Welcome from Sue Zirps, Chief Executive

Dementia is a hot topic in the news at present and rightfully so because the longer we live, the more people will be affected. We became dementia-friendly champions earlier this year and we are now able to offer both an exercise and a social get together for people with dementia and carers. We cannot prevent dementia happening, but we can help support people and their carers living with the condition.

The other big topic in the news is isolated older people. Loneliness is almost a disease, it can lead to depression and increased visits to the doctor - perhaps just to see a human face or talk to someone. Surrey is not known for close-knit family groups; children move away for work and their hectic lifestyles do not leave much free time. Please see our appeal opposite and if you have time, visit or phone an older person this month.

A small team ran the Surrey Half Marathon for us in March including 77 year old Tom Harrison. Older people today are busy out and about and when not running marathons they are playing at pop concerts like Mick Jagger and Bryan Ferry or inventing things like Trevor Baylis. People over 80 are embracing new technology and our Computer Drop-in has seen a rise in numbers recently. It is open every morning for free one-to-one help.

I wish you all a lovely summer.

End Loneliness Appeal 2014

Please can you help keep our Befriending service running?

It is easy to forget to visit older friends, relatives and neighbours, but if people don’t have time, we do! Our befriending service offers home visits, telephone calls and trips but the service is under threat so we are appealing to the public to help support us.

Each week our kind volunteer befrienders visit older people in their homes, perhaps it is their only social contact that week. The service covers Guildford and Waverley at present but we are expanding.

Forgotten something?

Please donate We need your help to keep the service running. If you can make a donation or run a fundraising event, please call Kay on 01483 503414 or see back page. Thank you!
Love Later Life
For this issue we meet a veteran marathon runner and a famous inventor

Back in March our team of runners raised over £350 for us in the Surrey Half Marathon. Among them was Tom Harrison a 77 year old veteran of over 25 marathons, many of which have been for Age UK.

Despite beating most of his younger rivals, he was still disappointed with his time of two hours and one minute saying “It was a fantastic day and I’m only sorry I didn’t manage to get round in under two hours.”

Tom was later interviewed by BBC Radio Surrey and said “I was very pleased to support Age UK Surrey as they provide much needed support to older people across the county”.

Trevor Baylis is perhaps the UK’s best known inventor famous for the wind-up radio with millions in use worldwide. Now aged 77 he has had a amazing life and career working as a stuntman and under-water escape artist before becoming a full time inventor.

He got the idea for the wind-up radio when watching a TV programme about Africa where the power supply was often unreliable. Trevor remembered old wind-up gramophones; he reckoned by turning a handle it would produce “enough power to drive a spring to make a radio work”. The idea was originally rejected until Nelson Mandela spotted it and as they say—the rest is history.

Trevor is still busy inventing and working on other wind-up devices. He has no plans to retire and his advice is “keep doing whatever gives you a buzz in life. It's not all about money, it's about what you can leave behind and how you can help other people”.

Help for Surrey people flooded last winter

Those flooded last winter can apply for up to £5,000 to better protect homes against future floods. The Repair and Renew Grant is available to anyone in Surrey whose home was internally damaged by flooding between 1 December 2013 and 31 March 2014. There are specific improvements i.e. the grant cannot be for carpets and furnishings.

Apply by 30 September 2014. Call 0300 200 1003 or www.surreycc.gov.uk/repairandrenewgrant to start your application. Residents who live in Woking borough have their own scheme and should check with the council.

Ticket offer from G Live

Puccini’s Madam Butterfly is coming to G Live Guildford on Saturday 29 November. The opera is the story of a Japanese girl who falls in love with an American naval lieutenant.

To win a pair of tickets answer this simple question. Who wrote Madama Butterfly?

A) Puccini
B) Mozart
C) Tchaikovsky

Call 01483 446652 or email enquiries@ageuksurrey.org.uk

Closes 20.11.14, 4pm. T&Cs apply. Prize is non-transferable, no cash alternative. Entrants agree to be contacted by Age UK Surrey/G Live.
Volunteer News

The last six months have been extremely busy in the volunteering department with many fund-raising events taking place. We would like to extend our thanks to all our volunteers for their continued help and support. Many of the services we run would not happen if it wasn’t for our volunteers. Your contribution last year was worth £400,000—to our clients it was priceless!

