

Advantage

Age Scotland's magazine: summer 2020, issue 57

THE 'NEW NORMAL'

Coronavirus
challenges faced
by older people



Photo: Charles Mollison



Coronavirus
advice, p4



Helping people
connect, p12



Veterans rise to the
challenge, p22

**We're here to help you
with any challenges
later life may bring**

Our skilled helpline advisers offer free and confidential information, friendship and advice to older people, their carers and families in Scotland.

We provide information and advice on:

- ✓ **Benefit entitlements**
- ✓ **Residential care**
- ✓ **Care and support at home**
- ✓ **Housing options, repairs and heating**
- ✓ **Legal issues such as Power of Attorney**
- ✓ **Help and support for older military veterans**

We also have over 60 free information guides on a range of topics from attendance allowance to care homes to mental health.

We can post copies to you for free.

Just contact the team on **0800 12 44 222**.

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I'll always call Age
Scotland first in
the future.

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Monday to Friday 9am – 5pm

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Advantage is the Age Scotland magazine that provides information, inspiration and ideas to empower Scotland's older people, their friends, families and carers.

If you have news, events or issues that you would like Advantage to cover, please get in touch. We would also welcome ideas on how we might improve the magazine. To stop receiving Advantage, please just get in touch with us on the details below.

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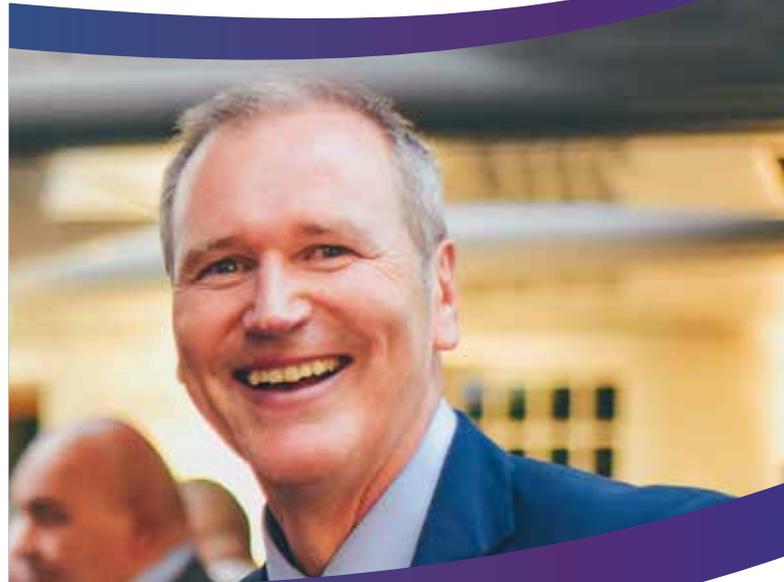
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Brian Sloan, chief executive

Welcome to Advantage magazine.

As 2020 began, none of us could have foreseen how much our daily lives would change in just a few months. Covid-19, lockdown and social distancing are now part of our everyday vocabulary. For those affected and their loved ones, life will never be the same.

We've been heartened by the response of our groups around the country. From delivering meals to holding Men's Shed meetings on Zoom, our members are determined to continue battling isolation. Our helpline team leaped into action, launching a home-based service within a week and scaling up their work to meet demand (p4).

Although we've had to postpone our conference, we still plan to recognise our inspiring award winners at a belated ceremony. In the meantime, you can read how our veterans' groups rose to a challenge (p22) and the incredibly varied work of our Highly Commended groups and individuals (p18).

If you're stuck at home, try some creative activities from Luminare's artists (p8) or get green-fingered inspiration from Edinburgh Garden Partners (p17).

We hope you enjoy this issue. We'd love your feedback and if you'd like to contribute, or feature your campaign or project, please get in touch!

Brian Sloan



Friends in need

First Minister Nicola Sturgeon meets the Age Scotland help

In these unsettling times, we all need someone to turn to.

We've all seen huge changes to our daily lives, but it's often older members of our communities who have been most affected.

Switching on the news can make grim viewing, while our daily routines, whether that's work, volunteering, socialising, or caring for grandchildren, have been turned on their heads. Everyday activities such as coffee with friends or a stroll round the shops have ground to a halt.

Most of us are lucky enough to have people to share our worries with. But for those who live alone, it can be much more challenging.

