

connect

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

In this issue:

Crawley Pride

We attend and
celebrate Pride...
Read more inside!

.....

Older People's Day

Find out how to
join in with our
celebrations!

.....

***Staying safe
this Autumn***

Read our health
and wellbeing tips

.....

Fundraise for us!

How you can
help support
our vital work

.....

30 years!

We thank Sheila,
one very special
volunteer!



In this issue:

- Page 2** Celebrating Older People's Day 2021
- Page 4** Health and Wellbeing
- Page 6** How we can support you...
- Page 8** Help at Home
- Page 10** Community news across our localities
- Page 12** Fundraise for us!
- Page 14** More ways to fundraise!
- Page 15** Company updates
Sharing the love
- Page 16** Volunteer Corner
- Page 17** Take a break!

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 0800 019 1310

 www.ageukwsbh.org.uk

   @ageukwsbh

 Age UK West Sussex, Brighton & Hove

 Age UK West Sussex, Brighton & Hove

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: 04146487

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.
Cover & P4 image credit: Centre for Ageing Better



Welcome!

Hello and welcome to your latest copy of Connect Magazine.

I can't believe how quickly summer has passed this year, we've had downpours, heat-waves and everything in between! It's been a busy time for us as we've been welcoming some of you back to our centres, while continuing to support those staying at home with doorstep visits, meal deliveries and cream tea treats. We attended the South of England show at the beginning of summer and rounded it off by joining in the festivities at Crawley Pride. It's been fantastic to get out and about again, meeting new people and seeing our centres coming back to life!

We're now looking forward, to the Ageing Well Festival in Brighton and Older People's Day – you'll find more information on both of these events inside. We're also planning to re-launch our popular Bags of Support for autumn, which this year will include a pocket game called 'A little more conversation' (worth £12.99). The idea behind the game is to get friends and families talking, with question cards that spark joy, laughter and unexpected stories. This, along with a host of other free goodies, make our Bags of Support for 2021 worth getting your hands on.

Talking of support, we know that the pandemic's effects continue to be long lasting for many of our clients. We want to be there for more people than ever in the year ahead. If you might be able to help us do this, why not check out our vacancies page on our website, or get in touch about volunteering? You could join our incredible team, who make a difference every single day.

Stay well,

Helen x

Helen Rice
CEO Age UK West Sussex, Brighton & Hove

If you need help we are here

As lockdown restrictions have now eased 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

As restrictions are lifted and limits on social contact have been removed we are delighted to gradually welcome people back to our centres. 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.



Support at Home after 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:



0800 019 1310



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

Celebrating Older People's Day 2021

Friday 1st October is Older People's Day and as ever we will be celebrating this special day with a week of activities leading up to the day itself!

Many of you will remember that last year it was tricky for many of us to meet in person although we did have some celebration lunches and coffee mornings, so this year we are looking forward to celebrating with a host of activities and social events for people to attend.

In 2021 we are aiming to mark this special day with the launch of our Bags of Support Campaign for Autumn/Winter. The campaign is aimed at distributing cotton tote bags filled with information and goodies to older people locally.

As part of our overall celebrations, this year we are delighted to be taking part in Brighton's Ageing Well Festival, showcasing some of our key services and activities.



The week itself culminates on Older People's Day on 1st October and Silver Sunday on Sunday 3rd. It promises to be lots of fun! More details of all of our celebrations and activities will be posted to our social media channels on the lead up to these events in September and October.

Join us at the Ageing Well Festival

Come and celebrate the Ageing Well Festival with us at our Brighton Centre from 28-29th September. Join us for information and advice, coffee, cake and a host of other activities.

We will be available to give information on great activities and services in the area, to help people make the most of later life. We can also assist with issues like disability benefit applications, blue badges and housing applications. We can run benefit checks to see if you are missing out on any money and offer information about scams.

