 4146487

The information and articles in this magazine were correct at time of going to print based on data available at time of collation. Stock images have been used throughout and do not depict individuals featured in the editorial unless clearly stated.



Welcome!

Hello and welcome to Connect Magazine.

As we move into the warmer months and further relaxation of the Coronavirus restrictions we can't wait to welcome more of you back to our centres. While our doorstep deliveries and befriending phone calls have been a huge success, there's nothing like seeing our centres buzzing – with people getting creative, exercising or socialising.

As things re-open, this magazine will reduce in frequency. As the name suggests, it was originally produced to help 'Connect' with all of you at home, but we'll continue to publish quarterly, so we can share our usual mix of news, information and uplifting stories.

In this issue we have a focus on our 'Help at Home' service. We offer shopping, cleaning, gardening and handyman services, so if you need a hand with anything at the moment, you know where to turn!

As we head into summer, we're re-launching our cream tea promotion (see pages 2 and 3). It was a huge success last year and our delivery squad loved seeing smiles on faces as they dropped off the treats. Why not get an order in for you or a friend?

June sees National Volunteer's Week and we love taking the opportunity to thank our INCREDIBLE team of volunteers – page 12 highlights just a few of them. This last year has been hard for everyone, but our volunteers put aside personal struggles and devoted time to help others. Thank you for stepping up during the toughest of times.

That's all from me this time, we're looking forward to seeing some of you very soon – come and join us at your local centre if you can!

Helen x

Helen Rice
CEO Age UK West Sussex, Brighton & Hove

If you need help we are here

As lockdown restrictions continue to ease we want you to know we are still here for when you need us. With the help of our amazing staff and volunteers and our generous supporters we continue to meet the needs of vulnerable people across our communities in West Sussex, Brighton & Hove.

We can support you with:



Our Age UK centres – reopening on May 17th

From May 17th onwards we look forwards to welcoming you inside our fabulous centres again! Until then you can enjoy our outdoor cafés. Please call ahead or check online to find out what's happening where you live.



Telephone befriending

We have a team of befrienders ready to make calls to anyone feeling lonely or isolated.



Help at Home

We can support older people in their homes with services like cleaning, laundry and gardening.



Doorstep Deliveries

We can deliver groceries and essential medication to your doorstep.



Meal Deliveries

We're delivering nutritious home-cooked meals to older people locally.



Home From Hospital

This service is available for vulnerable adults who do not have a carer upon discharge from hospital.



Emergency Welfare and Safety Support

We can provide urgent help for the most vulnerable or at-risk people with tasks such as cleaning, shopping and laundry, as well as offering respite for carers.



Information and Advice

Our team can help with a wide range of queries on a huge range of topics.



Crisis Care

This is a free short term support service available following an illness, hospital discharge or domestic emergency.



Wellbeing support

We can share information on healthy living, nutrition, hydration and exercise.



Tech advice from our 'Techno Team'

For help using your tech equipment, like computers, tablets or smartphones.

If you need support:

If you are practicing social distancing or self-isolation and need support, or you are worried about a family member or friend AUKWSBH are here to help.

Contact us:



01903 731800



info@ageukwsbh.org.uk



www.ageukwsbh.org.uk



Never miss an issue!

Our monthly Connect magazine is full of information, advice and great stories to help people across West Sussex, Brighton & Hove to live well, independently.

Stay connected by subscribing to our magazine, and we'll send you our latest edition. **You can read Connect online at:**



www.ageukwsbh.org.uk

Our Cream Tea is back!

We are delighted to announce that our popular Cream Tea delivery service is back in time for all your picnics, garden parties and long awaited get-togethers with friends and loved ones!

Why not treat yourself, your family or friends to a fabulous home made cream tea this summer? Or if you'd like to make a really special gesture, why not order a cream tea for an older vulnerable person in Sussex as well?

Our home made cream teas are the perfect way to celebrate a birthday, anniversary, seeing an old friend, treating work colleagues or just as a little pick-me-up.

Why not indulge someone, or yourself, around **National Cream Tea Day** (25 June) **National Picnic Week** (22 to 27 June) or during **National Picnic Month** this July?

We ask for a minimum donation of £7.00 per Cream Tea box (which includes delivery to addresses in Sussex) but if you would like to specify your own amount in order to add a little extra to your donation, we'd be extremely grateful.



What's in the box?

- 2 x classic homemade plain scones
- 1 x tub of Rodda's Cornish Clotted Cream (40g)
- 2 x jars of Tiptree Strawberry Conserve (28g)
- 2 x individually wrapped teabags and sugar sachets
- Knife and serviette

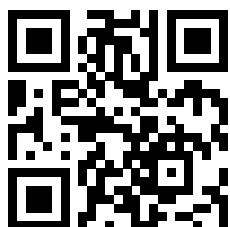


Chief Executive, Helen Rice said:

"I'm absolutely thrilled to be launching our Cream Tea Campaign for a second year running. It was so popular last year and what better way to celebrate the summer and the great outdoors! Whether you're treating a friend, colleague or yourself, we hope many people will place an order and support us so that we can help even more older and vulnerable people in our communities."

