

connect

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

In this issue:

**Re-connecting
with members**

A week of
successful events

Get creative

Join our fantastic
Art Club – in
person or online!

**Top tips for
feeling good
this winter**

We can help!

'Keep Connected'

How you can help
support our
Winter Appeal





West Sussex
Brighton & Hove

ageUK

In this issue:

- Page 2 Top tips for feeling good
- Page 4 Keep your spirits up
- Page 6 Warming up this winter
- Page 7 Company updates
- Page 8 Re-connecting with the community
- Page 10 How we can support you...
- Page 12 More support and services
- Page 14 Community news across our localities
- Page 16 'Keep Connected': Our Winter Appeal
- Page 17 Your opinion matters
- Page 18 More ways to fundraise for us...
- Page 19 Thanks to our fundraisers!
- Page 20 Celebrating Sheila
- Page 21 Sharing the love
- Page 22 Get creative and have fun!
- Page 24 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

November 2021

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!

Welcome to our festive issue of Connect!

It's been a busy couple of months since our last publication as we celebrated Older People's Day, the Ageing Well Festival and Silver Sunday. It was so lovely to get together again, have some fun and hear about the services and activities you'd like us to provide in the New Year.

We've also been making ourselves heard on the issues that matter to you, including the soaring cost of gas and electricity. I appeared on BBC Politics South East in October, outlining the support that's available to older people and giving tips on reducing your bills during the colder months. No one should have to make the choice between heating and eating due to their financial situation and we do offer practical help and advice on this. You'll find more info inside, covering both benefits and how to stay warm and well.

We hope you are able to get together with friends or family this festive season to eat, drink and be merry. If you're a baker, we have a lovely recipe for Christmas cookies in this issue and if you're not, you could pop into one of our cafés in December and sample the treats on offer there. We know Christmas can be wonderful, but it can also be a lonely time of year. As a result, we're opening as many centres and services as we can between Christmas and New Year – why not join us for some festive cheer?

2021 has been another tough year, but we're hoping that 2022 will be brighter for everyone.

Sending you Season's Greetings from our whole team and wishing you a very happy and healthy New Year. Best wishes,

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.

Call us on
**0800
019 1310**

Please get in touch if you need any support including:



Our Age UK centres

We are welcoming people back to our centres. Please call ahead on **0800 019 1310** or check online at www.ageukwsbh.org.uk 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.

Seasonal support

During the festive season we are still here for you. Check out our website, on social media and at your local centre for more details on what is happening near you.

Encouraging the use of 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.

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!

Top tips for feeling good this festive season

Cold weather makes life more difficult – but there are things we can do to look after ourselves. As the nights draw in and the mornings get darker, it can make even those of us with the sunniest dispositions feel a little glum.

But there are lots of simple things you can do which might help boost your mood. From getting your seasonal vaccines to keeping warm and staying healthy, we have information to help you.

When it's cold, it can be hard to be motivated to keep fit and healthy, but keeping well doesn't have to be a chore. We've put together some top tips to help you keep well this season! For more information on any of the tips featured in this article, give us a call or send us an email. We'd love to help support you this winter.

☎ 0800 019 1310

@ info@ageukwestsussex.org.uk



Have things to look forward to

There's still lots to look forward to at this time of year. Christmas, Hanukkah, Diwali... this time of year is full of celebrations, bringing colour, light and laughter to darker days. If finding things to enjoy about winter proves too much, keep in mind that spring will come – and with it warmer weather, the first spring blooms, and green leaves on the trees.

Get natural sunlight



Getting outside in the natural sunlight as much as possible can help boost your mood. Even a short daily walk can help. If you find it hard to get out, try and make your home as bright as possible by opening the curtains and sitting near the window.



3

Stay active!

Keeping moving is really important during the colder months so whether you prefer to visit one of our centres and try out our activities or prefer online exercise, we have something for everyone.

- If walking is difficult you can do chair based exercises while sitting or holding on to the back of a chair. Even moving your arms and legs and wiggling your toes can help you keep warm.
- When you're indoors, try not to sit still for more than an hour. Get up and walk around and spread out any chores throughout the day.
- We run a variety of exercise classes for all abilities at our centres and have videos on our YouTube channel which feature everything from chair Pilates, to cardio circuits and more!

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



▶ YouTube

Get cosy



There's nothing like a hearty stew or steaming bowl of soup to make you feel cosier on a dreary day. And it's really important to eat well through the winter months.

If winter means you tend to stay indoors more, keeping busy with hobbies can help keep your mind active. Books can be a wonderful way of transporting yourself to another place and lifting your spirits. There are even services that deliver books and audio books to your door (contact your local library to find out more).

Eat well



Spending more time indoors and doing fewer of the things we enjoy means it can be difficult to keep up the motivation to prepare meals. But it's good to try and keep to a routine.

Hot meals and drinks help to keep you warm, so eat at least one hot meal each day and enjoy your tea and hot chocolates. Here are some top tips for eating well:

- Having a hot drink before going to bed and keeping one in a flask by your bedside are good ideas.
- Include a good range of foods in your diet (a variety of colours is a good guide for variety) and aim to eat five portions of fruit and vegetables each day, so that you're getting plenty of nutrients and vitamins. Remember, frozen vegetables are as good as fresh.
- It's important to eat enough, especially in winter. Not eating enough and becoming underweight is bad for your health, it can make it more difficult to keep warm and fight infections. If you're worried, speak to your GP.