In addition, we have a number of activities planned across the two days including some exercise classes. Drop in to see us at Prestonville Road, Brighton, between 10am and 2pm for a cuppa and some cake! For more information get in touch. **We hope to see you there!**



📞 0800 019 1310

📍 29 Prestonville Road, Brighton, BN1 3TJ

Our Bags of Support campaign for Older People's day

A message of support from our CEO, Helen Rice

"It's Older People's Day, an opportunity to celebrate, support and reflect. We aim to help people to love later life whether that's through connecting with family or friends, socialising, trying new activities, keeping fit or volunteering. We also want to offer our support to those who need it and who are finding life challenging, perhaps facing ill health, frailty or bereavement. And this year, more than ever, we want to reflect on how older people have contributed in our communities, pulling together and going above and beyond to support others during an incredibly difficult time.

To mark the day, we'll be giving out Bags of Support – tote bags filled with information and goodies for our clients.

We've done this in previous years and it always puts smiles on faces. If you're joining us for any of our Older People's Day activities, we look forward to seeing you and if you need us at any time of the year, please don't hesitate to get in touch!"

What's in the bag?

Our Bags of Support contain items to provide support and reassurance, such as face masks and hand sanitisers or handwash, useful information, our Connect magazine, a few little sweet treats and healthy options too. For the new launch we'll also be including a pocket game, called '**A Little More Conversation**' (worth £12.99). The game aims to create an element of fun with family and friends and spark some laughter while sharing stories.



Can you help us to provide Bags of Support?

We are delivering Bags of Support to older people who need a little extra help during this turbulent year. You can help send one to someone in need by donating £5 directly by scanning the QR code opposite. Alternatively, you can donate to AUKWSBH by visiting our website or by giving us a call.

 01903 792211

 fundraising@ageukwsbh.org.uk

 www.virginmoneygiving.com/fund/BagsofSupport

All money raised in West Sussex, Brighton and Hove stays in our district, and helps us provide vital services for older people. Please help us to be there for those who need us during this difficult time.



**BAGS of
SUPPORT**



Thank you

A big thank you to everyone who has kindly supplied goodies for our Bags of Support, we really couldn't do it without you! A particular thanks go to Morrisons for all the treats they have supplied this year and to Gamely for the fabulous pocket games.

Contact us!

If you would like to receive a bag please get in touch. Also, we'd love to hear from you if you know of a business or someone who would like to sponsor or provide contents for our bags.

 01903 792211

Health and Wellbeing

Coronavirus restrictions are lifting – and while this is good news for some, a lot of us are still feeling a bit anxious. Read our top tips for taking care of yourself after lockdown and as restrictions ease.

Get your vaccine

Everyone aged 18 and over is now eligible for a coronavirus vaccine. If you haven't booked yours already, it's a good idea to do so – it's the best way to protect yourself and those around you from coronavirus. All approved vaccines have been assessed to ensure that they're safe.

It doesn't matter if you've turned down the vaccine before – it's not too late to change your mind.

Don't ignore other health concerns

You might have avoided using NHS services during the coronavirus pandemic. Perhaps you didn't feel safe going to your GP practice or hospital, or perhaps you didn't think your problem was important enough to bother the doctor with. But if you have a health concern, it's really important that you make an appointment to speak to a doctor or health professional.

Plan ahead

We're all a bit rusty when it comes to getting out and about as usual. You might find it reassuring to plan any trips and visits well in advance.

Go at your own pace

While some people are excited about restrictions lifting, many of us are feeling anxious. It's fine if you want to take things slower – do what you're happy with and try not to feel pressured into doing anything that makes you feel uncomfortable.

Talk to others about how you feel

If you're worried about the changes to coronavirus restrictions, it's a good idea to speak to someone you trust about how you're feeling – you might even be surprised by how many of your friends and family feel the same way.



Look after your wellbeing

With everything else going on, it can be easy to forget about your own needs – but things like getting enough sleep and eating well are important. Make sure you're getting rest, and eat a balanced diet if you can – but if you don't have much of an appetite, remember that it's better to eat a bit of what you fancy.

Get active

Coronavirus restrictions made it much harder for us to get out and about. As a result, you might be finding it more difficult to do the activities you used to – whether that's walking to the shops or looking after the garden. If your health has changed during the pandemic, you might not feel sure which activities are suitable for you now. But it's really important for our mental and physical health to stay active where we can.

Be kind to yourself

Just as it took time for us to adjust to lockdown, it will take time for us to adjust to restrictions lifting. It's important that you're kind to yourself as you take the time you need to adapt.