When lockdown measures came in, we knew there would be huge need for information, advice – and a reassuring ear. That's why our helpline stepped up a gear, with the help of a cash injection from the Scottish Government.

Within a week we had set up a virtual call centre so the team could work from home, drafting in staff from across the charity. At its peak, callers were handling more than ten times our usual call volume – from around 70 to over 700 a day!

These covered a huge range of issues, from people concerned about symptoms to financial worries. Many were confused by conflicting information in the media, while one woman was scared she would never get to meet her newborn grandson.

Among the biggest concerns were access to essential food and medication, and finding support in each local area.

We were pleased that supermarkets listened to calls to set aside dedicated shopping hours for older customers, and prioritise them for home deliveries. But we know the process hasn't always been smooth, with supply not keeping up with demand.

Sadly another big topic has been scam prevention, as heartless scammers tried to exploit the crisis by targeting older people around the country.

We launched an urgent fundraising appeal to cope with this unprecedented surge in calls. With the help of a high-profile campaign in the Sunday Post, we were incredibly heartened by the public's generosity.

We've also been inspired by the efforts of our groups and volunteers around the country. While they can't hold their regular activities, many have focused on phone support or delivering groceries and meals.



Helpline team | Helpline advisor Jodie is ready to take calls

It's clear that beating coronavirus will be a marathon, not a sprint. As we adjust to the "new normal" there's going to be a steady need for friendship calls.

Age Scotland has spearheaded the campaign to end loneliness in Scotland. Even before the pandemic, 100,000 older Scots admitted to feeling lonely all or most of the time, while 200,000 would go for several days without a visit or a phone call.

Now the difficult truth is that, for many, isolating can save lives. But we urgently need to mitigate the toll on people's mental and physical health.

Sheona Dorrian, who leads our Community Connecting team, said: "A phone call is something many of us take for granted, but to others this can mean the world to them. People will simply ask if they can have a chat because they haven't spoken to another person in days.

"Many also say they feel quite lost because isolating has stripped back their routines and they feel cut off from the outside world."

There's no easy solution, but we can all play a part by reaching out to those who are alone in our communities. And our helpline team will continue to make sure they can offer advice and reassurance to everyone who needs us.

For more information, the latest advice and our coronavirus guide, please visit our website www.age.scot/coronarirus or call our helpline on 0800 12 44 222.

Margaret Foley. Photo by Andrew Cawley



Margaret's story

Margaret Foley, 76, from Glasgow, explains the difference a Friendship Call from Age Scotland volunteer Alice made to her.

"I've certainly shed a few tears in the last weeks and have been feeling uptight and anxious. I've lived alone since I lost my husband, John, six years ago to cancer. We were married for nearly 50 years and I really miss him.

"My son's family is self-isolating because he has very bad asthma. It's nice to hear their voices but it's heartbreaking not being able to see my two grandchildren.

"Most of my friends have passed away too, so I've been feeling very alone and Covid-19 has just compounded that loneliness.

"I called the number for Age Scotland after I saw it on a letter from the Scottish Government. Two days later, I got another call from Alice.

"It was lovely to hear her voice and for someone to take the time to find out how I was doing. I liked that we could talk about things that weren't about the virus. It gave me a chance to forget about all that for a while.

"With everything that's going on, it's very frightening. It's easy to fall into a depression when you are alone anyway but it's even worse now.

"Alice was so friendly and caring. She told me she had the same anxieties as I did, so I didn't feel so alone. It was very reassuring hearing her voice after I hadn't spoken to anyone in a while. That meant the world to me and truly lifted my spirits."



Getting moving is an instant mood booster; a positive outlook brings numerous benefits

The happiness advantage

There is now conclusive evidence that happy people are more creative, more energetic and their brains work much more effectively. Researchers have discovered that as much as 90% of our long term happiness is not based on our current circumstances, but rather on how we see the world around us as we are living from day to day. By raising our level of positive feelings in the present moment, we create a 'happiness advantage'.

With streaming news bulletins that focus primarily on what is going wrong in the world, our challenge is to find ways to be happy in the present moment so that we can experience the happiness advantage.

We all know that exercise, good sleep hygiene and social connections make us less prone to stress and depression but here are some other tried and tested ways of feeling happier which you might consider, courtesy of Second Nature www.secondnature.io.