If you are struggling with cooking meals then why not give our Meal Delivery Service a try! We prepare delicious home-cooked meals and desserts directly from our kitchens, which are then frozen and ready to heat when they are delivered to your door by our friendly volunteers. **Check out the back cover for more details!**



Connect with others

Winter can make us feel more isolated, but there are lots of ways to keep in touch. From email and text message to a good old-fashioned letter, try to find ways to reach out to friends and family.

If you need any help getting online, **our 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.

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



Get your winter vaccinations – even if you're fighting fit

This winter, respiratory viruses are expected to be more widespread, as we were less exposed to them during the lockdowns. So it's especially important to get your vaccinations this year.

Those aged 50+ are eligible for a Covid booster jab this year. It's not too late to have your first jabs, either, if you haven't yet.

You're entitled to a free flu jab from the doctor or pharmacist if:

- you're aged 50 or over
- you care for someone, such as a friend or family member
- you have a serious long-term health condition
- you live in the same house as someone who is immunocompromised.

When you get your flu jab, check if you're also eligible for the pneumo vaccine, which helps protect you from pneumonia, and the Shingles vaccine.



Keep your spirits up

It's not unusual to feel down in winter – particularly when the days are shorter, it gets dark earlier and less people are up for socialising.

It's best to try and keep your usual routine and if you can't visit friends or family, make sure you phone or Skype them regularly for a chat.

It's also helpful to do something you enjoy every day. If you can, and it's not too cold, go for a short walk in the middle of the day, or at least go outside while there is daylight.

If you're feeling lonely, contact our Befriending Service which provides friendship and support for older people in the community. We offer a free telephone friendship service that matches you with a volunteer to have a weekly chat together (20 minutes minimum). Read more on the opposite page.

If you feel down for several weeks and it's stopping you going out or making you feel lethargic and lacking in energy, it's very important to share these feelings with someone, perhaps a friend or your GP. Feeling blue is not a natural part of ageing. We focus on 'talking therapies' in the article opposite, which may help you. **Please contact us if you need any support of this kind, or to find out what opportunities there are in your area.**



Seasonal Affective Disorder (SAD)

Seasonal affective disorder (SAD) is a type of depression that occurs in particular seasons. It's more common in winter, as we adjust to the change in seasons and feel lower in mood and energy.

Typical symptoms of seasonal affective disorder include; low mood, a lack of energy, sleeping for longer and struggling to get up in the morning, overeating, not enjoying things you usually do and difficulty with concentration and memory.

The severity of symptoms vary from one person to another. Some people might just find it harder to get out of bed on dark, chilly mornings whilst others find that their symptoms have a big impact on their life.

It's not known exactly what causes SAD, but it's thought to be linked to shorter days and less exposure to sunlight in the winter months.

It's not unusual for older people to notice symptoms for the first time if they start to spend more time indoors due to health or mobility problems.

If you're struggling to cope with symptoms of SAD, you should visit your doctor. Treatment available includes cognitive behaviour therapy (CBT), where you talk to a trained therapist to help change the way you think and feel about situations.

You could also try light therapy, which involves sitting in front of a special lamp that mimics sunlight. Your doctor can also prescribe antidepressants, which can help lift your mood. Speak to your GP about the risks and benefits of different treatments or visit the NHS website to find out more about SAD symptoms and treatment.

 www.nhs.uk

Talking therapies

What are talking therapies?

Our mental health is more important than ever – particularly because how we're feeling mentally can have a big impact on how we feel physically. If you're finding things tough and it's affecting your mood and how you feel, then speaking to your GP is good place to start.

Talking about your mental health can be daunting, but your GP will be used to having these conversations and won't judge you. They are there to help and will know what to do.

There's something called '*talking therapies*', which can really start to help people who are feeling low, anxious or out of sorts. There are different kinds of these therapies – the most common are Cognitive Behavioural Therapy (CBT) and counselling.

Has Covid changed the way talking therapies are provided?

Talking therapies are still open and available for anyone who is struggling or finding that things are getting on top of them.

To help keep everyone safe, the way that talking therapies are provided will be a bit different – you may be asked to have your appointments on the phone or by video call.

Could talking therapies work for me?

Talking is often the best way to start feeling better. It's not always easy to open up about our feelings, but there's a lot of truth in that old saying 'a problem shared is a problem halved.' Talking therapies are proven to work – and they can work particularly well for older people.

You may be put off by not having face-to-face appointments at the moment and having to do things by phone or video call, but you may be pleasantly surprised. Lots of older people have benefited from talking therapies throughout the pandemic and have found that remote appointments have worked just as well for them.

Where can I find talking therapy services?

Talking therapies are available to all of us who need it, for free, through the NHS. You can ask your GP about talking therapies today or you may be able to refer yourself.

You might be worried about bothering your GP – but you shouldn't. Services are running and how we're feeling mentally and emotionally is a priority. Don't put off getting support.