Scan the code

Scan the QR code to visit our Virgin Money Giving page where you can donate to our Cream Tea fundraising efforts. (Marianne's dog Luna enjoyed hers!)





Brands maybe substituted with suitable alternatives subject to stock availability



Jackie + Marianne

All money raised will go towards supporting vulnerable older people in our communities, including those we have been helping throughout the Covid-19 crisis with tailored support such as doorstep deliveries and befriending calls and meal deliveries.

Many older people are now dealing with the repercussions of a decline in physical and mental wellbeing due to pandemic restrictions, as well as anxiety about returning to life outside of lockdown. Your donation can help us to continue supporting them so that everyone has someone to turn to during these extraordinary times.

Last year we made thousands of boxes, all packed by our army of volunteers and delivered across the West Sussex, Brighton & Hove. This year, with your help, we want to do even better.

How to order your Cream Teas:

To order your cream teas, you can...

-  Visit www.virginmoneygiving.com/fund/CreamTea2021
-  Call 01903 792211
-  Email fundraising@ageukwsbh.org.uk

We ask for a **minimum donation of £7** which includes free delivery to most local addresses. For some postcodes however, there may be a small charge. Our volunteers will be delivering to one area within Sussex each weekday as follows:

Monday	Horsham
Tuesday	Crawley
Wednesday	Mid Sussex
Thursday	Brighton & Adur
Friday	Arun & Chichester

We are taking orders throughout June, July and August while stocks last!

Heart-warming work

Our Warm Homes Programme ended in April and our Information & Advice team has done an absolutely sterling job helping people who were worried about keeping warm at home during winter.

The initiative helps people living in, or at risk of fuel poverty by offering free benefit reviews, home energy checks where energy saving products have been fitted and warm homes packs (including hot water bottle, blanket etc).

The team smashed their target of 300 benefit advice sessions, by providing over 500 to over 65s across Sussex.

They identified over £3 million of extra benefits and helped people to claim them.

This is money people were unaware they were entitled to, but which enabled them to heat their homes without falling into poverty.

While the days are warmer now, no one should be so worried about heating bills when the colder months roll round again. Make a note to contact us if you need to – practical help is just a phone call away. The advice service runs throughout the year so call them for your free benefit check now.




Do you need advice?

We offer information and advice to the over 50s on an incredibly wide range of subjects. A team of advisors and experienced volunteers can help with queries regarding:

- Welfare benefits
- Housing needs
- Health and social care
- Family and personal matters
- Money advice
- Care planning and care at home
- Advice for carers
- Advising on rights
- Social activities

Might we be able to help you or someone you know? If so, please contact the Information and Advice Team:

 **0800 019 1310** (between 9am – 5pm)

 **info@ageukwsbh.org.uk**

Connector Plus funding extended in Henfield

We are very pleased to hear that the funding for our Connector Plus service in Henfield has been extended. This could not come at a better time as Covid-19 restrictions are lifted and we have the opportunity to socialise again. We know from our clients that for some this is an anxious time after a year of shielding and minimal contact with other people. Connect plus can support people to link with other like minded people within their community by bringing them together at The Haven in Henfield.

For more information please contact **alex.nevatt@ageukwsbh.org.uk**



Information & Advice hot topics

Looking into long term care and the Carewise Scheme

Choosing long-term care could be one of the most expensive decisions you make.

West Sussex residents could expect to pay up to £1500 per week for their care (actual cost will vary depending on the provider and your needs). Good financial planning is vital to ensure the funding is in place for as long as it's needed.

Yet the vast majority of people do not seek independent financial advice to help them make informed choices.

It may seem simplest to pay care fees from savings, income or selling your home, but this may not be the most cost-effective choice.

Carewise was set up by West Sussex County Council, Age UK West Sussex, West Sussex Partners in Care and the Society of Later Life Advisers (SOLLA) to help people through this financial minefield. It provides information and advice about care and support options, guiding you to the most suitable way of paying for long-term care.

There is also access to the general money advice service at AUKWSBH – providing advice in a range of areas including pensions, benefits, managing debt and budgeting. Our contact details are opposite.

Peace of mind

Carewise offers a panel of care fees specialists, who are all:

- qualified independent financial advisers;
- accredited by the Society of Later Life Advisers (SOLLA);
- approved under the Trading Standards 'Buy With Confidence' or equivalent local authority approved scheme;
- trained in adult safeguarding; and
- checked with the Disclosure and Barring Service (DBS).



Book your first care consultation for free

Your first consultation with a care fees specialist is FREE, and they will explain the cost of any further advice. For more information on the Carewise scheme and to arrange your free consultation, visit the Carewise website or get in touch.

☎ Adults' CarePoint – 01243 642121

@ socialcare@westsussex.gov.uk

🖱 www.carewiseadvice.com

Sharing the love

We've been overwhelmed by all of the kind words and compliments you've shared with us recently. Here's some of the feedback we've received over the past few months...