Three gratitudes each day

Start every day with listing three things you are thankful for. Choose different things each day. It can be anything from crisp clean ironed sheets, to seeing the first signs of spring, to the feel of a pen that writes smoothly, to the first tomato grown by your own fair hands.

Journaling about one positive experience you've had over the last 24 hours allows your brain to relive it. Try and write just a few sentences every day which focus on the positive things that have happened.

Get moving!

Exercise instantly lifts your mood and energy. Look for ways to sit less and move more and enjoy the feeling of wellbeing as you build strength and flexibility.

Meditation is great for helping to combat chronic multi-tasking and gives your brain a much-needed rest. It doesn't have to be a long affair – it can be as simple as a few moments halting your thinking, focusing on your breathing and clearing your mind.

Random acts of kindness

Very simple thoughtful acts are also known to improve positivity. They can be quite spontaneous and will have an immediate effect on both you and those around you.

To find out more about the happiness advantage we recommend watching **Shawn Achor's Ted Talk** about happiness online (www.ted.com).

Giles Brandreth has written a book called the **Seven Steps to Happiness** which makes for a good read.

For more about the longest study of happiness ever conducted and the one sure thing to make us happy, search for **Robert Waldinger's Ted Talk** online.



"Enthusiastic, knowledgeable, influential, fun, a force of nature."

Our tribute to George Foulkes

These are just some words that spring to mind when describing Lord George Foulkes, who recently stepped down as chairman of Age Scotland.

George's association with Age Scotland and our predecessor charities spans an incredible 50 years. In the early 1970s, as director of Enterprise Youth, George worked with the Scottish Old People's Welfare Committee on a programme of residential training events to introduce young volunteers to work with older people.

He was appointed the first director of the Scottish Old People's Welfare Council in 1973 overseeing the name change to Age Concern Scotland the following year.

During George's tenure, Age Concern Scotland's training and development work expanded. The charity won revenue grant funding for development staff posts and pioneered new work in counselling, sheltered housing and campaigning.

In 1979 George was elected Labour MP for South Ayrshire but Age Concern continued to be an important part of his life. His mother, Netta Foulkes, lived with the family in Ayr and played a prominent role in Age Concern Ayr throughout the 1980s.

Having served as an MP, MSP, Minister of State for International Development (another of his lifelong passions) and peer, George returned to Age Scotland joining the board of trustees in 2014.

George recalls "Brian Sloan said, 'We know you used to be the director of Age Concern Scotland and you have that knowledge and experience but you will have more of a vested interest in it now'. I said you cheeky ****!!! But he is absolutely right. I know how older people get overlooked sometimes and how difficult it is to get around. Younger people



George Foulkes, Age Scotland HQ opening 2019

don't appreciate that often. I know more about age discrimination because I'm part of that group, it is not academic anymore."

Always a passionate supporter of Age Scotland members, George went on to become vice chair of the Age Scotland board, and chair of the Membership Steering Committee working with the charity's newly appointed team of regional ambassadors. He has been a great advocate for the national conferences and AGMs, bringing members together across Scotland for discussion and networking. In 2016 he became chairman, taking up the reins at a difficult point in the charity's history.

Paying tribute, Age Scotland chief executive Brian Sloan said: "Over the past six years George has contributed a huge amount to Age Scotland, successfully chairing the charity through a difficult period and enabling us to grow again and expand our services for older people in the fields of dementia, health and well-being and initiatives to tackle loneliness and isolation.

"He has been and continues to be a tremendous champion of Age Scotland, members and staff.

"Once we are able to hold social gatherings again I look forward to welcoming George back to the new headquarters, which he opened for us in November last year, to thank him suitably for his six years of service and dedication to Age Scotland, and to wish him well with this next chapter in his life."

POETRY, COLOUR AND COLLAGE

with **Luminate@Home**

Luminate is Scotland's creative ageing organisation. In response to these strange times of social distancing and self-isolation we have formed Luminate@Home, a programme supporting creativity at home. Each week we are releasing films featuring artists, musicians, dancers and

poets leading a creative activity. You can find these films on Luminate's website and Facebook page.

Here we share three activities specially created for Advantage readers. Have a go, have fun, and feel free to copy and share these pages with family, friends and community members*.

