

# connect

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

**In this issue:**

**Our online  
Winter Warm Hub**

Find out more about  
how we can help

**Keeping  
warm and well**

Read our top tips

**Our services**  
Stay up to date  
with our expanding  
support services

**Community  
spirit**

Hear from our  
members!



**Get in touch:**



0800 019 1310



connect@ageukwsbh.org.uk

## In this issue

- Page 2** Our Winter Warm Hub  
**Page 4** Keeping warm and well  
**Page 5** Community spirit  
**Page 6** Our Lifeline Appeal

## About Connect

Welcome to our winter special edition of Connect Magazine – a beautifully designed news and lifestyle magazine for the over 50s, their friends, family and Sussex-wide community – published by Age UK West Sussex, Brighton & Hove.

### Advertise with us

Up to 7000 copies of Connect Magazine are printed and distributed across Sussex via our services and clubs – covering Chichester, Arun & Worthing across to Brighton, Burgess Hill, Haywards Heath, up to Horsham and Crawley. We also run a digital mailing for our online customers reaching around 2000 people.

**To find out how to advertise in Connect, please request a media pack.**

### Distribution of Connect Magazine

We are always looking out for free distribution points at local businesses, shopping centres, cafés and coffee shops, Doctors' surgeries and hospitals etc. If you can help, please contact us.

### Get in touch with Connect Magazine

You can write to us at  
AUKWSBH Connect Magazine,  
29-31 Prestonville Road, Brighton, BN1 3TJ

You can also get in touch by emailing us at  
[connect@ageukwsbh.org.uk](mailto:connect@ageukwsbh.org.uk) or calling  
0800 019 1310.

### Read online

View the latest magazine on our website.

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## Love later life

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## Welcome!

**Hello and welcome to this special issue of Connect, which aims to spread some winter warmth during these colder months.**

Winter can be a tough time and as the cost of living crisis continues, I know many of you may be worrying about heating your homes and making ends meet. This issue outlines ways to stay warm, save cash and get support if you're struggling. There is a range of help available if you need it, so please don't hesitate to pick up the phone. On a positive note, the nights are already beginning to get lighter and soon we'll see shoots emerging from the bulbs underground. Spring isn't too far away.

In the meantime, look after yourself and keep our number to hand – we're just a call away.

*Helen x*

**Helen Rice, CEO**  
**Age UK West Sussex, Brighton & Hove**

## Ways to connect with us...

If you need support, or you are worried about a family member or friend, AUKWSBH are here to help. Please get in touch.



[info@ageukwsbh.org.uk](mailto:info@ageukwsbh.org.uk)



0800 019 1310



[www.ageukwsbh.org.uk](http://www.ageukwsbh.org.uk)



@ageukwsbh



Age UK West Sussex, Brighton & Hove

## Sign up to Connect

If you'd like to receive our email version of Connect Magazine, just scan the QR code and sign-up!



# We are here for you...

In 2024, we are reaching out to more people than ever. With the help of our amazing staff, volunteers and generous supporters, we continue to offer a wide variety of services across West Sussex, Brighton & Hove, that help to support older people in our community.



## Our Age UK Centres

Our centres are open and we'd love to welcome you. To find out what's on in your area, please call us on **0800 019 1310** or visit **[www.ageukwsbh.org.uk](http://www.ageukwsbh.org.uk)**.



## Information & Advice

Our team can help with a wide range of queries on a huge range of topics, including benefits and money advice.



## Support at Home after Hospital (SaHaH)

Supporting people over 65 following hospital discharge. We can arrange for one of our volunteer co-ordinators to visit for up to 6 weeks ensuring you regain your confidence and independence.



## Take Home & Settle

Providing immediate support to vulnerable older people upon discharge from hospital or attendance to A&E or similar. **For more information on this service please call 01903 717 130.**



## Help at Home

We can support people over 50 with services like cleaning, shopping, laundry and gardening.



## Home visiting service

We can provide companionship and support with weekly visits. If you would benefit from a bit of company and are over 50, give us a call.



## Crisis Care

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



## Social clubs and activities

We offer a wide variety of activities at our social centres and clubs across the area that bring people together to have fun in a warm and welcoming environment.



## Wellbeing support

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



## Social Prescribing

Our Social Prescribers work with the NHS and other organisations to support individuals and find solutions to their problems e.g. housing or financial difficulties.



## Community Agents

Our Community Agents work in the community to help, support and signpost older people to services, information and guidance that reduces their social isolation and loneliness, and helps improve their wellbeing.



## Digital Skills service

Our Digital Skills Helpers can provide one-to-one support in your own home, enabling you to become confident and independent using technology such as mobile phones, tablets or laptops.



## Dementia support

We provide a range of services to help people live with dementia in older age in a social and friendly environment as well as supporting carers too.

Our range of services is wide and varied, based on the funding opportunities in each area, while also meeting the individual needs of our customers. Services are subject to change so for an up-to-date list please check our website. Costs may apply to some services.