"Dear Peta, it was so reassuring to talk on the phone this morning and to hear about all the different avenues for support. I had no idea there was such a network out there. And thank you for such a clear email outlining it all. Really helpful and much appreciated, many thanks."

"I would like to thank everyone for saving me from having to eat Iceland dinners for this month! How grateful I am for your support...YOU ARE ALL FABULOUS!"



Gillian was happy to receive one of our Bags of Support along with her meal delivery and an Easter Egg from our Horsham Village Agent Hayley.

"My sincere thanks to David, your volunteer, who has been very supportive in helping with the completion of the Attendance Allowance form, for my Mum. Thank you for all your support."

Hi Sarah, re the carry...
Thank You So Very Much
For Thinking Of Us.
We are well, hope that
you & all yours are too!

Do you need our support?
Over 50s who need advice or support at this time can contact us on: 01903 731 800 or email us at info@ageukwsbh.org.uk



Our fab supporters

A BIG thank you to those of you who have supported us recently with our Bags of Support Campaign including Courtney Green Estate Agents, Slinfold Parish Council and Thakeham Parish Council.



Esteem – we ‘Adur’ you!

Thank you to the charity Esteem who made some wonderful greetings cards to go into our Bags of Support earlier in the year.



The recipients were delighted with their cards, which contain some beautiful Sussex themed designs, and really brightened their day!

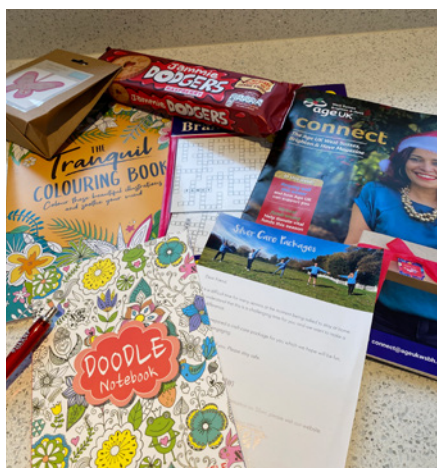
Thank you to Silver & Sky

A BIG thank you to our partners, Silver, who are continuing to support us by helping those older people struggling with loneliness.

We are joining forces once again to deliver brightly coloured spring craft packs which are vital lifelines for older, vulnerable and lonely people. Each bag is filled with some bright and cheery contents including an adult colouring book, various arts and crafts, pens and treats. We also have a limited amount of bird books to put into the packs.



The current pack will come in a blue and yellow designed tote bag complete with the latest copy of our Connect Magazine and Spring Activity Pack. A massive thank you too to our volunteer supporters at Sky who kindly collected and distributed all of the fabulous craft packs to our Sussex Centres.



Help at Home

From time to time we all occasionally need a bit of extra help so when one of our customers, Sue, contacted us about her garden, we were able to help by recommending a gardener so that she could continue to enjoy her outdoor space.

Our Help at Home Service introduced Sue to John Barley, who has been working for us for a year now doing gardening as well as DIY and Home Energy Checks for our clients.

Sue says...

"AUKWSBH is a brilliant organisation for providing practical help which is exactly what I need. I completely trust Age UK. You combine compassion with the practical element. I love my garden and it's lovely to see it being looked after and especially during lockdown. Also keeping my garden looking good helps with security and sends a message to would-be burglars that my house is lived in. I couldn't manage without John."

Our Gardening Service

Our Gardening Service has been designed to offer help to those aged 50+ with general gardening tasks and maintenance.

If gardening is something you enjoy then wherever possible we will actively encourage you to continue gardening alongside our gardener.

All of our trusted and vetted gardeners are DBS checked and fully insured and we always try to provide the same friendly professional gardener on each visit so as to provide continuity.

Gardening tasks undertaken include:

Mowing the lawn and clearing fallen leaves, weeding, pruning and cutting back hedges and small bushes. We can also provide planting and maintenance of bulbs, plants or vegetables

We can't undertake large tasks involving heavy lifting or working at height, we cannot undertake tree felling or removal of large bushes and we are unable to take any green waste away with us.

Contact Help at Home:

01903 726 276

helpathome@ageukwsbh.org.uk



Meet our cover star John!

John found out about working with AUKWSBH from a retired friend.

"I do mainly general gardening work including lawn mowing, weeding, pruning, tidying and sometimes small DIY jobs.

I love my work as I enjoy meeting people, making a small difference to their life and doing something worthwhile that gives job satisfaction and makes the client happy.

I also do Home Energy Checks during the winter months that require me to assess what is needed to make a clients home more energy efficient and warmer. I then supply, if necessary, draught excluders, lightbulbs, cold alarms and a bag containing gloves, hat, hot water bottle, blanket, etc.

I particularly enjoy working with older people as they have a wealth of knowledge and have the best stories. They also really look forward to the social interaction. I feel that my work is far more than just gardening. I know that their garden is often their source of pride and having a tidy garden creates a sense of order for them and delight and somewhere for them to enjoy.

I leave with a sense of pride and with the knowledge of a job well done as well as knowing I have brightened their day.

My first customer was Sue and it's great to come around to see her and do the gardening."