You can find out more about talking therapy and local services near you on the NHS website: www.nhs.uk



Festive Friends – don't be lonely this Christmas!

When the coronavirus pandemic began, we swung into action to tackle the loneliness and isolation of lockdown by offering befriending calls to older people living alone.

We're still offering this service, and have a team of volunteers ready to pick up the phone and make regular calls to anyone who is missing company or who'd like a listening ear. It's a free service and we hope our team will be able to make a real difference, lifting spirits throughout December and beyond.

If you'd like someone to chat to, or you know someone who might, just call us on **0800 019 1310** between 9am – 5pm or email information@ageukwestsussex.org.uk and ask about befriending. We'll get you matched up with someone as soon as we can. It's a 'phone a friend' lifeline!



Warming up this winter

Lots of us find winter an expensive time of year and the darker nights and cold weather often mean higher bills. The festive season can put a strain on your pocket but you don't need to choose between heating and eating.

Warm Homes programme

We offer practical help and assistance to older people worried about keeping warm this Winter. The initiative helps people living in, or at risk of fuel poverty by:

- increasing older people's income (through one-to-one Benefit Entitlement Checks),
- improving the energy efficiency of older people's homes (through small home energy efficiency measures installed as part of the Home Energy Checks)
- providing emergency heaters to the vulnerable

So, if your home feels cold and you are worried about paying your energy bills then take a look at the Warm Homes programme and book a free home energy check. Our trained Home Energy Advisor will discuss your needs over the telephone or face-to-face.

Get help to stay warm this winter

To find out more about the Warm Homes Programme please get in touch with us:

- ☎ 0800 019 1310 (between 9am – 5pm)
- @ info@ageukwestsussex.org.uk

The service is free and is available for older people who are finding it difficult to keep their homes warm and are therefore at risk of cold related illnesses.

This could include people who are struggling to pay their bills, who are in fuel debt, who have no heating, or don't know how to work their heating controls.



Information & Advice: hot topics Winter Fuel Payment

Winter Fuel Payment is an annual tax-free payment to help with heating costs. Most payments are made between November and December.

How much could I get?

You could get between £100 and £300 to help with your bills in the winter of 2021-2022.

However, you'll usually get less if you live with other people who also qualify or if you live in a care home or nursing home and don't get one of the following benefits; Pension Credit, Income-based Jobseeker's Allowance, Income-related Employment and Support Allowance or Income Support.

If you live in a care home or nursing home and receive any of these benefits then you're not entitled to a Winter Fuel Payment.



Am I eligible to claim?

You may be eligible for Winter Fuel Payment for winter 2021-2022 if you were born on or before 26 September 1955.

How can I claim Winter Fuel Payment?

As well as fulfilling the eligibility criteria, you'll also need to; receive the State Pension and receive another relevant social security benefit.

If you're eligible and receive the necessary benefits, you'll receive your Winter Fuel Payment automatically and won't have to make a claim. If you're eligible but don't receive these benefits or live abroad, you may need to make a claim.

Company updates

Seasons Greetings to our partners!

AUKWSBH has been extremely busy over the past 12 months providing vital services throughout the Covid pandemic. During this time, the charity also won ten new contracts to provide social support for people across West Sussex.

The five year contracts, awarded by West Sussex County Council, will enable the charity and key community partners to expand services in the wake of the pandemic.

As a charity, we understand that working in partnership can make us stronger. As well as the strategic partnership with West Sussex County Council, Age UK WSBH will work with a range of providers in different local areas, to ensure we are offering the best possible support and services. **Our partners are:**



Carers Support West Sussex
for family and friend carers

AUKWSBH will work with its partners to help people stay healthy, remain independent, be informed and get connected.

The charity is considering offering more social spaces where people can meet and eat as well as things like bereavement support groups, new exercise classes, social groups and activities to bring generations together. Plans will be shaped by older people themselves. Local older people networks for professionals have already been set up and a steering group will be created to help ensure West Sussex is a great place for older people to live and thrive in later life.



Building on our success

A new community building for Burgess Hill at Kings Weald was formerly handed over by developer Croudace to Mid Sussex District Council recently.

We will be leasing the new building so we can provide an intergenerational hub for the whole community to enjoy.

Our Chief Operating Officer, Sarah Watson, who attended the handover said:

“The building handover takes us one step closer to throwing the doors open for the community. We’ve got big plans and we’re working closely with the council to get everything up and running as soon as possible. We can’t wait to welcome people and see the place buzzing with activity.”

If you are interested in finding out more about our plans for the building or getting involved please email: info@ageukwsbh.org.uk with the title ‘Keymer’.





Outdoor exercise



Getting your feedback

Re-connecting with the community

We had a great time during the first week of October re-connecting older people by holding events for Older People's Day (Oct 1st), Silver Sunday (Oct 3rd) and the Brighton Ageing Well Festival.

Events included cream teas, exercise tasters, a dementia support family day, picnics, music, entertainment and an art display. They took place across Sussex, from Crawley, down to Bognor and across to Brighton. People were also able to pick up one of our Bags of Support full of goodies, general information and advice on a range of issues associated with later life and technology support from the charity's Techno Team.