Ask us for help!

Although coronavirus restrictions are lifting, support is still available if you need it. You can call us on **0800 019 1310** or email info@ageukwsbh.org.uk – we can help you find the information you need.

Alternatively the NHS Volunteer Responders maybe able to help. You can call them on **0808 196 3646**.

 **0800 019 1310**

 **info@ageukwsbh.org.uk**

 **www.ageukwsbh.org.uk**

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



Exercise with us online!

If you haven't had the chance yet then check us out on YouTube as we've got some exercise videos to keep you healthy and active.

We've got everything from seated exercise, chair Pilates, cardio circuits and more!

 **YouTube – Search for our channel:
Age UK West Sussex, Brighton & Hove**



How we're keeping you safe at our centres...

Encouraging face coverings

We want everyone to feel as safe as possible in our centres. With that in mind we're asking people to continue wearing a face covering if they can. While no longer a legal requirement, visitors will be asked to wear a face covering when in our indoor communal spaces or walking around our buildings. They can be removed when participating in classes/activities or if sitting at a table.

Contactless payments

In order to continue to keep our customers and staff safe we have updated our contactless payment systems throughout our centres. This means that payment for all our activities and services can be made using a contactless debit or credit card. Payments can also be taken by our trusted staff over the phone. Customers can also pay for their regular activities and services by direct debit from their bank account. For more information please contact accounts@ageukwsbh.org.uk

Working hard to keep you safe

We're keeping enhanced hygiene, cleaning and safety measures in place. Hand sanitiser is available and we're keeping restrictions on numbers in place for the use of confined spaces.

Thank you for your help with this – we hope to see you at one of our centres and out in the community very soon!

How we can support you...

If you need information or 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
- Leisure and Social Activities
- Money Advice
- Care Planning and Care at Home
- Advice for Carers
- Advising on rights

Might we be able to help you or someone you know? If so, please contact the Information and Advice Team on **0800 019 1310** or email **info@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.

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

☎ **07904 977 251 or 01903 792 015**

@ **daybreak@ageukwestsussex.org.uk**



Information & Advice hot topics

This month: Pension Credit: Help with your weekly income

Did you know?

The number of pensioners in poverty has now passed the two million mark, while nearly a million (920,000) pensioner households are missing out on Pension Credit payments worth up to £1.6 billion every year – that's an average of £32 a week, or over £1,600 a year, per recipient (Age UK National)

What is Pension Credit?

This is an income-related benefit to give you some extra money in retirement. Pension Credit gives you extra money to help with your living costs if you're over State Pension age and on a low income. Pension Credit can also help with housing costs such as ground rent or service charges.

- You might get extra help if you're a carer, severely disabled, or responsible for a child or young person.
- Pension Credit is separate from your State Pension.
- You can get Pension Credit even if you have other income, savings or own your own home.



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 centre 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. Our nail cutting service is currently only available in Brighton & Hove. In the future we are hoping to develop this service to offer in West Sussex too so please get in touch if you live in this area.

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

Call us on
**0800
019 1310**

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:

 **0800 019 1310**

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



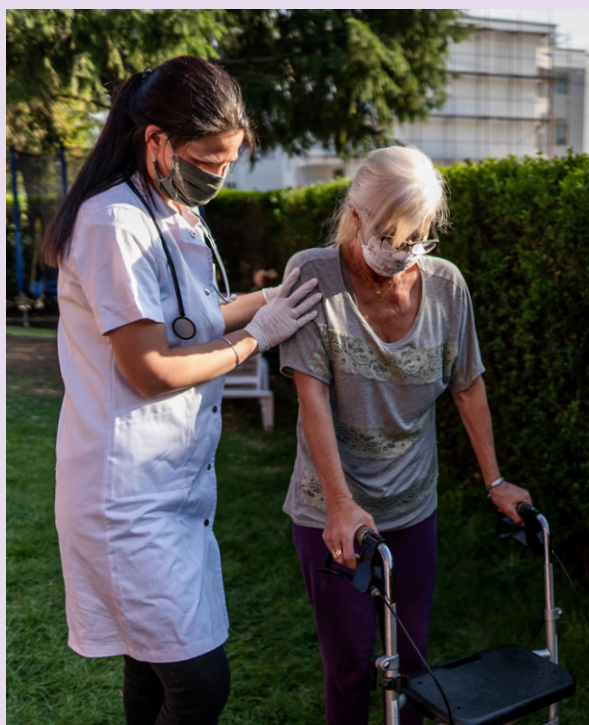
Our service availability is under constant review

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 **0800 019 1310**.