“Thumbs Up/Thumbs Down” Collage

Let people know how you are feeling with colour-coded collages that can be hung in your window or on a door.

from artist **Janie Nicoll**

1. On a piece of paper, draw around your hand with a pencil making the 'Thumbs Up' sign. If this is tricky ask someone else to draw around your hand for you.
2. On a second sheet of paper, turn your hand the other way into a 'Thumbs Down' sign and draw around it. When you are happy with your drawing use a dark pen to make the outlines bolder.
4. Gather your collaging material – this can include coloured tissue paper and wrapping paper, old magazines and newspapers. The two signs need to be two different colours - so for example you could gather GREEN colours for the Thumbs Up and RED colours for the Thumbs Down.
5. Use your collaging material and a glue stick to fill in the hand shapes. Start by gluing down tissue paper, then decorate with images cut out from wrapping paper or magazines.
6. Use torn-up newspaper (something plain with not much colour or writing) to fill in the space around the outside of the hand.



*These three activities are licensed under a Creative Commons License. This means that you are welcome to reproduce and share each one, as long as you always credit the artist who created it and you don't make any money from the activity.

Collecting Colour

from artist Florence Dwyer

While we may not all have a set of watercolour paints, we can still create interesting colours from what we can find at home.

1. Rummage in your cupboards for ingredients to turn into watercolours. I used coffee, tea, washing up liquid, cocoa, chilli powder, juice, turmeric ... oh and nail varnish!
2. Mix a small amount (1/2 tsp) of each one with a drop of water.
3. Paint patches of these colours on paper to create a colour swatch. Do any colours go well together? What happens when you layer up or mix different colours? How does it smell having all these ingredients in one place?
4. Use these colours to create a pattern on a new sheet of paper. In the picture shared here I was inspired by the window frames and bricks I can see from my flat and also the painter Paul Klee. You might find it easier to draw it out in pencil first and then fill in the gaps with colour. Play around with letting colours bleed in to one another by adding more drops of water on to the paper.



All in a day's work!

from poet Stuart Paterson



Some jobs you won't find much now,
the disappearing trades.

My father was a miner
and my mother was a maid.

One grandpa was a fisherman,
the other worked the steel,
and aunts and uncles worked all day
in factory or field.

They all worked hard providing
for the family at home.

We never had much money
but their stories kept us going!

There are so many jobs you don't see now. But we can still remember and tell others about them. Maybe you worked in one yourself - on the land, in mill or factory, at the fishing or in domestic service. Maybe you were trained or apprenticed to be an engineer, nurse, soldier, sailor or teacher.

Paint us a picture in a poem or story showing us just what it was like. Think of the location, sounds and smells, colleagues' names and nicknames, the real characters. A funny story, a sad story, a wee song or a poem that was passed on to you.

Use your own words to write it just like you'd say it. Maybe use Scottish words and phrases, many of which might be job-related or about how you felt, like 'lowsin time', 'clarty' 'scunnered', 'on ma ain' or 'thegither'!

It's vital we remember and pass on to others our memories of this sort of work, often hard work over long hours and for not much money. But it was work which made us who we were, and who we are now.



A voice on the future of housing

There really is no place like home. When it comes to quality of life, few things are as important as where we live. But it's not just about being happy now, but also thinking about our future needs as we get older.

At the end of last year we launched a national housing survey, asking people over the age of 55 in Scotland about their homes, how happy they were with them and their plans for the future. This would offer a snapshot of housing suitability and the future needs of older people in Scotland.

We were delighted by the response, as 1,231 people took part between November and January. These were well balanced across age groups, with answers from every local authority in Scotland.

What did we ask?

- Housing – what kind of housing do you live in and how well does it suit your needs and preferences?
- Property adaptations – have you made any changes to your home and how did you finance it?
- Future plans – will you stay in your current home as you get older or do you plan to move, and why?
- Finally, we asked about energy efficiency measures.

We also asked about age and gender, levels of loneliness and connection to a local community, health, are they a veteran and whether they had ever been homeless.

What did we learn?

The survey gave a huge amount of information that will help inform our policy work on housing.

- 88% of respondents (1,089 people) said that their current home was 'very suitable' or 'fairly suitable'.
- However, when this group was asked if they thought their property would still be suitable for their needs in the future 25% of those people said it would not be and 27% said that they did not know.

We are really interested in this information because it suggests that a huge number of people are living in a home that is unlikely to suit them as they get older, and we want to understand how to better support people to decide what kind of home would work for them in the future.

Next steps

We've just launched our full national housing survey report – check it out on our website at www.age.scot/housingreport2020. Going forward, we aim to conduct further research into various aspects of the survey.