Helen Rice, Chief Executive at AUKWSBH said "Covid has hit many older people incredibly hard, affecting mental and physical health. The period around Older People's Day is usually one of celebration and we wanted to use the opportunity to re-connect with our clients and bring people together to enjoy themselves, catch up and share their ideas for the future. One of our straplines is Love Later Life. While that might have been a challenge these last 18 months we're now working to try and inject some fun into people's lives again. It's been lovely to notice a sense of hope and see people with big smiles this last week. **Long may it continue!**"



The team!

Celebrating Older People's Day at Brighton

We opened up our Brighton Centre for a 2 day fun event.



Delicious cake



Bags of Support

Thanks to our volunteers for packing up all our Bags of Support which we gave out to the community.



Get active!

We featured some exercise class taster sessions at our Brighton Centre.



Horsham & Adur
We were happy to welcome people back to our centres in Horsham and Adur.





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



Support at home after hospital (SaHaH)

- 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. Call **01903 717 130** to book this free service or find out more about our Support at Home after Hospital service on our website.

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



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:

☎ 01903 726276

@ 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



Christmas is all wrapped up with our Help at Home service

Will you be having visitors this Christmas? Our Home Helpers can help you get ready for the special occasion.

We can offer a thorough one-off clean at competitive rates and can provide you with 2 of our trained and vetted home helpers. They will work for 3 hours to revitalise your home.

As part of the Help at Home service, we are offering an extra hand in the run up to Christmas. We can help with...

- Shopping trips for those last minute gifts and groceries
- Putting up indoor decorations
- Wrapping gifts and writing cards

☎ 01903 726276

@ helpathome@ageukwsbh.org.uk

Our service availability is under constant review

Our services are under constant review and are subject to change, due to Covid restrictions. For the latest information on services where you live please get in touch by calling **0800 019 1310**.



More support and services




Safeguarding

Safeguarding means protecting people's right to live in safety, free from abuse and neglect. Any form of abuse is unacceptable, no matter what justification or reason may be given for it, and it is very important that we are aware of this and know that help is available.

Elder abuse can be financial, emotional, physical or sexual, and it doesn't always involve a stranger. For example someone you trust could be stealing money from your house as they clean or touching you in a way that makes you feel upset or uncomfortable

Getting support and advice:

If you have been abused, you can get advice and support by calling AUKWSBH. Please be aware that if we think you're at risk, we have a duty to report it. However, we will talk to you about how you want to handle it.

-  **AUKWSBH – 0800 019 1310**
-  **AUKWSBH – info@ageukwsbh.org.uk**
-  **Age UK national helpline – 0800 678 1602**

Reporting abuse

In an emergency always call 999.
To report concerns of abuse or harm:

In West Sussex please contact West Sussex County Council's Adult Social Care Support team on **01243 642 121** or by completing the online form on **www.westsussex.gov.uk**

In Brighton and Hove if you have a safeguarding concern about a vulnerable adult please contact the safeguarding hub at Brighton and Hove City Council's Health and Adult Social Care at **hascsafeguardinghub@brighton-hove.gov.uk**

If you have a feeling that someone is being abused, you should approach the topic sensitively and encourage them to talk to someone they trust about the situation. It is up to them if they want to report it. For further information you can go to Age UK's website: **www.ageuk.org.uk/information-advice/health-wellbeing/relationships-family/protection-from-abuse**



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.

Carewise, set up by West Sussex County Council, Age UK West Sussex, West Sussex Partners in Care and the Society of Later Life Advisers (SOLLA) is designed 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.

Book your consultation:

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 consultation, visit the Carewise website or get in touch.

-  **Adults' CarePoint – 01243 642121**
-  **socialcare@westsussex.gov.uk**
-  **www.carewiseadvice.com**



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.



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.



Community news across our localities

Celebrations at Crawley

Members of our Crawley Community came together for a film and food afternoon at our centre in Town Barn Road to celebrate the beginning of Diwali and the Festival of Lights.

As well as the social activities taking place at the centre, the ladies decided to hold a special event that would bring the community together again, after the impact of Covid.

They decided on a Bollywood event, and wanted it to be a real experience of going to a cinema in India. It was a whole family event, which included the film, some nibbles, freshly made Chai tea with cardamom and ginger, and an exchange of gifts.

The women wore their beautiful Saris, which really brought a vibrant and colourful theme, and the chatter and laughter in the interval was infectious!

Due to it's success, we are already planning to have another Bollywood event on Friday 26th November... so watch this space!

Meanwhile, celebrations also took place in the Crawley Centre gardens for our lovely volunteer Sheila on her 30th Anniversary!

To read more, about Sheila and to see more photos go to page 20!



Did you know?

Diwali is the five-day Festival of Lights, celebrated by millions of Hindus, Sikhs and Jains across the world. Observed across many faiths, Diwali is celebrated widely like Thanksgiving and Christmas.





Autumn at Littlehampton

Flower arrangers at Littlehampton got creative this season making autumn displays with bread.

Thank you Morrisons!



Thank you to Morrisons for providing some treats for our Bags of Support!