More ways we can support you...


Support at Home after Hospital

Are you worried about coming home after hospital? Will you be going into hospital soon? Are you worried about being alone and coping when you return home? Do you have a friend or relative who is being discharged from hospital and will they be able to manage for those first few weeks? Our Support at Home after Hospital service is available for vulnerable adults with low level support needs.



Contact the team

Call us now to book this free service. Or visit our website to find out more about our Support at Home after Hospital service.

 0800 019 1310



Get IT support from our Techno Team

If you need digital help, the Techno Team are here for you. They are a group of volunteers who offer a free telephone service arranged at a time and day that is mutually convenient.

Our friendly and experienced team of volunteers will help you to learn and improve your skills whether you are a beginner or someone with computer experience. Whatever your question, we will have a volunteer who can help.

If you want to find information on the internet, organise online shopping, send and receive emails, or organise to Skype and FaceTime with your family and friends we can help you.

Call us on: **0800 019 1310** or email: thetechnoteam@ageukwsbh.org.uk

Be scam aware!

Anyone can be the victim of a scam, as fraudsters find ever more sophisticated ways to target people, by cold call, email, text, or WhatsApp message. Keep informed about the latest scams, and know what to do if you think you have been targeted. **Here's our top five steps to reduce the risk of being scammed:**

- S STOP** Never do anything you don't want to or make any decisions on the spot
- C CHECK** Always check their credentials
- A ASK** Always ask someone you trust for a second opinion
- M MINE** Do not give away personal information
- S SHARE** Share your experience with others to lower their risk of being scammed

For more information, advice and support regarding scams, please visit our website: www.ageuk.org.uk/westsussexbrightonhove/our-services/information-and-advice/scams

If you need help at home:

Our Help at Home Service specialises in supporting the over 50s in their homes and includes services like:

- **Weekly or fortnightly cleaning including:**
 - Hoovering, dusting and general housework
 - Cleaning of hygiene areas and floors
 - Laundry and ironing
 - Bed making and curtain/net changing
- **Dog walking**
- **Gardening service**
- **Handyperson service** (odd jobs/minor repairs)

Contact the team:

☎ 0800 019 1310

@ helpathome@ageukwsbh.org.uk

In addition, if you are interested in becoming a home help please check out our website:
www.ageuk.org.uk/westsussexbrightonhove/get-involved/work-for-us/home-helpers



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.

Pictured: John, one of our fabulous gardeners!

Community news across our localities

Crawley Pride



AUKWSBH were delighted to get involved in the first ever Crawley Pride festival which took place on the weekend of August 28 and 29.

With the sun shining and the music playing the atmosphere was electric and was the perfect opportunity for our Crawley team of staff and volunteers to meet so many members of their community!

The event itself hosted an array of activities and events including a Community Fair, fairground rides, community stalls and lots of food! All of this and the opportunity to see Drag Queen Missie Jay and dancing diva Cheryl Hole performing as well as a day for Family pride with a family festival of music local artists and special guests!

Crawley Development Manager, Christine Saunders, was delighted to be at the event and said: "This has given us such a great opportunity to celebrate being out again and to meet so many members of our Crawley community. I hope to see many of them in the future either at our Centre in Town Barn Road, or at one of our own events. We had a fabulous weekend!"



South of England Show at Ardingly

We had a super time at the South of England Show in the summer and it was so nice to be outside again and to meet everyone. Thanks to everyone who came to say hello!

Café opening at Crawley



Thank you to everyone that came to our Café launch recently.

We had many new faces through the door, and the lemon drizzle cake went down a storm! Here's Christine with her Coordinator Emma Finister and Councillor Michael Jones. 'Sunny Side Up' will be open on Wednesdays from 9am-1pm initially, with the view of introducing other days in the future.