We have a range of information guides about housing and keeping warm available on our website www.agescotland.org.uk or you can call our helpline on 0800 12 44 222 for advice.

Clowning around with the Elderflowers

They say laughter is the best medicine. For more than 21 years, Hearts & Minds has been using therapeutic clowning to make meaningful human connections.

While Clowndoctors visit children in hospital, hospices and schools, Elderflowers bring moments of lightness and joy to people living with dementia and their carers.

Artistic Director **Suzie Ferguson** tells us about the valuable work of the Elderflowers and the new workshops for carers:

Our Elderflowers are trained professionals who work as a family of siblings and cousins wearing clothes harking back to a previous generation. Through improvisation,

song and play they celebrate the humanity of each person they meet, finding and connecting with their unique vital spark.

We run training all year to develop new techniques for our artists, and work closely with healthcare staff so we can tailor our visits for individuals.

Rachel Colles, a senior practitioner and 'Blossom Elderflower', explains how it feels:

"Being an Elderflower is a real privilege, being able to connect and share humour, fun, joy and beauty with people who have lived full and amazing lives but now may find it hard to communicate or engage.

"It is a very special feeling when you have found a way to connect with someone who may have been subdued and withdrawn when you arrive, to look for that little key into their world and if you find it, to try and grow the connection to find pleasure and engagement. It can happen in big or very small ways.



Blossom Elderflower at work

"I liked the feeling of belonging, letting go and having a laugh"

"Someone quietly tapping their feet or fingers, eye contact, lifting their head, holding your hand, up and dancing, laughing! To have the opportunity to walk into a room as Blossom Elderflower and see someone lift their head, have a huge smile, open their arms and say, 'Oh, it's you' is one of the best things in my life.

"A lady we visited very recently said: 'You make us all happy'. What more could you want in a job?"

Caring for carers

While delivering the Elderflower Programme we recognised that a lot of people caring for loved ones with dementia at home were feeling isolated and finding it difficult to cope.

Working closely with carer organisations we developed informal, practical and fun workshops run by our experienced artists. Their approach is person-led, with creative play always at its heart.

The aim is to help carers play, cope and care by improving how they communicate with the person they care for, enjoying moments of lightness and fun as an outlet, and building their resilience and coping abilities.

For more on the Elderflower Programme or the workshops for carers: www.heartsminds.org.uk / info@heartsminds.org.uk

Building quality connections

When Muriel's husband died her life was turned upside down. "I felt desperate," she says. "I wanted to find a way to cope with the loneliness. I had never called a helpline before, but I wanted any thread of support I could find."

Through Cruise Bereavement, an organisation which offers support after the loss of a loved one, Muriel learned about Age Scotland's Community Connecting, a free and confidential service which gives anyone over the age of 50 details of social clubs, skills training, befriending groups and community events in their area.

Muriel, who lives in South Lanarkshire, admits she had to pluck up the courage to call. But now she says, "Calling Age Scotland was the best phone call I have ever made."

Initially Muriel spoke with a helpline advisor who took details of her interests and where she was based, which were passed on to a member of the Community Connecting team. "I had always wanted to find a computer class," she says. "But really I just wanted a means of getting out and meeting other people."

Muriel is just one of tens of thousands of older people who have struggled with isolation and loneliness. It is a public health epidemic which affects people of all ages, but older people are particularly vulnerable. Losing a spouse after a decades-long marriage, declining health, missing grown-up children and grandchildren who live far away or grieving for close friends who have passed away are all triggers that can result in a person becoming increasingly isolated and lonely.



Volunteer community connector Helen has been helping people since

But suffering in silence is not the answer. Chronic loneliness can be as harmful to health as smoking 15 cigarettes a day. It affects physical and mental health with an increased risk of depression, anxiety, high blood pressure and cardiovascular problems.

Helen Gillon is someone who understands what it is like to feel lost after the death of a spouse. When her husband passed away five years ago, she started spending more time at home on her own. Originally from London, but having lived in Edinburgh for 45 years, Helen was lucky enough to have friends and family nearby. "But I do understand what it feels like to be stuck at home alone," she says.

Helen decided that volunteer work would help. She signed up with Age Scotland and has been a volunteer with the Community Connecting team since 2018. With a law degree, which she studied for in her 40s, and having worked in a children's charity, Helen likes helping people, especially those who find themselves in a dark place.