Nail cutting services



How we can help

If you cannot cut your own toenails, but are in good health, we may be able to help you. Our nail cutting service is for those...

- with impaired eyesight
- with reduced mobility because of arthritic changes
- who cannot reach their feet for physical or medical conditions
- for whom it is impractical or unsafe to do it themselves

What we offer

Nail Cutting Clinics are held at the Age UK Brighton & Hove office on Prestonville Road (near Seven Dials). This is by appointment only. We can also cut your nails at home if you are unable to get out.

Cost

To find out more about our costs please give us a call and we can go through your requirements.

Call us on
**01903
731800**

Emergency care support


Our Crisis Care Service provides temporary emergency support (in the Brighton and Hove area) when other services are not available.

It is a free short term support service available for up to 14 days following an illness, hospital discharge or if you are finding it impossible to cope in a domestic emergency.

The service can help support with various tasks including personal care, shopping for essential items and collecting prescriptions, quick/light meal preparation and 'comfort' calls after an emergency or bereavement.

Contact our Crisis Care team:

All Crisis carers are carefully selected, trained and supported. The service is CQC registered with a good Standard. To make a referral or more information call us on:

 **01273 328555**

Please note: Our Crisis Care services are available in the Brighton & Hove area only.



Our service availability is under constant review

Due to Coronavirus our services are under constant review and are subject to change. For the latest information on services where you live please get in touch by calling **01903 731800**.

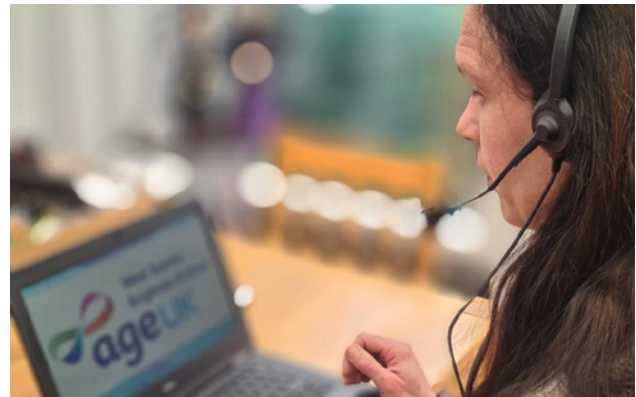
Everyday heroes of the pandemic

More than a year on and with things slowly returning to normal, many of us now have the opportunity to reflect on the Coronavirus pandemic in the UK.

Alongside the incredible work of our NHS and keyworkers, what has really stood out are the efforts of so many ordinary people, stepping up to help those they know or their wider community. We've witnessed fundraisers, carers, neighbours and friends going above and beyond, each one a hero in their own way.

We're probably biased, but we think the staff here at AUKWSBH are pretty heroic, many having left their usual roles to help older people by delivering meals and groceries, collecting medication, providing advice and offering a listening ear. Some stories have been completely uplifting and we wanted to share them here as a little snippet of the effort that has gone in across our organisation.

Thank you to everyone who is out there making a difference!



Calling out for a hero

Amanda Kane, who is based at our Littlehampton office, made almost 2,000 befriending telephone calls to 458 different individuals between March 2020 and March 2021.

The befriending service was set up in direct response to the pandemic, with the aim of supporting older people who were feeling anxious, lonely or isolated following lockdown.

Amanda said "I knew I was making a huge amount of calls, but I was gob-smacked when I heard the total number! I really enjoy ringing people, although it's been tough emotionally at times as I'm often chatting to those who are at a very low ebb. Some have been bereaved during the pandemic and others tell me I'm the first person they've spoken to all week. Our befriending service is a real team effort, with staff and volunteers across West Sussex, Brighton & Hove pulling together to make sure older people have someone to turn to."

Making a meal of it

Chef Caryl Weir has made almost 9,000 dishes (main meals and desserts) for older people throughout the pandemic. Sometimes starting early in the morning and working through to the evening to ensure people got the meals they were expecting, she has been tireless, making balanced, nutritious, hot meals for those in need.

Caryl said "It's been hard work but so rewarding making meals for those isolating at home.

I know some of the clients really well, from their visits to our centre in Burgess Hill, so I tried to make sure I was making some of their favourites to put a smile on their face.

I know the meals have been a lifeline to some, especially those with no family to turn to. When the last of the meals are packaged each day, it feels like a job well done."



High Sheriff's Award

Age UK West Sussex, Brighton & Hove have been awarded with the High Sheriff's Award for its work supporting older, lonely and vulnerable people during the Pandemic.



Normally, the awards would be presented at a ceremony but as this was still not possible, the High Sheriff travelled around the county to present his awards in person.



Who's your hero?

We'd love to hear about your heroes of the pandemic, the people you couldn't have done without over the last year or so and how they've helped you. We'll be devoting some space to it in the next issue of Connect, so it's your chance to say thank you to the heroes in your life.

To tell us about your hero, please send us up to 50 words on who they are and what they have done. You can write a letter, or email us and we'll publish as many as we can in our next issue.