Flower power in Littlehampton

We've been busy in Littlehampton!

Our town centre club flower arrangers have had a bloomin' good time at their visits. They've also been busy supporting the East Preston Village Fair – thanks to Claire, Sam, Mary and Mark!



Horsham refurbishments

The café is looking very inviting and cosy now that the redecoration is complete. Doesn't it look beautiful? **You must pop along and see...**



Expansion in Mid Sussex

We're excited to be working on expanding our services in Mid Sussex.

This includes plans to move into a brand new community centre on Wyvern Way, Burgess Hill. The new centre, the Kings Weald, is spacious and modern and will offer a range of possibilities for groups, activities and events. We're working hard behind the scenes to get the Kings Weald centre up and running. We hope it will be a vibrant venue, able to meet the needs of people in Burgess Hill and the surrounding area for many years to come. Stay tuned for more updates.



By the beach at Fishersgate

Our members are certainly making the most of Eastbrook Centre's great location! On another note, our team are delighted to welcome our new cook who's busy refreshing the menu board!



Sunny days at Bognor

Members, staff and volunteers at our Bognor Regis centre made the most of the sunshine during one Friday in August. They've also been busy with a local fundraiser furniture sale, table top shop, raffle and café sales raising much needed funds. Well done!

Fundraise for us!

As a charity, we rely heavily on the generosity and kindness of your donations in addition to our contracted income to enable us to go on providing vital services and resources each day.

Every day you make a difference and your support, donations, and fundraising makes a significant impact to our local communities. Here is just an example of how your money will have an impact.

£5 means

we can donate a Bag of Support to an older person in need.



£10 will help

us offer a lonely older person companionship and support.



£25 will help

enable us to give vital information and advice to help someone remain independent.



£40 will help

us make a visit to help a vulnerable older person in their home.



New collection pot locations required... Can you help?

In a previous magazine we introduced you to Collection Pot Jim! Our fantastic volunteer based in Horsham, helps place our pots at local shops and businesses, collects them when they are full, counts the money, and most importantly thanks the location for their support. This is a great way for us to raise much needed funds and we would like to increase our number of collection points.

We are looking for more local businesses that would be willing to have a collection pot, and for more volunteers like Jim, from across West Sussex, Brighton & Hove who can help locate the pots. **To get involved please contact us now.**

Fundraising Events

Can you create your own fundraiser or take on a challenge for us?

There are many events now back on following Covid cancellations which you can sign up to. Whether you're looking for a fundraising challenge that will push you to the limit, transform the way you see the world, or bake some delicious cakes, we would love to support you.

If you would like a fundraising pack which includes: a t-shirt, sponsorship form and online fundraising information, please get in touch. We know you have some fabulous and often crazy ideas for how you can fundraise. **By doing this you will be supporting older people in our communities.**

Bob – Counting down the days until the Virgin London Marathon



Bob's story...

"I am running the Virgin London Marathon in support of AUKWSBH to raise urgently needed funds for a charity very close to my heart."

You may remember in our May edition we featured Bob who will be running the Virgin London Marathon in support of Age UK. It's now less than a month away, on Sunday 3rd October! If you would like to support him there's still time. Bob has smashed his fundraising target of £1,500, which is brilliant, so lets see if we can help him reach £2,000! Please visit his online fundraising page or call our office and we can take a donation over the phone.

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**.



A Big Knit Thank You!

A big woolly thank you to everyone who has knitted or crocheted a small hat for our campaign. We have received thousands, and again, are simply blown away by your amazing support. This is a great fun and active way to help raise money for AUKWSBH. We really love seeing all of your colourful creations! We will let everyone know the final total of hats we have sent to Innocent drinks and the donation we have received soon.

Cream Tea Update

We have again received fabulous support for our summer campaign to raise funds from Cream Teas. For the second year running our Cream Tea campaign has encouraged the public to donate one of its treat boxes to an isolated older person across our area, or to have a delivery themselves, family or friends, knowing that each purchase raises vital funds for AUKWSBH. For a minimum donation of just £7.00 the fundraising cream tea box, which includes two homemade scones, clotted cream, jam and sachets of tea and sugar, helps raise funds to go towards the charity's support services, including emergency welfare, safety support, and telephone befriending for those still feeling isolated and lonely following lockdown. **Call 01903 792211 to place your order today!**



More ways to fundraise!