Cook and eat at Shoreham



Our Friday Club at Shoreham Beach had the UK Harvest join them for a talk on everything to do with food and they also brought cake, much to everyone's delight!

Elvis is at Bognor!



Members at our Bognor Centre enjoyed a fundraising evening with 'Elvis on my Mind' in September!

Horsham kitchen garden

Alan and Keith have been busy in the gardens at our Horsham Centre.



Other events around Sussex

Art club exhibition in Mid Sussex

Turn to page 22 to see some of the lovely pictures our art clubs have created recently. These were displayed at The Orchards Shopping Centre, Haywards Heath.

Ageing Well Event in Brighton

We had fun at Brighton's Ageing Well Festival and celebrated in the sunshine. Thanks to everyone that came along to see us and join in with the fitness, fun and games. Turn to page 8 to read more!



Keep Connected

Our Winter Appeal

Help us keep older people connected...

As many of us start to look forward to the return of festive events and seeing family and friends over the Christmas period, countless older people will be feeling anxious about the uncertainty of the pandemic and the long, dark Winter months ahead.

A lot of older people find themselves feeling isolated and lonely at this time of year, especially those who are living on their own or have no family and friends nearby. Many spend day after day with only the television for company and the pandemic has increased the number of older people experiencing a decline in their health and wellbeing.

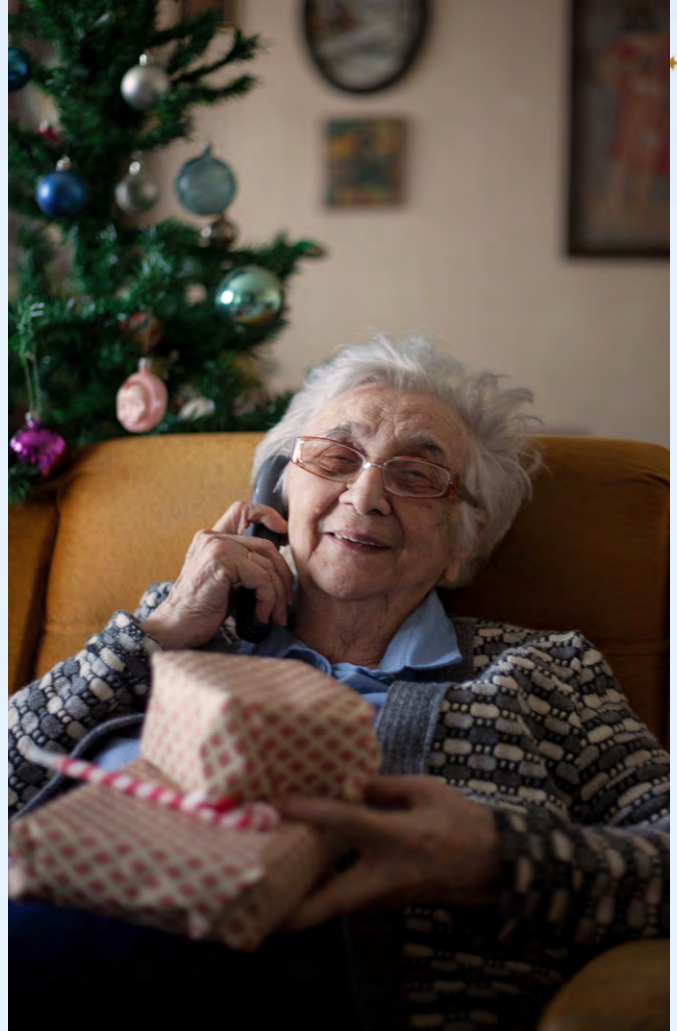
We want to be there to alleviate loneliness and keep older people connected to the outside world.

By delivering our Bags of Support and Connect Magazine, and by offering befriending and help in the home after returning from hospital, we can support local older people to live well this Winter.

You can help us to do this. As a charity we rely heavily on the amazing generosity and kindness of so many individuals, families, and businesses to enable us to keep on providing vital services and resources for our communities each day.

By making a donation to our **Keep Connected Appeal** you are helping us support older people within our community. Opposite is just an example of how a donation can have an impact.

We don't know exactly how our lives will be affected by the Covid pandemic this Winter, but we do know that with your help we can be there to support older people, whatever happens.



Please support us by donating whatever you can

Your donations and support make a significant difference to the high level of services and help we provide. You can donate in the following ways:

 Visit www.justgiving.com/campaign/Keep-Connected

 Call 01903 792 211

 Send a cheque to us

Keep Connected Appeal
Suite 2, Anchor Springs,
Littlehampton, BN17 6BP

Made payable to Age UK West Sussex
Brighton & Hove

 Visit our donation page

Scan the QR code with your phone or tablet. Just open up your camera and hover over the code to open the donation link.



How your money helps

£5 helps us

provide the contents of a Bag of Support to help an older person in need.



£15 helps us

provide a lonely older person with support such as befriending or regular Connect magazines.



£25 helps us

operate a telephone advice service and give information and advice to help someone remain independent.