@ connect@ageukwsbh.org.uk

✉ **Pandemic Heroes**
Suite 2, Anchor Springs,
Littlehampton, BN17 6BP



Dedication to 'Bunty' Marguerite Bateman 1930 - 2021

Bunty was a cherished volunteer at Age UK West Sussex Brighton and Hove and made a huge impact on our work and everyone she met. She will be very much missed.

She made such an impact that there will be a piece of research named after her. One of her friends at AUKWSBH, Claire Godley has paid this tribute: "Bunty has played a huge role as part of the community engagement team of volunteers that I have the privilege of working with. She helped me enormously when I joined the charity five years ago and gave me lots of great advice from her experiences as a research interviewer. Bunty was very generous with her time and not only conducted interviews with participants for every research project I have worked on but also helped to train new volunteers and would provide her thoughts and opinions on each research topic.

Bunty was passionate about helping older people to have a voice and an opportunity to have their views and opinions heard and she provided a unique perspective when we met as a team to discuss draft research questions. She cared deeply for the older people she interviewed and would spend time helping them with other issues they might mention to her. Nothing was too much trouble for her.

I will miss Bunty's dedication to and passion for the research but also her wonderful personality and sense of humour."

Focus on volunteering



VOLUNTEERS' WEEK

Time to celebrate



A special message
from Richard Harris,
Volunteer Manager



We will soon be celebrating Volunteer's Week, which is one of my favourite times of the year, as I have the opportunity to thank all the volunteers for the hard work and time they've given us. So here's a message to all of you wonderful volunteers...

This past year has been particularly challenging for all of us and we've all been through so much but you have stayed with us, persevered and you've all contributed in many different ways to making this community a better place in such difficult times. We have had to adapt the way we work but we've also had some amazing moments such as beginning new services and volunteers having a big impact on how they are run. Telephone befriending, doorstep support, shopping, deliveries and remote IT support are just some that have been run with lots of volunteers (old and new). We've also had help from companies and local businesses – Sky, for instance, assisted with doorstep support and deliveries.

Even though it has been a very tough 12 months, you have contributed immensely to AUKWSBH and have been a life saver to so many people in our communities.

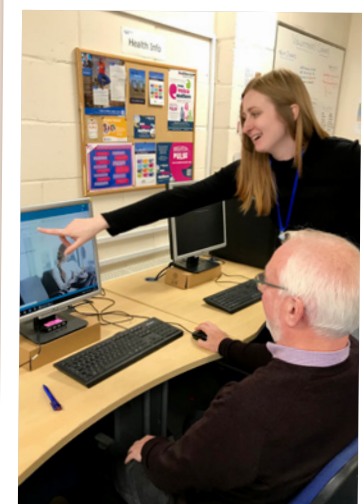
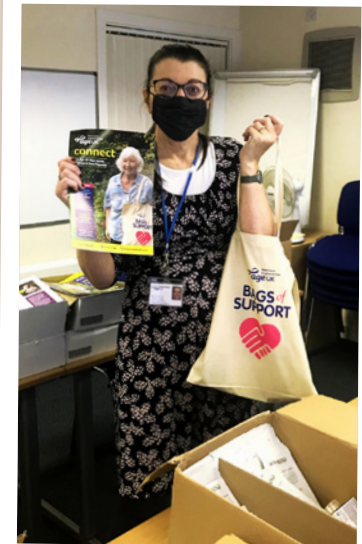
So on behalf of the charity and me, I would just like to say that without your energy, professionalism and your expertise we just wouldn't be able to do what we do. We are all incredibly grateful for your efforts and together, we make an amazing team. You are a privilege to work with and not a day goes by when I think to myself that I am so lucky to be your Volunteer Manager.

Thank you from me and all of us to all of you!

Richard

📞 07841 662564

📧 richard.harris@ageukwsbh.org.uk





Digital Connections

Helping isolated older people keep in touch during the pandemic.

I joined Age UK Brighton & Hove back in autumn 2017, using my IT skills to help people in the computer drop in centre with a range of issues. People would come along for help with anything, from absolute beginners learning to use a computer, to more advanced tech issues that they couldn't resolve themselves.

During the pandemic, the drop in centre was closed and my fellow volunteers and I had to take a different approach. We began offering telephone support to older people who were isolating. We helped with guiding them through processes like setting up video calls, or using technology they might not be familiar with, including iPads and smart phones. Without their usual support networks to turn to, our clients were incredibly grateful for the remote support we offered.

The role was a vital part of AUKWSBH's pandemic response, helping people get online, to shop or connect with distant loved ones. Even just chatting to someone about IT, I often got the impression that people also appreciated that human contact, as many lived alone and may have been feeling particularly lonely. I really enjoy volunteering – it's great to feel like you made a small difference, at a time that was incredibly tough for some of the older people we work with.

John, Techno Team Volunteer

Could you help?

Do you have a few hours spare a week to volunteer with us?

