

# News and Views

## A Message from the CEO of Age UK Wiltshire & Age UK Southampton

Dear friends,

Welcome to the refreshed Age UK Wiltshire newsletter – now embedded directly into your email for easier reading and quicker updates. We're excited to share this new format with you, designed to be more accessible, engaging, and reflective of the vibrant work happening across our communities.

As we move into the new season, I'm proud to highlight some of the inspiring developments at Age UK Wiltshire. We've expanded our services to reach even more older people in ways that bring joy, connection, and support:

- Arts Groups are flourishing, offering creative outlets and companionship.
- Our Daytime Disco events are bringing energy and smiles to local halls – proving that dancing truly has no age limit!
- We've grown our team of Community Connectors, who are now out and about more than ever, making home visits and offering tailored support to those who need it most.

These initiatives reflect our commitment to not only meeting practical needs but also nurturing wellbeing and community spirit.

Thank you for being part of our journey. Whether you're a supporter, volunteer, partner, or someone we've helped – your involvement makes all the difference.

**Sarah Cardy**

**CEO, Age UK Wiltshire & Age UK Southampton**



## A sensational time was had at our first Daytime Discos in Calne and Melksham!

*"It's the first time my husband has danced in years - it was a joy to see"*

We had an amazing time at our first two Daytime Discos in Calne on the 29th August and Melksham on the 10th October! And judging by some of the incredible feedback we got, so did our disco-loving partygoers! The free discos drew great crowds, with 87 people attending in Calne and 180 in Melksham for an afternoon of music, friendship and fun.

We have more Daytime Discos planned throughout Wiltshire in the coming months, so if you missed this one, don't worry! Here's some details of our upcoming discos:

- Royal Wootton Bassett Disco - Friday 21st November - 2pm – 4pm - Royal Wootton Bassett Memorial Hall, Station Rd, Royal Wootton Bassett, Swindon SN4 8EN
- Tisbury Disco - Friday 5th December – 2pm – 4pm – The New Vic Theatre, Victoria Hall, High Street, Tisbury
- Chippenham Disco – Friday 19th December – 2pm – 4pm – The Neeld Hall Community & Arts Centre, The Parade, Chippenham
- Trowbridge Disco - Friday 30th January 2026 – 2pm – 4pm - The Great Hall, Trowbridge Town Hall, Market Street, Trowbridge, BA14 8EQ

We'll also be running more discos in the new year, so if you don't see your town on there, don't panic - we'll be announcing more soon!

Thank you so much to everyone who attended, the Age UK Wiltshire staff who organised the disco and attended on the day, and Get Out Get Active and WASP (Wiltshire and Swindon Sport) who made this possible.

[Find out more](#)

**Wellbeing Checks with Meals - A daily check-in with the comfort of a hot meal**



Our Wellbeing Checks with Meals service offers older people the reassurance of a friendly visit at home each lunchtime, with the added bonus of a delicious, nutritious meal (and pudding!).

Every day of the year (except Christmas Day), our caring, trained members of staff stop by to check on clients' wellbeing, offering peace of mind to older people and their families. Alongside this, we bring a hot, freshly prepared meal, designed by dietitians and nutritionists to support good health and more importantly, taste great!

With over 100 menu choices and options for special diets - from gluten-free to low sugar - there's something for everyone. Our team can also help plate the meal if needed, offering further reassurance for our customers.

Families often tell us how much the visits mean to them. One relative said: "More than the meals, it's the checking on Dad and letting me know whenever you felt something might be amiss - I can't tell you how much I've appreciated your input in his life."

If you or someone you know could benefit, please get in touch to find out more or request a menu pack.

**Email: [wellbeingcheckswithmeals@ageukwiltshire.org.uk](mailto:wellbeingcheckswithmeals@ageukwiltshire.org.uk)**

**Tel: 01793 279606**

[Find out more](#)

## A fresh start for our Arts & Friendship Clubs

Our Arts & Friendship Clubs have started in Devizes, Marlborough and Pewsey! We have been trusted by the organisation Arts Together to keep running these lovely groups, and we can't wait to see what our club members create!

They have recently begun a new project, supported by the artist Sue Martin, which will run up to Christmas and is sure to result in some incredible pieces of art.



## Community Support Services coming soon to new areas in Wiltshire



After the success of the Melksham Community Support service, initiated and supported by Melksham Without Parish Council and Melksham Town Council (please see our next issue for news of an exciting award!) we secured one year funding from Wiltshire Council to run a similar service in Bradford on Avon and Trowbridge.

We are now excited to announce the arrival of two new Community Support services, one covering the Calne and Marlborough areas and the other the South West of the county (see the below picture for the areas covered).

Both have been funded by Wiltshire Council for one year. These Community Support projects offer face-to-face support, access to information and practical help to older people who are feeling isolated or vulnerable.





Age UK Wiltshire's Activity Service Lead, Tracey Jones, visited our Padwell Road Day Centre in Southampton recently to lead a relaxing session of Tai Chi with the members and staff! The movements of Tai Chi gently exercise the muscles and joints in the body and can improve flexibility, as well as being a meditation for the mind!

At Padwell Road, we offer a warm and welcoming environment for older people, providing care and support with activities tailored to individual interests, hot

lunch and pudding and door to door transport. Our dedicated team ensures each day is meaningful and enjoyable for our members.

If you are interested in visiting Padwell Road, please contact Alison Rood using the contact details below, or feel free to pop in for a tea or coffee!