£40 means

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



Other ways to raise funds

Shop at smile.amazon.co.uk and they will donate to AUKWSBH, at no cost to you, each time you shop on Amazon. It's exactly the same products, same prices, same service as your main Amazon account, but through this link, Amazon donates 0.5% of the price of eligible purchases. Simply go to smile.amazon.co.uk and choose 'Age UK West Sussex Brighton & Hove' and then start shopping on Amazon.

easyfundraising turns your everyday online shopping into free donations for your favourite cause. Just start your online shopping first at easyfundraising, then shop as normal. You can even download a mobile app so you can search and raise whilst on your phone.

When selling an item on eBay you can choose to donate a percentage of the final sale value to AUKWSBH – just search for our charity when registering your item for sale. Please note there are no fees if you are donating the full 100% sale price.

Your opinion matters

Adult social care: The life you want to lead

Help shape the future of adult social care in West Sussex.

West Sussex County Council are inviting people across the county to help shape the long term future of adult social care to support current and future generations for years to come.

It is important to hear from residents about what a good life means to them. The responses will help the county council, together with partners, develop adult social care services in the wake of the Covid pandemic so that they can best meet the needs and expectations of those they support. Use the survey to say what's important to you. You can read more at: www.westsussex.gov.uk/yourlife

Annual Customer Satisfaction Survey

We love hearing from you and really appreciate all the feedback and comments we receive. This year we are launching an Annual Customer Satisfaction Survey to help us ensure our activities and services are meeting your needs.

Your feedback is really important to us and we'd be delighted if you could tell us about your experience.

If you have used our services or centres between September 2020 and September 2021 and are available to answer some questions please get in touch:

Tell us your feedback

 01273 956753

 your.voice@ageukwsbh.org.uk

More ways to fundraise for us this festive season...

Christmas Raffle



Buy an Age UK Christmas Raffle ticket and win big!

Win great products or big cash prizes and support a great cause. Tickets available at the following centres; Bognor, Littlehampton, Eastbrook Manor, Horsham, Crawley, and Haywards Heath.

Each entry costs just £1 with the chance to win one of 5,000 fabulous prizes, up to £25,000. And the great news is, with our charity raffle, not all prizes are restricted to cash! Prizes include a stylish hybrid Toyota Yaris worth £25,000 and a luxury break to the Cotswolds worth £5,000. There are spectacular prizes to be won this Christmas! **Deadline – all SOLD tickets to be returned to the centres or Head Office by Friday 26th November.**

Donate your old stamps

We're raising money by recycling stamps. We accept all items: new or used, first or second class, foreign, first day covers, presentation packs, or albums. So please encourage your friends and family, at home and abroad, to save their stamps for us. **Please cut the stamp off the envelope. When cutting, leave about 1cm of envelope border for each stamp. Stamps can be donated to any of our locations!**

Christmas Cards

At each of our centres you will be able to find charity Christmas cards for sale. Our charity Christmas cards are a lovely way to spread your warm wishes during the festive season. We have several designs, available in packs of 10. All profits from our cards go towards helping our centres provide services and support in their communities.



The Big Knit... UPDATE

We can now carry on collecting your wonderful woolly creations until 24 June 2022!

Our Big Knit campaign was due to come to an end this October, but we have some great news – Innocent have decided to extend the deadline to enable our supporters to get more hats knitted and raise more money for us. For every little hat we send off to Innocent, AUKWSBH receives 25p. So, if you would like to get involved, there is still plenty of time to knit or crochet! Contact us for more details:

☎ 01903 792 211

@ fundraising@ageukwsbh.org.uk

Thanks to our fundraisers!

We send a huge 'THANK YOU' to Sompting Big Local for their wonderful donation in support of our community 'Club in a Pub'.

Since mid June, we have been back at The Gardeners Arms' every Friday morning between 10am and 12pm (once restrictions eased from the current pandemic situation) and AUKWSBH are delighted to offer this great social group for people in this community.

Visitors enjoy a mixture of quizzes, board and card games like Rummikub and Uno, card bingo, and unique specially created games. These are all provided with refreshments, in a safe, welcoming, and friendly environment.

The club offers a chance to make new friends and socialise, with a discounted lunch in the pub available afterwards. All are welcome, but we do get more gentlemen at this club, not sure if being in a pub helps that!!

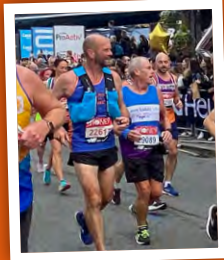
Along with Sompting Big Local, we organise trips out for the club visitors. There are also occasional special visits from experienced people to talk about important matters, such as scams. All this is made possible with the support from the #SBLactionfund and AUKWSBH.

To find out more about Sompting Big Local please visit: www.somptingbiglocal.org.uk and to find out what Age UK activities are available in your area, please call us on **0800 019 1310**.



Well done Bob!

The London Marathon back on the streets of London was a long time coming – 18 months. Runners in their thousands were supported by cheering and noisy crowds, all happy to be out in the fresh air and enjoying one of the most iconic sporting events in the world.



In Bob's words: "Thank you AUKWSBH for giving me the opportunity to run for you, and to everybody for their support, especially Gary for his training. I was thrilled

to be out on the world-famous course and experiencing the incredible atmosphere. It certainly was a great day for running".