We are currently looking for people to help us with a number of our services. Currently, we are looking for volunteers in these areas:

- Doorstep Support and Delivery person
- Dementia Daybreak services
- Gardening
- Kitchen assistant
- Coffee in the park assistant
- Community neighbour volunteer
- First point of contact community navigator
- Administrator
- Attendance Allowance form filler
- Community support volunteer
- Doorstep support and deliveries volunteer
- Community research volunteer
- Volunteer hall assistant

Now that our centres and outreach services are beginning to re-open we are also seeking the following volunteers:

- Community group volunteer leaders
- Centre group volunteer leaders
- Activity assistants
- Receptionists
- Telephone befriending
- Walking football volunteer (Coming soon!)
If you are interested in walking football we are looking for someone to assist with running these sessions. A job outline will be available shortly however if you would like to register an interest please get in touch!

Find out more about volunteering for us!

Contact Richard, our Volunteer Manager to find out more, or to join our amazing army of volunteers:

☎ 07841 662564

@ richard.harris@ageukwsbh.org.uk

Fundraising fun!

Set yourself a challenge!

Summer is on its way and if you're looking for a way to regain your fitness levels after lockdown or perhaps you want to reconnect with people, why not set yourself a fundraising challenge for us?

You could pick anything from challenging yourself to run or walk a certain distance, to organising an online quiz, a virtual wine tasting or an afternoon tea (when restrictions allow). You could even apply for your own place in an organised event, such as the Great South Run www.greatrun.org/events/great-south-run or find an event to suit you by visiting www.charitychallenge.com. Whatever you want to do, we can support you!



Charity of the Year

We are delighted to announce that we have been nominated as charity partner for the Gatwick office of leading business and financial adviser Grant Thornton UK LLP.



The firm has chosen to support us throughout 2021 and 2022 with a number of initiatives to raise funds and provide volunteer help. The team got stuck in straight away and have already been involved in volunteering their time to count and package up Big Knit hats, have bought raffle tickets for us and started a sunflower growing competition. The staff are also looking to organise a virtual challenge later in the year too!

Tonia Danez, a member of the CSR team at Grant Thornton says: "We are really excited to be working with AUKWSBH. It's become so apparent during the pandemic that older people need support – we've got lots of things planned which we hope will go some way to helping AUKWSBH to continue with the important work they are already doing in our local community."

If you run a business or you're an employee, nominate us as your Charity of the Year and see what a partnership with us can offer. Contact fundraising@ageukwsbh.org.uk for more info.



Star Baker Tilly!

This is Tilly, a year 7 student who loves baking cakes for us and our customers – possibly our youngest volunteer! She is ably assisted by her mum's thermomix! Well done Tilly, your cake went down a treat with everyone.

Get in touch with our fundraising team

If you need any information about fundraising for AUKWSBH, please get in touch. We can provide you with a support pack with all the materials you will need.

 01903 792211

 fundraising@ageukwsbh.org.uk

Support Bob to raise £1,500!

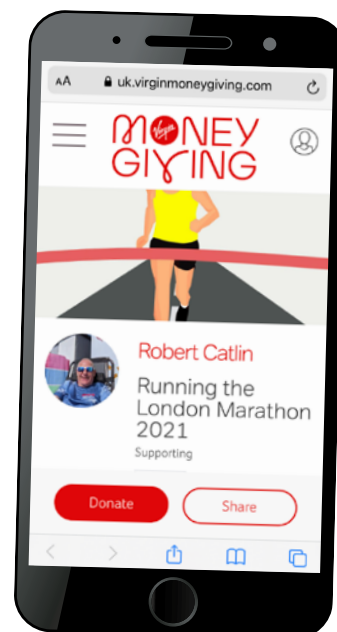


Bob's story...

"I am running the Virgin Money London Marathon in October 2021 to raise urgently needed funds for a charity very close to my heart.

I joined Age UK West Sussex, Brighton & Hove about 7 years ago with a view to helping out at reception. I got asked to help in the gym one day and started to use the treadmills. After a few months I started to run... I was 16 stone when I started and now weigh 12 stone. I haven't stopped running since and am very excited to take on my biggest challenge yet... the London Marathon.

To support Bob please visit his Virgin Money page at uk.virginmoneygiving.com/RobertCatlin or, alternatively you can call the Fundraising Team and donate via telephone on **01903 792211**.



Thank you for your support

We are delighted to receive fundraising support from so many organisations and really appreciate all you've been doing. Most recently through various raffles and other initiatives we'd like to mention Agile Media, Emcel Filters, Morrisons Littlehampton and Waitrose Burgess Hill. Well done, you are amazing!



WAITROSE
& PARTNERS

The Big Knit... Calling all knitters!

We are looking for all you keen crafters out there to help us knit 40,000 little hats for the next Big Knit campaign.

The little hats will appear on Innocent drinks bottles and for every little hat we submit, Innocent drinks will donate 25p to Age UK. The money raised through the campaign will help to fund our vital work – providing practical and emotional support for older people.

There are plenty of different patterns you can choose from including the classic bobble hat, as well as different birds, fruit and animals, the list is endless! Why not take a look at the patterns online for some inspiration by visiting: www.thebigknit.co.uk/knitting-patterns

We want to see a world where no one has no one to turn to. By knitting little hats for the Big Knit you'll be helping us to do this.