There are so many different ways to support Age UK West Sussex, Brighton & Hove, from donating your pennies or pounds, shopping online, or signing up to our charity lottery, to taking part in an event, creating your own event, fundraising through your work, or leaving us a gift in your Will.

Organisations Support

We are delighted to have received fabulous support from so many organisations, and really appreciate all that they have been doing.

If you would like to find out how you and your organisation can support us with company volunteering and fundraising then get in touch!

Do you know about Gift Aid?

You can boost your donation by 25p of Gift Aid for every £1 you donate. Gift Aid is reclaimed by AUKWSBH from the tax you pay for the current tax year. Your name and full address is needed to identify you as a current UK taxpayer.

It really is quite simple and YOU can make your donation increase by 25% if you are a UK taxpayer. Once you have signed your Gift Aid declaration it is valid for all gifts in the future, and for any gifts you have made to us in the four years prior to signing the declaration. Please be advised that Gift Aid cannot be claimed on donations made on behalf of a group or a collection. To declare all the donations you have made in the last four years, and any you may give in the future that are eligible for Gift Aid, please contact our fundraising team.



With every £10 donated with Gift Aid

AUKWSBH gets an extra 25% from the government



Focus on: Our Fundraising Team

Jo Prodger, Fundraising Coordinator, has been working with AUKWSBH for 6 years and seen first-hand the incredible help given to many older adults through our services, our centres, and by our amazing volunteers.

Mark Hilder is our new Fundraising Manager who joined us in June. Jo and Mark are proud to be in these roles supporting AUKWSBH fundraisers and supporters who do so much to help us keep our vital services for older people running out in the community.

You may also see our fundraising team out and about! Jo previously completed the Gauntlet Games with her family team for the charity and had a great time raising awareness and supporting our fundraising campaigns. Mark also likes to get involved, and now with the fabulous parkrun initiative back in operation, you could see Mark at your local parkrun, where he loves to get some fresh air and raise awareness of our wonderful charity.

Get in touch with our fundraising team

We would love to hear from you if you would like to help have an impact on the lives of older, vulnerable, isolated, or lonely older people in our community.

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

Thank you for your wonderful fundraising support!

 01903 792211

 fundraising@ageukwsbh.org.uk

Company updates

Living Wage Foundation Employer Accreditation

In July we were delighted to announce that AUKWSBH became an accredited Living Wage Employer!

This is great news for all our staff and contractors and demonstrates our commitment to ensure everyone working on our behalf is paid fairly.

The real Living Wage is higher than the government's minimum, or National Living Wage, and is an independently calculated hourly rate of pay that is based on the actual cost of living. It's calculated each year by the Living Wage Foundation

Over 7000 organisations voluntarily choose to pay the real Living Wage which has benefited hundreds of thousands of families by enabling them to earn a wage they can live on.

For more info visit www.livingwage.org.uk

Volunteer Survey update

Thanks to all the volunteers who have completed the volunteer survey. Please don't forget to send yours in if you would like to give your feedback. Contact Richard if you need any info: richard.harris@ageukwsbh.org.uk



Sharing the love

We're always so happy when we receive such lovely feedback from our customers, so here's a few of the comments we've received recently for you to read...

"Thank you so much for visiting my aunt. It's such a relief for us to know she's in good hands. We really appreciate all that you do and are very, very grateful."

"Thank you so much for the cream teas; my step dad loved his and my mother in law texted me earlier to say what a lovely treat! So thank you."

"I really look forwards to receiving your magazine. It's so easy to read and brings some joy to my day with all the happy news in it!"

"I've just received my food delivery and can't tell you how grateful I am for your support. Thank you so much."

Do you need support?

Over 50s who need advice or support can contact us on: **0800 019 1310** or email us at info@ageukwsbh.org.uk

Volunteer Corner

We are really delighted to be celebrating the long service of one of our very valued volunteers!

Meet Sheila Jones...

She has volunteered for AUKWSBH for 30 years this year! Sheila works in the reception at the Crawley Centre. Sheila says the thing she loves most about her volunteering role is the meeting and greeting people.