Mark Hilder, our Fundraising Manager, said: "We were so pleased to have Bob running his first London Marathon in support of AUKWSBH, wearing our badge with pride, and on National Silver Sunday! He has inspired those who he runs and trains with, and many others at our centre in Bognor."

"In addition, Bob raised an amazing £2,249, which is vital to support our services for older people across our region."

If you would like to run any event, or support AUKWSBH in any way, please do get in touch with us, we'd love to hear from you.

📞 01903 792 211

@ fundraising@ageukwsbh.org.uk



Celebrating Sheila

We were thrilled to be able to celebrate Sheila's 30th Anniversary for AUKWSBH this October in the lovely gardens at our Crawley Centre.

You may remember Sheila's article in the last of issue of Connect – our wonderful volunteer celebrates 30 years of volunteering this year and we marked the occasion with some tea, cake and fizz. It couldn't have been more perfect as the sun came out for the occasion too!

Sheila said: "I really enjoy volunteering at the Crawley Centre and have seen many changes over the years! Thank you so much for the lovely flowers, balloons, delicious cake, card, certificate and bubbly. We were so lucky with the fine weather."

Have you been inspired by our volunteer Sheila?

Do you have a few hours spare a week to volunteer for AUKWSBH? 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





A festive message from Richard, AUKWSBH Volunteer Manager

Hi all, just a festive message from myself to wish you all a very Happy Christmas and all the very best for next year.

It's been another very unusual year with volunteering. 2021 started off with a big drive for telephone befrienders and together with some existing volunteers we very soon got 50+ volunteers ready to start. At the same time I recruited for doorstep support and delivery drivers. This also was very successful and we covered all of the areas with new and existing volunteers.

Then the centres opened again and we wanted to make sure we had existing volunteers to work alongside new ones. I had incredible results with the new centre at Fishersgate and we now have some really excellent new volunteers working there as well. Other projects/services have also brought in new volunteers and at the moment I have about 450 volunteers across West Sussex and Brighton & Hove.

Thanks again to all our volunteers. You really are amazing and we certainly couldn't do this without you. Happy Christmas and I look forward to working with you all in 2022.

Best wishes,

Richard

Get in touch!

Contact Richard, our Volunteer Manager to find out more about volunteering.

📞 07841 662564

@ 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:

"I really appreciate the befriending and meal service and that everybody had been truly wonderful."

"To all of you at Age UK West Sussex, Brighton & Hove, thank you for your support over the last year. Merry Christmas!"

"Your team are an inspiration for life, thank you for being there and your advice."

"The meals you deliver are great and I'm looking forwards to the festive menu in December!"

"The puzzles, word searches, books and exercise guidelines are wonderful and make my mother so happy!"

"I did not know about the Cream Teas until the Connect Magazine was put in the door. You are certainly making a difference to older people. I have been having your 'meals' since they started - I am 94 years old and immobile, and I welcome the Bag of Support."



Get creative and have fun!

We are delighted to share a few of the lovely art pieces that our members have created recently.

Our face-to-face art clubs take place on Monday and Thursday mornings at Lamb House in Haywards Heath.

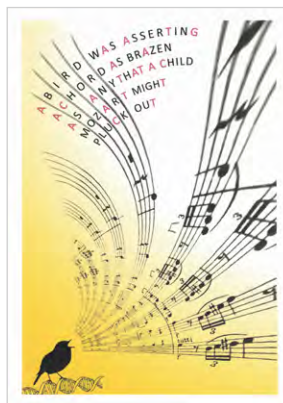
We also run an online art club for those who aren't able to get to the centre. This runs on the first and third Thursday of each month. Art projects are emailed to you, with members sending back their art via email for us to display to the whole group. It's a fun way to get creative while connecting with others – all levels welcome. Get in touch for more details by emailing us!