Could you help with us with The Big Knit?

Could you help us make a difference by knitting some mini hats to keep older people warm and well this winter? If you'd like to get involved, please get in touch!

 **01903 792211**

 **fundraising@ageukwsbh.org.uk**

Community news across our centres

Across all our locations!




Getting ready to open...

We are looking forward to welcoming you back inside our fabulous centres again! Behind the scenes, we are working hard to get things ready for 17th May. In the meantime, we have a number of outdoor centres that are already open for business! Take a look overleaf at some of our wonderful first customers.

Want to know more about our centres?

We're looking forward to welcoming you back at our centres from the 17th May! For more information on all our centres, please visit the **Activities and Events** section on our website, or follow us on social media. We look forward to seeing you soon.

 www.ageukwsbh.org.uk

   @ageukwsbh

Littlehampton



Clubs are back!

We're delighted to let you know that our **Littlehampton Clubs are back at a new location**. We are now open 5 days a week at Littlehampton United Church at 1 High Street. The Mayor of Littlehampton, Councillor Michelle Molloy, visited our Littlehampton Club on opening day, saying "It's lovely to come along and see what Age UK have on offer and how it's helping older people in the community stay connected."

From the 17th May onwards, there will be a café, exercise classes, social classes, a holistic therapist and more! To find out more about our services please go to our website www.ageukwsbh.org.uk or call us on **01903 731800**.



Crawley

Springing into action!

We'd like to say a huge thank you to the lovely volunteers from UK Power Networks who helped spruce up the grounds at our centre in Crawley earlier this month.

The volunteers swept up winter leaves, weeded flowerbeds and cleaned windows in readiness for our reopening. We think they did a great job!

Open for business!

It's been lovely to see some of you join us outdoors at Lavinia House in Horsham, the Laburnum Centre in Bognor Regis, our Haywards Heath Centre and our new venue – Eastbrook Community Centre at the Shark Park, in Fishersgate.

Thank you so much to everyone who came to say hello. Here's some lovely photos from our re-opening at those centres!

Our new venue: Eastbrook Community Centre!

We have a new venue at Eastbrook Community Centre and we threw our doors open on April 12th to start offering outdoor and takeaway drinks and snacks from the Cafe @ Shark Park.

We have big plans for the centre over the coming year. It will be a hub at the heart of the community, with something for people of all ages. Once Covid-19 restrictions are relaxed, we want to see the centre thriving, bringing the generations together for activities, fitness, fun and friendship.

To find out what's happening at Eastbrook you can follow us on social media or call us on 01273 911 900. We hope to see you there!



Eastbrook



Lavinia House



Laburnum Centre



Haywards Heath

Funding to fight dementia

We're excited to have received £20,000 from Age UK National to fund two courses helping people with dementia live well and fight back against the condition's progress.

Each course supports eight people, runs for six months and offers a range of activities which work on motor skills, memory and movement. The first course starts in July.

The approach (called Maintenance Cognitive Stimulation Therapy) has been proven to slow the progression of dementia.

In addition, the benefits appear to be comparable to those offered by dementia medication.

24 weekly sessions of themed activities work the brain in different ways and help people maintain certain skills. The course will also allow people to build relationships with others in a similar situation and work in a group where they know they won't be judged.

Examples of the themed activities on offer include:

- **Physical games** – e.g. table tennis, curling and skittles
- **Sound** – including music/instruments and opportunities to reminisce
- **Childhood** – sharing stories, images from childhood and school day memories
- **Food** – cooking, discussing favourite meals or food throughout the years
- **Current affairs** – the world today, recent news stories and tying in how times have changed
- **Being creative** – arts and crafts

The two initial programmes will be run in Brighton and Mid Sussex, but we hope to offer them more widely in future. Living with dementia can be incredibly tough, so we want to support as many people as possible. If you think you or a friend/family member might benefit from joining this course, please call: **01903 731 800** or email us at: **cst@ageukwsbh.org.uk**.



Daybreak
Respite for Carers



Daybreak provides the opportunity for carers of people with dementia to take some time for themselves, knowing the people they care for are in a safe, stimulating environment.

For those who are frail or have dementia, our social days involve group activities, cognitive stimulation games, a delicious lunch and all refreshments. For carers, there is a relaxing space at the centre where carers may gather together, chat and share experiences.

**Contact us to discuss
Daybreak membership**

To discuss membership for Daybreak, please contact **Charlie Rayner** on:

☎ **07904 977 251** or **01903 792 015**

✉ **daybreak@ageukwestsussex.org.uk**

Take a break!

Why not grab a cuppa, put your feet up and have some fun with our Sudoku challenges!

Beginner Sudoku

4	2		5	9			8	
8			3	2		5		7
	5	1					9	
	9			5				2
7				4				5
6				3			7	
	8					7	6	
2		6		7	9			4
	7			6	5		2	1

Advanced Sudoku

	5	9			2			4
1	3		7					
	2	7				9		
				7	4			6
			9		3			
8			1	2				
		4				7	8	
					1		3	5
3			2			6	4	

Want more puzzles?