# Our Winter Warm Hub

**Winter can be a tough time... miserable weather, dark nights, post Christmas blues, feeling the pinch... it's no wonder lots of us struggle.**

But for older people, the long winter months can feel much harder. Cold temperatures can seriously affect health, and difficulty getting out and about can leave people feeling lonely and isolated. Plus, the ongoing cost of living crisis can make surviving on a limited income feel impossible. It is crucial that we take care of one another and come together to overcome the challenges of winter.

**That's why we've created our online Winter Warm Hub – packed with advice about how to look after yourself and others throughout the colder months.**

It also includes information about how we can support you through our services, centres and community spaces and how you can get in touch with our Information & Advice line.

***We want to make sure that no one struggles alone this winter.***



## How AUKWSBH can help support you this winter..

### Our centres

**This winter, we are offering a special promotion to provide support at our centres.**

Participating cafés are offering a free tea or coffee voucher as part of our winter warmth campaign until the end of March 31st to complement our budget-friendly menu.\*



### Our knowledge hub...

You can visit our Winter Warm Hub for practical tips on staying well and warm during this season by scanning the code or visiting [www.ageukwsbh.org.uk](http://www.ageukwsbh.org.uk)



Additionally, you can enjoy a complimentary copy of Connect magazine and a Bag of Support filled with goodies, such as sweet treats, hot drink sachets, leaflets, a reusable branded AUKWSBH handwarmer, and more!

**See overleaf for more details about our Bags of Support.**

\*Terms and conditions apply: this voucher is for one time use only and can be redeemed at our centre cafés at Haywards Heath, Burgess Hill and Bognor Regis. This offer will run until March 31st 2024.

## Winter Warm Space in the community

### Warm space at Puzzle Bored

We are proud to partner with our friends at Puzzle Bored – a Brighton based café offering a unique style of jigsaw puzzle using contemporary and street artwork licensed from local artists.

Puzzle Bored are passionate about inclusivity, acceptance and community and have agreed to provide a warm space for older people this winter. PLUS! They're kindly offering a **10% discount on all food and drinks to Age UK customers** for the duration of the campaign.

Visit Puzzle Bored at 27 New Road, Brighton, BN1 1UG.



### We need the support of other businesses!

If you are a local organisation and would like to support older people across Sussex to ensure they receive the vital support they need this winter we'd love to hear from you.

☎ 01903 792211

@ fundraising@ageukwsbh.org.uk



## Offering you 'Bags of Support' this winter!

**We're always looking for ways to support older people locally.**

Our 'Bags of Support' initiative is a practical source of help we can provide.

Our free bags contain information and goodies and are available at our centres while stocks last. Check out our website for your nearest centre or call us – details below.

We've collated things in the bags that we hope people will find particularly useful at this time, goodies, such as sweet treats, hot drink sachets, leaflets, a reusable branded AUKWSBH handwarmer, and more!

Our bag also includes a complimentary copy of this magazine – Connect, along with information and advice on all our services.

If you are a business and would like to donate items to go in our Bags of Support, please get in touch. We are always keen to create new partnerships!

One of the aims of the bag is to highlight the activities and services available locally for anyone who is vulnerable, frail or alone. We want to be there for everyone who feels they have no one to turn to, no matter what they are facing.

To find out more about the bags call us on **01903 792211** or email **fundraising@ageukwsbh.org.uk**

# Keeping warm and well

Here are some simple ways to stay warm, healthy and well during the colder weather months.

## Keeping warm

- Make sure your home is heated to a steady and comfortable temperature, around 18°C, you might prefer your living room to be slightly warmer.
- Wrap up warm and wear non-slip footwear both indoors and out. Wearing more loose layers of clothing helps to trap in warm air, keeping you warm.
- Have hot meals and drinks to keep you warm.
- Be prepared for cold weather – have enough food and prescription medicines at home.
- Don't put off getting your winter vaccines, like the flu jab and Covid booster. If you're eligible, make sure you get them.
- Have your boiler checked.
- Ensure doors and windows are draught proof.
- If there are rooms you don't use, turn off the radiators in them and close the doors.
- Keep radiators and heaters clear so hot air can circulate. Draw your curtains and tuck them behind radiators to minimise heat loss.
- Use an electric blanket or hot water bottle.
- Keep moving. Try not to sit still for very long periods, keeping moving will keep you warmer and help with strength and mobility.
- Contact our Information & Advice team to check you are getting all the help you are entitled too, such as benefits schemes.

## For more support on keeping warm...

There are lots of ways we can help keep you warm and well this winter – including help with your energy bills. Please get in touch with our helpful Information & Advice team and find out what support is available.

 0800 019 1310

 [info@ageukwsbh.org.uk](mailto:info@ageukwsbh.org.uk)



## Getting a good night's sleep

Our sleeping patterns naturally change as we get older, so it's not unusual to have trouble sleeping. Everyone is different, but on average, adults need between 7 and 9 hours of sleep.

We need the same amount of sleep as we get older, but many of us can struggle to get to sleep or stay asleep as we age.