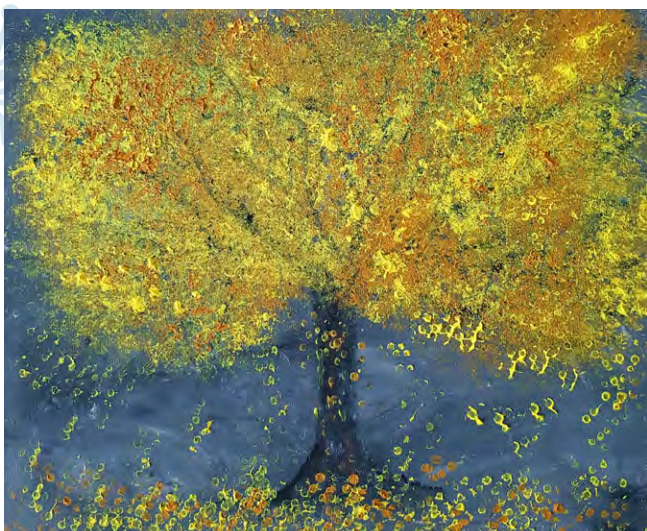
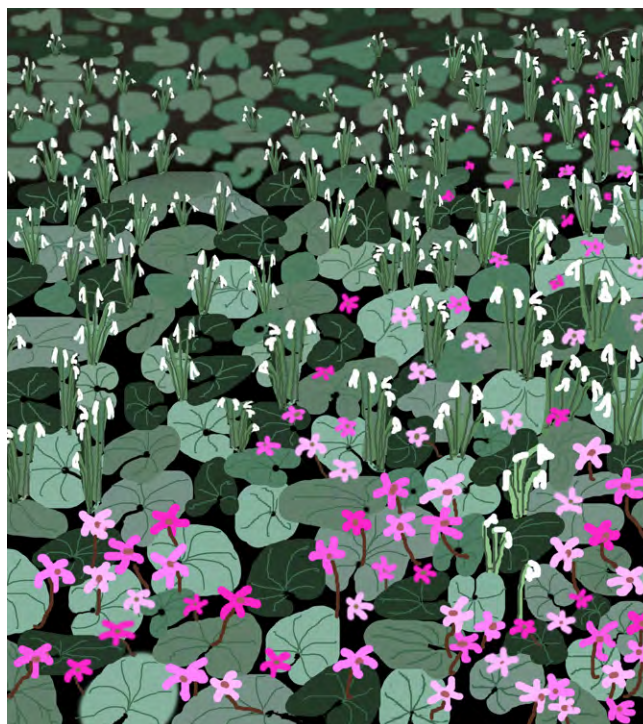
@ artclubonline@ageukwsbh.org.uk



On display

These lovely creations and many more have been displayed at the Orchard Shopping Centre to celebrate Older People's Day.





.....

This selection of art work was created by 3 of our talented members. They explored a variety of themes with the projects... winter scenes, still life, family portraits and even book illustrations using a variety of mediums.





Take a break!

If you are rushed off your feet with all the festive excitement then now is the time to grab a cuppa, put your feet up and have some fun with our festive jokes and puzzles!



Why was the turkey in the pop group?
Because he was the only one with drumsticks!

★ What's the most popular Christmas wine? ★
"But I don't like Brussels sprouts!"

What would you call an elf who just has won the lottery?
Welfy!

What do you call an obnoxious reindeer?
Rude-olph!

What is the best Christmas present in the world?
A broken drum, you just can't beat it!

Why did no one bid for Rudolph and Blitzen on eBay?
Because they were just two deer!

Beginner Sudoku

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

Advanced Sudoku

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

Word Scramble Answers

- snowman, 2. reindeer, 3. candles, 4. advent, 5. decorations, 6. wreath, 7. mistletoe, 8. december, 9. gifts, 10. carols

Winter Word Scramble!

Can you unscramble these 10 festive words?

1. nomwnsa

2. reneiedr

3. lneadcs

4. nedavt

5. cdetorinoas

6. rehtwa

7. ieltesmot

8. cembdeer

9. stfgi

10. acosrl

This month's recipe: Christmas Cookies

It's the most wonderful time of the year again so why not get in the festive spirit and make some Christmas cookies! These are so much fun to make and with their delicious vanilla flavour you can keep them plain or decorate them, dip them in chocolate or dust them with icing sugar!

Ingredients

- 225g unsalted butter, softened (or use salted, and skip salt)
- 220g white sugar, preferably caster
- 1 large egg
- 1 1/2 teaspoon vanilla extract
- 450g plain flour
- 3/4 teaspoon baking powder
- 3/4 teaspoon salt
- Icing for cookies

Method

1. Preheat oven to 180°C / 350°F (160°C fan). Line two baking sheets with parchment paper.
2. Beat butter and sugar in a large bowl until creamy (1 minute on medium speed)
3. Add egg and vanilla, beat until completely combined. Then add flour, baking powder, and salt. Start mixing slowly, then beat until the flour is incorporated – it will be clumpy. Dust work surface with flour, scrape dough out of bowl. Pat together then cut in half, then shape into 2 discs.
4. Roll out to 0.3cm / 1/8" (for thinner, crispier cookies) or 0.6cm / 1/4" (for thicker, softer cookies), sprinkling with flour under and over the dough so it doesn't stick.
5. Use cookie cutters to press out shapes and use a knife or spatula to transfer shapes to prepared baking sheets.
6. Bake for 10 minutes, swapping trays halfway, until the surface is pale golden and the edges are just beginning to turn light golden. Allow cookies to cool completely on trays (they will finish cooking on the trays).

Cookie decorations: You can decorate the cookies in a variety of ways such as; dipping the surface into melted chocolate or dotting them with icing sugar and adding a silver ball or simply dusting them with icing sugar.

If you don't have time then why not try these plain – they are wonderful eaten as they are! Store the cookies in an airtight container and eat within one week.



 *Treat yourself
to a festive meal
this December*

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 as 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!**




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

All new customers can receive their first meal free! After that, prices range from £4 for a main meal, to £1.50 for a dessert. Alternatively, you can try our meal deal which costs £30 for 7 meals and desserts. (Free meal offer applies to all new meal delivery customers. Offer ends March 31st 2022)



Christmas
MENU

Roast Turkey with Pigs in Blankets or Veggie Wellington

Both served with seasonal vegetables and gravy

DESSERT

Christmas Pudding

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