**Alison Rood, Manager, Age UK Southampton Padwell Road Day Centre,  
11-21 Padwell Road, Southampton SO14 6QX.**

**Tel: 023 8022 7166 | Mobile: 07798517585**

**Email: [alison.rood@ageuksouthampton.org.uk](mailto:alison.rood@ageuksouthampton.org.uk)**

## Surviving Winter Grant – What is it, and how do I apply?

The Surviving Winter Grant was introduced by Wiltshire and Swindon Community Foundation 10 years ago and has helped thousands of vulnerable households in Wiltshire living in fuel poverty. We are delighted to be working with Wiltshire and Swindon Community Foundation to help older people afford heating this winter.



Age UK Wiltshire may be able to offer you a one-off grant of £200 through this scheme! We open for applications in September 2025 and the scheme will close around March 2026 (or sooner if all grants are allocated). You could be eligible for this grant (1 per household) if you meet the below criteria:

- Are aged over State Pension age, and:
  - Receive a means-tested benefit or have a household income below £361pw (single person household) / £546 per week (couples or larger households). We also consider savings you have.
  - Live in fuel poverty (we consider your heating needs, usage and difficulties in maintaining a warm home)

Grants are considered on a case by case basis. This grant can be awarded in addition to the government's 'Winter Fuel Payment' (£100 - £300) and your electricity supplier's 'Warm Home Discount' (£140) which you may also qualify for.

Call us on 0808 196 2424 to apply or use the contact form on our website and we can send you an application pack in the post. As part of the application process we will complete a free income maximisation check to ensure you are receiving everything you are entitled to.



We'll also have a conversation with you about how you manage your heating and energy usage to look at the reasons for your high fuel bills and whether you could be eligible for other support.

[Find out more](#)

## New Coach Trip Destinations - Coming Soon!

We have two exciting Coach Trips leaving from Royal Wootton Bassett to look forward to in November and December. First, we'll be visiting the beautiful Cotswold town of Moreton in Marsh in November, with a stop off at the Fosse Garden Centre on the way back!

Our next trip after that is to get some Christmas shopping done at the vibrant Christmas Market in Winchester!

The coaches will leave Borough Fields at 9.00am, followed by a pick-up in Lyneham (opposite the petrol station) at 9.15am. Returning around 6.00pm. To book and pay for tickets please call **07500 137135** (Phone line open Monday, Tuesday and Thursday - 9.00 - 4.00pm). All we ask is that individuals can independently access the coach.

### Moreton in Marsh

- Tuesday 11<sup>th</sup> November 2025
- Ticket price: £15.00



### Winchester Christmas Market

- Tuesday 9<sup>th</sup> December 2025
- Ticket price: £22.50



**Carers Together Wiltshire's trip to the seaside!**

On the 10th September, a group of Carers, as well as the people they care for, were whisked off on a free trip to Bournemouth!

With this trip, our aim was to get Carers out of their normal routine and away to relax and have fun by the sea. Despite the rain, our group enjoyed a tasty chippy lunch, followed by a visit to the aquarium in the afternoon.

We'd like to thank everyone who came on the trip, as well as our staff for making it possible! This trip was one of the many ways we are helping to support Carers throughout Wiltshire, and we have plans for more trips in the future!



## The Big Knit

We've had word that the Big Knit will be back! We don't have any dates yet, but if you have any tiny hats that you didn't send in before the last deadline, please do send them over to us now so we can start totting them up ready for the start of the next campaign.

Just a quick reminder that the Big Knit be-hatted smoothies will be on sale in Co-op and Sainsbury's stores across the country from Wednesday 8th October. Please do pick one up if you can, and encourage your supporters and knitters to do the same. We're so excited to see everyone's amazing creations on shelves!

If you want to start knitting or crocheting for us for the next Big Knit, please find lots of free patterns by clicking on the link below!

[Free Patterns](#)

## We're looking for new Trustees!

Could you help us to make Wiltshire and Swindon a great place to grow older?

Age UK Wiltshire is the county's largest charity supporting older people across Wiltshire and Swindon. As a Trustee, you'll play a vital role in shaping our strategy and overseeing the direction of the charity.

The role is unpaid but offers valuable experience, leadership development, and the chance to be part of a dedicated team making a real difference to the lives of older people.

We're especially keen to hear from people with experience in retail, sales, or marketing as we expand our commercial services. Above all, we're looking for individuals with strategic vision, independent judgement, and a passion for supporting older people, who are willing to commit their time and skills to representing our organisation and values.

[Find out more and apply](#)

## Supporting our Charity



### Leave us a legacy

We want to be there to ensure that people who are lonely or isolated or need us for any reason will always have us to turn to. Gifts in wills are a very effective way to enable us to continue helping older people in the local community.

[Find out more](#)



### Support us on EasyFundraising

Sign up to support us on EasyFundraising and raise free donations for us when you shop online with all your favourite retailers! You can raise money for us every time you shop online at no extra cost.

[Sign up here](#)



## Fundraise with us

If you are thinking of fundraising for Age UK Wiltshire, whether you are an individual, club, or company we would be delighted to hear from you.

- As an individual you may be interested in organising an event to raise funds, or take part in an organised run, cycle or walk. Your fundraising could be eligible for Gift Aid, please ask us for more details.
- As a club or group, you may decide to adopt Age UK Wiltshire as your supported charity and mobilise your membership to get behind us to raise funds through your club activities.
- As a company, your employees may choose to support Age UK Wiltshire as Charity of the Year and organise various fundraising events. They may also support us with volunteering days such as helping at our events or helping our clients.



## Follow us on social media

[Facebook - Age UK Wiltshire](#)

[Facebook - Age UK Southampton](#)

[Facebook - Charity Shops with Information Points](#)

[Instagram](#)

[LinkedIn](#)

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We hope you enjoyed our new look newsletter! If you have any questions or feedback please do let me know by replying to this email. Alternatively, if you would like to stop receiving these emails please use the unsubscribe link below.

**Alex Turner, Marketing and Communications Officer at Age UK Wiltshire**



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