**Experts agree that practising good 'sleep hygiene' can make an important contribution to a good night's rest.**

**This is just another way of saying that you need to get into good sleeping habits. Here are our top tips on how to get a good night's kip!**

- #1** Go to bed and get up at the same time every day and avoid lying in where you can.
- #2** Establish a bedtime routine – relax by reading a book or having a bath.
- #3** Make sure that your bed and bedding are comfortable and your bedroom is cool and dark – the ideal temperature is 18°C.
- #4** Avoid caffeine, nicotine and alcohol in the evening, and try not to eat a heavy meal late at night.
- #5** Avoid exercise in the evening.
- #6** Ban TV and computers from the bedroom – the bright light can make you more awake.
- #7** Try to avoid napping during the day. If you do enjoy a daytime nap, schedule this for roughly the same time each day.
- #8** Ensure you get some natural sunlight during the day – this helps keep your circadian rhythm healthy which helps regulate sleep.

If you are experiencing chronic sleep problems, (more than a month) and self-help measures don't seem to be working, it's a good idea to see your doctor. Chronic sleep problems should not be regarded as either an inevitable, or a normal part of the ageing process.

# Community spirit

The winter days can feel long and cold, so it's been heart-warming to catch up with some of our locals to find out what they are enjoying at our centres at this time of the year...

## Pauline and Anne AUKWSBH members

"We both met when we joined as members quite a while back and joined the dance class and cabaret too.

*Neither of us were from originally around here but after we joined we made many friends.*

It's nice to come and there's a great little menu which is good particularly in the winter months as there's a variety of hot meals – even cheese on toast – something for everyone!"

## Henry AUKWSBH member and volunteer

"I love coming to my local Age UK centre. I come for chat to keep happy and positive – I even host the chatty table which is very popular! It's great for my mental health and wellbeing, particularly during the long dark days of winter when the centre provide a ray of light."



## Could you volunteer?

Many activities that we run would not be possible without the support of volunteers like Henry. If you'd like to find out more, contact Richard, our Volunteer Manager.

📞 01273 021620

@ richard.harris@ageukwsbh.org.uk

## Community Agents: Getting you connected!

### Are you feeling lonely this winter but unsure of how to change things?

Our Community Agents help reconnect you to the things you love doing in your local community, by providing information about things locally that match your interests.

We can also discuss any barriers you may have that are preventing you from being more social, these may be physical problems like mobility or transport difficulties or perhaps emotional problems like lack of confidence or worries about meeting new people.

### What our community agents do:

- A home visit or phone call to discuss your goals and the help we can provide.
- Help you with transport options if required.

## Connect with a Community Agent

If you're online – head to the Community Agent page on the Services section of our website to find out more. Alternatively, give us a call or email to find out more!

📞 0800 019 1310

@ info@ageukwsbh.org.uk

# Our Lifeline Appeal

Over the last 65 years we have been at the forefront of supporting local older people by providing essential services and activities to improve health and wellbeing, and reducing the damaging effects of poverty, loneliness and isolation.

This is even more pertinent with the rising cost of living leaving many older people struggling to make ends meet this winter – a time already difficult enough for older people.

We aim to help tackle loneliness and isolation through our community classes and social activities, as well as providing warm spaces and meals for our clients. We have a strong focus on protecting older people's mental and physical wellbeing during this challenging season.

***“We provide a lifeline to people in so many ways. Our customers always leave with a smile on their face and knowing that we have made a difference is what it's all about.”***

– Nicky, Catering Assistant

The Information & Advice Team provides invaluable support for older people who are struggling to cover their heating bills this winter. For every £1 spent on the team, the charity is able to access approximately £18 in benefits/grants for older people. Last year, specialist benefits advisors identified over £3 million in extra income for older people in West Sussex, Brighton & Hove. Many had no idea they were entitled to anything.

The advisers on our helpline can provide up-to-date advice on a whole range of topics, not just financial matters. Housing needs, finding help at home, health and social care, family and personal matters, leisure and social activities, plus advice for carers is all covered.

**Older people who need support can contact the helpline by calling 0800 019 1310 (lines are open 9am – 2pm, Monday to Friday).**

## How your money helps

Please donate whatever you can to our appeal today and help us support older people through the winter and beyond. **Your donations ensure that we can be there for everyone who needs us.**



**£10**  
...helps us provide a **Bag of Support** containing items to offer comfort to an older person in need.



**£20**  
...could pay for an **advisor** to answer **2 calls to our Advice Line** from older people needing support.



**£50**  
...helps provide **specialist training for an advisor** to enable them to give information or support to older people.



**£100**  
...could pay for an **advisor** to work with an older person to **complete a lengthy benefits assessment.**

## How to donate

You can scan the QR code, visit our donation page below, or contact us by email or phone.



 [www.justgiving.com/campaign/Lifeline-Appeal](http://www.justgiving.com/campaign/Lifeline-Appeal)

 [fundraising@ageukwsbh.org.uk](mailto:fundraising@ageukwsbh.org.uk)

 01903 792 211