As part of Volunteer Week in June volunteers were invited to an informal ‘volunteer drop in’ at Rex House to provide updates on developments, network and meet other staff. The next meeting will be in Autumn but meanwhile please keep the comments coming.

Three volunteers will feature on BBC Radio Surrey to talk about Loneliness for our appeal.

Our stand at the Farmers Market goes from strength to strength. We are situated outside the Guildhall on the High Street. The next dates for your diaries are 7 October and 2 December so do pop along and see us or lend a hand.

Thinking of volunteering

Do you have any time to spare – even an hour per week – you could make a difference to someone’s life by volunteering your time. We have a range of opportunities available.

For further details contact me directly – Lesley on 01483 446646 or see our website http://www.ageuk.org.uk/surrey/how-you-can-help-us/volunteering/

Tea and Chatter

Our new “Tea and Chatter” events have been a great success!

Guests enjoyed tea, coffee and cakes — and of course a good chat.

Also on offer were craft activities, practical advice on computers, raffles and a special D-Day celebration chat with staff dressing up in 1940s outfits.

Tea and Chatter is held at the Douglas Brunton Centre in Caterham. It is free to attend and we can arrange transport if you need it.

Jenny from our Tandridge office says— “we would love to see you and anyone feeling a bit unsure can always give us a ring first on 01883 343095”.

We would like to thank Toyota in Epsom for supporting this service with a generous grant from their Community Fund to help with transport costs.

The Devil Run 2014

We are thrilled to have been chosen as the charity partner for this year’s “Devil Run”.

The event is being held on Sunday 21 Sept. at The Devil’s Punchbowl, Hindhead.

There are three cross country courses to choose from -15k, 10k or 3k (and you can walk the shorter course if you prefer).

If you are interested in taking part or being a marshal for the morning, please get in touch on 01483 446652 and ask for Kay.
Volunteer profile

Meet James - a new volunteer counsellor. After careers in the Army and banking, he wanted to try a different direction and chose to study counselling with the Open University. He knew he wanted to work with older people and applied to work with us for his student placement, before being accepted as a counsellor.

One of James’s clients, a man who recently moved into a care home felt “is this all there is left”. Although James couldn’t change his circumstances, he could help him change how he thought about it. He says “after a few sessions his daughter got in touch to say that her father was now a ‘different person’ with a new outlook”.

Our counsellors are available for a small fee, call us on 01483 503414 and speak to Amy.

Day in the life - Home Help

Sally-Ann enjoys work with a lot of variety; she has ten clients and looks forward to seeing them all.

What does Sally do?

She works for Age UK Surrey as a Home Help, and now in her third year, Sally talked to us about her work.

“I usually like to have a general chat about life and then perhaps I will get on with the gardening, cleaning or make a trip to the shops. Sometimes I help with forms and book work”.

“The other day I was asked to curl a client’s hair, although I’m not a hairdresser, I had a go” said Sally-Ann “but after the session the client agreed that I really wasn’t a hairdresser!”

Sometimes Sally takes her client to the doctor and on shopping trips – once she had to go and look for the dog as a client had forgotten and left it in the park. The dog and its owner were later safely reunited.

If you would like a Home Help like Sally, please get in touch on 01483 454646.

Refer a friend to us - and receive a £10 voucher

Refer a friend to our Hometime service and we will give you a voucher from M&S or John Lewis worth £10 once the friend signs up.

The friend will benefit from our reliable, friendly service and you get to treat yourself!

Call 01483 454646 for details.

Terms: vouchers are issued after new client has signed-up and paid first non-refundable quarterly charge.
**Friend’s Page**

**News from Age Concern Epsom and Ewell (ACEE)**

Thanks to some funding the team at ACEE have been busy with new projects. MOMENT MAKERS, a befriending service to those with dementia has been launched. The first five befrienders are already out in the community with another three going through training.