We have Activity Packs, DVDs and CDs available for delivery to anyone who needs them! If you are in need of some fun activities to pass the time, please don't hesitate to call us on **01903 731 800** or email connect@ageukwsbh.org.uk



This month's recipe: Fresh Strawberry Ice Cream in a bag

This is a yummy homemade ice cream without the ice cream maker. Simply fill the plastic bag with cream and strawberries, then shake it until it's a smooth creamy ice cream!

Ingredients (serves 2)

- 250ml single cream
- 2 tablespoons caster sugar
- 1 teaspoon vanilla extract
- 4 tablespoons chopped fresh strawberries
- 4 scoops ice cubes
- 4 tablespoons coarse salt

Method

1. Combine the cream, sugar, vanilla and strawberries in a litre size resealable plastic bag.
2. Press the air out of the bag, seal and shake bag to combine contents. Place the bag into a larger sized resealable plastic bag. Add the ice and salt to the larger bag, press the air out, and seal bag.
3. Wrap bags in a tea towel and shake continuously, until the contents of the small bag thicken into soft ice cream. This should take 5-10 minutes.
4. Rinse the small bag quickly under cold water to wash off salt. Lay the ice cream filled bag on a flat surface. Use a wooden spoon handle to push the ice cream down to the bottom corner of the bag then snip off the corner, and squeeze it into a bowl.

We'd love to hear your recipes!
Email us at connect@ageukwsbh.org.uk

Advice for the warmer weather

We all look forward to a good summer, even though we're often disappointed!

But high temperatures and humidity can present a risk to our health, especially as we get older. Here are some helpful tips on how to stay safe when it's hot.

When you're at home

Keep the light out

Keep blinds down (especially in rooms you're not using) and windows closed when it's cooler inside than out.

Cool your body

A damp cloth or a splash of water on the back of your neck is better at cooling you down than a fan.

Change your outfit

Light-coloured, lightweight cotton or linen clothing keeps you cooler.

Check your medication

Check how you are storing your medication when it gets particularly hot – most should be kept below 25°C so it might be best to keep them in the fridge when it's really hot.

Check your skin regularly

Be particularly careful of moles. If you notice any changes to the colour or shape, or if they bleed, don't hesitate to go and talk to your doctor.

Keep yourself hydrated

Drink plenty to avoid getting dehydrated and eat something even if you're not feeling too hungry.

Check the forecast

Keep an eye on the forecast for any hot weather warnings and to make sure you don't get caught out by unseasonably warm weather.



When you're out and about

Stay in the shade

Don't spend too much time outside at the hottest time of the day (11am – 3pm) when the sun is at its strongest. Try and keep in the shade when you can.

"I still enjoy the nice weather but I'm much more careful now. On hot days I only stay outside for a little while at a time." Eva, 93

Be prepared

It's a good idea to carry a bottle of water with you when you go out and wear a sun hat.

Look after your skin

Use a sun cream of at least SPF15 and apply it regularly. Make sure you don't miss a spot with the sun cream (bald patches tend to be overlooked). Be careful, even when it's not sunny. UV levels can still be harmful when it's cloudy out.

Protect your eyes

Talk to your optician about prescription sunglasses. Make sure any sunglasses you wear have a CE mark and UV400 label.

Be extra careful

Watch out for signs of dehydration – confusion, cramps, dark urine and feeling weak. You don't have to feel thirsty to be dehydrated.

Be careful to avoid heat exhaustion – the symptoms include headaches, dizziness, nausea and a fast pulse. If you feel unwell, lie down in a cool room, drink plenty of water and cool yourself with a splash of water. Heat exhaustion could lead to heatstroke. Symptoms include falling unconscious and seizures. Call 999 immediately if you think you or someone might have heatstroke.

Most importantly... Have fun!

The summer is a great time to get out and about, and with the right precautions it's a great season to enjoy and make the most of the sun and longer days!

Keep fit with YouTube

To help you keep active and healthy why not take a look at the videos on our YouTube channel? We've got everything covered from seated exercises, to line dancing!

Watch the videos by searching on YouTube for '**Age UK West Sussex, Brighton & Hove**'



Join our online Art Club!

Art projects are emailed to you every other week along with a video providing instructions and inspiration. Designed for anyone to join in and have fun!

Email us for more details, to sign up, or to receive your FREE art pack!
artclubonline@ageukwsbh.org.uk



7-13TH
JUNE
2021



Carers Support West Sussex
for family and friend carers



Join us for a week of
events to celebrate and

MAKE CARING VISIBLE & VALUED

BOOK YOUR PLACE TODAY

☎ 0300 028 8888

✉ info@carerssupport.org.uk

🌐 carerssupport.org.uk/carers-week



Making a positive difference
for blind and sight impaired
people in West Sussex.

01243 828555

enquiries@4sight.org.uk



4Sight

vision support





we need your
woolpower

Knit or crochet a little hat. We'll pop it on one of our smoothie bottles, and give 25p to Age UK for every behatted drink sold.



Find out more:

 01903 792211

 fundraising@ageukwsbh.org.uk