"I'm a sociable person and like to be out of the house. Volunteering is a great way to get out and about and can also help reduce loneliness."

Sheila has spent 16 happy years running activities for Crawley members and the rest of the time on the reception. She added:

"During lockdown volunteering was the only thing I missed!"


Volunteer Manager, Richard Harris said: "I would just like to say a very BIG thank you to Sheila for all her volunteering energy and commitment. We really value your support and dedication to our Crawley Centre."

We look forwards to celebrating Sheila's 30th Anniversary in the autumn!



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

Would you like to volunteer with us?

Do you have a few hours spare a week? We are currently looking for volunteers to help us in these areas:

- Doorstep support and deliveries
- Dementia Daybreak services
- Gardening
- Kitchen assistant
- Coffee in the park assistant
- First point of contact community navigator
- Attendance Allowance form filler
- Community support volunteer
- Community research volunteer
- Volunteer hall assistant
- Community group volunteer leaders
- Centre group volunteer leaders
- Activity assistants
- Receptionists / Administrators
- Telephone befriending
- Walking football volunteer

Take a break!

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

Beginner Sudoku

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

Advanced Sudoku

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

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 **0800 019 1310** or email connect@ageukwsbh.org.uk



This month's recipe: Sweet Potato Soup

Sweet potato soup is a tasty bowl of comfort for autumn. It has cheap ingredients as well as being vegan and it can be frozen for future lunches and dinners. It's also quick and easy to make – under 30 mins prep time and approx 15-20 mins cooking time. Why not give this yummy recipe a try?

Ingredients (serves 3-4)

- 1 tablespoon olive oil
- 1 onion, roughly chopped
- 2 large carrots (peeled and roughly chopped)
- 4cm/1½ inches fresh root ginger (finely chopped)
- 1 garlic clove, crushed
- ½ teaspoon dried red chilli flakes
- 700g/1lb 10oz sweet potatoes (peeled and cubed)
- 1.2 litres/2 pints vegetable stock
- Salt and freshly ground black pepper

Method

1. Heat the oil in a large saucepan over a medium-high heat, adding onion and carrots and cook until softened. Stir in the ginger, garlic and chilli flakes and fry for 2-3 minutes.
2. Add the sweet potatoes and stock and turn up the heat and bring the pan to the boil. Then simmer with the lid on for 15 minutes, or until the sweet potato is soft.
3. Remove the pan from the heat and blend the soup. Season to taste and serve.

If you like a garnish, try a little coconut milk or cream with it and sprinkle over some freshly chopped coriander. Or, gently fry some cumin seeds and sprinkle over the top of the soup with a drizzle of chilli oil for a spicy twist!

We'd love to hear your recipes!

Email us at connect@ageukwsbh.org.uk

Give our Meal Delivery Service a try!

We prepare delicious home-cooked meals to accommodate a variety of tastes, directly from our kitchens across West Sussex delivering delicious frozen meals and desserts direct to your door by our team of friendly volunteers.

But did you know our Meal Delivery Service isn't just about food? With our meals we also provide a free copy of our customer magazine – Connect and if you need further support such a welfare check or information and advice we are here for you. Our service is ideal if you are feeling ill and need support or after a stay in hospital. Many people choose our Meal Delivery Service because put simply – it's nutritious, convenient and tasty! We can also accommodate your dietary requirements if needed. Why not try it out and see for yourself!



Sample MENU

MAIN DISHES

- Spaghetti Bolognese
- Puff Pastry Steak Pie
- Chinese Chicken with Rice

DESSERTS

- Lemon Drizzle
- Chocolate Chip Sponge and Chocolate Sauce
- Pineapple Upside Down Cake
- Apple Crumble with Custard



Join our Meal Delivery Service and get your first meal **FREE!**

Join our meal delivery service and receive your first meal free! After that, prices range from £4 for a main meal to £1.50 for a dessert or try our meal deal which costs £28 for 7 meals and desserts. (Free meal offer applies to all new meal delivery customers. Offer ends March 31st 2022)

Want to find out more?

If you are interested in joining our meal delivery service or to discuss individual requirements, please get in touch!

 0800 019 1310

 info@ageukwsbh.org.uk