ACEE have introduced a Community Companion scheme. Sponsored by local businesses the companions accompany people on their first visit to social centres giving them extra support when needed.

The companions will also take clients into the town centre and accompany them on their shopping trips.

A new website has been launched and can be seen at [www.ageconcernepsom.org.uk](http://www.ageconcernepsom.org.uk) or call them direct on 01372 732456.

**News from Age Concern Dorking**

Our Tai Chi classes for the over 60s are growing in popularity. For a very small fee, participants are guided through the movements by a qualified teacher. Not only are they enjoying all the benefits that Tai Chi can give them, but they also have the opportunity meet and socialise with others.

Tai Chi, combines deep breathing and relaxation with slow and gentle movements that avoid putting pressure on bones and joints. It has been shown to reduce stress, improve balance and general mobility.

For details please contact Joyce at Age Concern Dorking on 01306 885789.

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**New Services from Age UK Surrey**

**Athlefit - gentle exercise classes for people with dementia**

Athlefit is a new exercise programme for people with the early signs of dementia and their carers. The indoor exercises can be performed at different levels, individually or in pairs, to improve health and well-being as well as flexibility and co-ordination.

Some of the exercises will be familiar but all are non competitive and given by highly trained members of staff who have received dementia training.

Classes are held on Tuesdays 11am at Surrey Sports Park, Guildford. Please call us to arrange a free health check first on 01483 534706.

‘life is like riding a bicycle, in order to keep your balance you must keep moving’

*Albert Einstein*

**Care for a Cuppa**

Care for a Cuppa is a new programme of free activity sessions for people with dementia and, at the same time, offers respite, peer support and information for carers. Activities include art, crafts, music and reminiscence sessions.

Care for a Cuppa is held on Tuesdays in Ash, Haslemere and Guildford.

Advanced booking is essential so please call Richard on 01483 534706.
### End of life

The end of life is as natural as the start of life, but it not often talked about; Age UK Surrey thinks it’s time it was put on the agenda. Being prepared and knowing what’s happening can make the last days more settled; time for memories and for saying farewell - not rushing around finishing paperwork and being in fear of the unknown.

Here are a few ideas to consider:

- Make your will, it doesn’t have to cost a lot, or it’s free if you donate to a charity. Call Elizabeth if you want help 01483 446667

- Make a Finance Lasting Power of Attorney. It costs £100 but it will be far more expensive and is a very slow process to go through the courts. Age UK Surrey offers free help. Office of the Public Guardian, PO Box 16185, Birmingham, B2 2WH or phone 0300 456 0300 or go online.

- A Health Lasting Power of Attorney allows decision-making to be handed to a named person/people when someone is incapable (see contact details above).

- An Advance Decision to Refuse Treatment can also be completed, it specifies how a person wants to be treated at the end of life and your right to refuse medication. See [http://www.compassionindying.org.uk/about-advance-decisions](http://www.compassionindying.org.uk/about-advance-decisions) or phone 0800 9992434

- Try and talk to loved ones. Let them know what you want, perhaps talk about your funeral plans, your favourite music and flowers and certainly where you keep those important papers.

- Consider keeping a hospital bag near the door and include nightwear, toothbrush, personal things and important contact details.

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### The Big Knit starts soon

Calling all knitters—and crocheters too!

We need you to make little hats for Innocent Smoothie bottles.

This year’s campaign is starting soon and our target is to knit 2,500 hats. We receive a donation from those nice people at Innocent for every hat we make.

We have lots of fun patterns for you to try at all levels from beginner to expert. Why not hold a “knit-in” event at your local group or workplace?

If you can help please call us 01483 503414 and ask for Kay.

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### Want to fundraise for us?

**Free paintball tickets on offer**

A fundraising event is a great way to support us and we have lots of suggestions from bake sales to cycle rides to sponsored runs.

If you can raise over £100 we have free tickets for a day’s paintball adventure for up to 10 people, courtesy of Delta Force.

We are always looking for volunteers to help put on our own fundraising events (like The Devil Run) as well.

For more details please call 01483 503414 and ask for Kay.

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Join us on [facebook.com/ageuksurrey](http://facebook.com/ageuksurrey)
Winter Warmth survey—we can help you

We want to help those who have cold homes in winter and we would be most grateful if you would complete our survey in order to find out how we can help those who are cold in winter. Support will be available, and for the worst cases, a free handyman service is available to draught proof cold homes. We do not have any direct grants ourselves but we may be able to refer to existing providers.

We would like to hear about your own home in winter. Please read through the following statements and tick the one that best applies to you:

1. My home is warm and cosy in winter
2. My home can be chilly at times
3. My home is often cold in winter

Please return this form in the freepost envelope or hand it to your Home Help or Befriender.

Name: ................................................................. Tel.no: .................................................................
Address: ...........................................................................................................................................
Post Code: ................................................................. email: .................................................................

All replies will go into a draw to win a £10 voucher for Hotter shoes

Photo quiz - Surrey towns around WWI

It is the 100th anniversary of the outbreak of WWI. These photographs from The Surrey History Centre are of well known towns taken around that time, but how many of them do you recognise? Answers below.

The Surrey History Centre 130 Goldsworth Road, Woking is open from Tues-Sat with late night on Thurs or call 01483 518737.

A: Godalming, B: Woking, C: Reigate

Answers:

A: Godalming, B: Woking, C: Reigate
Staff news

Congratulations to Peter Spragg on his retirement!

Peter joined as an Information and Advice volunteer in 2003 and rose to become Services Manager.

He will be well missed but we wish him all the best.

Peter with our CEO Sue Zirps

About Age UK Surrey

Did you realise that we are independent charity as well as a partner of Age UK? We have been supporting older people in Surrey for over 50 years. Our name might have changed a few times (we were Age Concern) but the work hasn't. Over 300 people volunteer with us and we provide over 10 different services, many of them free. We need more volunteers and we need people to fundraise for us.

If you want to join our supporters database and be more involved in our work, please call 01483 446652.

Snippets of news

- A British Social Attitudes Survey 2012 revealed that only 5% of people had end of life plans and 35% did not have a will. Although 74% would like to die at home 58% die in hospital.

- We recently spoke at a Virgin Care Community Nurses Conference in Woking. If you would like us to speak at group events or meetings please call us 01483 503414.

- Meet us at The Live SMART Centre in the Belfry Shopping Centre, Redhill. Just drop-in on Thursdays from 10am-4pm.

- Thanks to Churchill Retirement Living for holding an afternoon tea raising £145.00 for the Big Chinwag.

- Men in Sheds, based in Ash, meets Tuesdays/Wednesdays. No experience necessary, all men over 50 are invited to join free of charge. Call 01483 503414 and ask for John.

Can you support us with a Legacy?

We are very fortunate that people remember us in their will and leave legacies to us. However you might not be aware that we are an independent charity and must raise all the funds we need through our own fundraising campaigns. All the money we raise is spent helping older people in Surrey. If you can help us by leaving us a legacy please let us know.

Please support us

Yes, I would like to support Age UK Surrey. I would like to donate £……………..

Gift Aid Declaration. Please tick box if applicable

Yes, I want Age UK to treat all donations I have made for the last four years prior to this year, and all donations I will make from the date of this declaration until I notify you otherwise, as Gift Aid donations. I confirm I pay an amount of UK income tax and/or capital gains tax to cover the amount that all charities and Community Amateur Sports Clubs will reclaim on my donations in the tax year 2014/15

Name……………………………………………………………………………………………… Tel ……………………………………………………….
Address …………………………………………………………………………………………… Email ………………………………………………….
……………………………………………………………………………………………… Date……………………………………………………
……………………………………………………………………………………………… Signed………………………………………………

Please complete and return this form with your cheque made payable to the address below

Thank you for your support!

Data Protection Act 1998 – Information is not shared with third parties but by completing this form you are agreeing to Age UK Surrey using and keeping information about you to let you know about our services, special offers and opportunities. By providing your email address and/or telephone number you’re agreeing to receiving information unless you indicate otherwise by ticking here[ ]. You may unsubscribe from our communications at anytime.