"Some of our callers are lonely. They might be stuck in the house, not having enough social contact. People don't always know where to start to get help. My job is to talk to them about their situation and about their interests. Maybe they're after something specific, like a dance class, or they just want to meet new people in their area."



© 2018. Our free Community Connecting service helps older people get involved in groups and activities - there's something for everyone!

Sometimes the preliminary chat will throw up quirky solutions. One woman who Helen spoke to said she was an Elvis Presley fan. “We were chatting, and she just happened to mention that she loved Elvis Presley’s music,” says Helen. “I did some research and found there was an Elvis Presley fan club.”

On another occasion, Helen was talking to an older man, with mobility issues, who wanted to take part in more events in his community. Helen found a local monthly Sunday tea party. “When I checked back in with him, he sounded really perky. He made new friends and felt more cheerful,” she says.

“Some people when they first start speaking sound a bit down. I will chat to them for a while, getting to know them and what they want to do. I ask about their health and their mobility, as that will determine what they will be able to do. Over time you can hear the difference in their tone of voice, they relax and sound happier.

“And because I am older I understand what they are going through.”

Connecting older people with activities they enjoy, giving them a new lease of life, is the highlight of Helen’s job. Her biggest challenge, she says, is technology. “But it’s good to learn new things,” she says. “It keeps the brain active.”

Like Helen, many older people find technology difficult but are keen to try new skills. A number

of callers want to access the internet, to be able to Skype family overseas. Others are interested in walking groups, chair exercise, dancing or coffee and a chat. Helen has also helped older people who love music or film or want to hone their photography skills.

“I get to know the callers. I always try to remember if it’s someone’s birthday or ask about their family or ask how they are if they’ve said they have a bad back. It helps them know that they are not just a number, that I am really listening,” says Helen.

“It is very satisfying work. Community Connecting is a great thing. You never know where it will lead. Just pick up the phone.”

As the country responds and adapts to life with coronavirus, the groups which our Community Connecting service refer people to aren’t meeting. As a result, our service is on pause for the time being.

This is a really hard time for older people who need to stay home, especially for those who live alone, do not have family nearby or are not online.

Our helpline offers friendship calls so people can have a chat and schedule a weekly call with one of our friendly volunteers. Call us on 0800 12 44 222.



Inverness shedders Alex Fraser, Richard Castro, Peter Sanctuary, Jimmy McKellar and Alistair Colliar with Gina Prior, NTS Sea Bird Ranger



Gala's Men's Shed chairman Paul Bertram with Alexa Seagrave of Saving Scotland's Red Squirrels

Men's Sheds and the climate emergency: Reducing carbon emissions one pallet at a time!

First Minister Nicola Sturgeon has declared a 'climate emergency'. Evidence of the reality of the devastating impact of climate change was seen in the wildfires in Australia and the record-breaking rainfall in February 2020 that saw Hawick and Dumfries' riversides and large areas of England under water. The Scottish Government has set a target date for net-zero emissions of greenhouse gases by 2045.

Greta Thunberg has put out a challenge to protect her generation's future by dramatically reducing our carbon footprint. Men's Sheds have taken up Greta's call by making a contribution to reducing global emissions by volunteering for community projects, growing their own food, planting and coppicing trees, turning waste wood into useful products, and mending, recycling and repurposing items.

North Edinburgh Community Shed calculate that the products they make from every 10 pallets of reclaimed wood are equivalent to one car off the road for a day.

Men's Sheds are helping to deliver the Scottish Government's health and social indicators but additionally are supporting the environmental target of creating a Scotland where we value, enjoy, protect and enhance our environment.

Most Men's Sheds have been making nesting boxes for birds. For example, Three Towns Men's Shed recently produced boxes for the Scottish Wildlife Trust. Many sheds are now 'thinking outside the bird box' by working in partnership with conservation organisations on projects that protect Scotland's biodiversity and biosecurity.

Red squirrel feeders and nesting boxes

Gala's Men's Shed produced feeder boxes for Saving Scotland's Red Squirrels' annual squirrel survey. Moffat, Dalbeattie and Hawick Men's Sheds have also been doing their bit for red squirrel survival in the South of Scotland.

Laura Preston, Saving Scotland's Red Squirrels conservation officer for the Scottish Borders said: "Without the hard work of Men's Shed members our Spring survey would be much more difficult to organise. There are still many healthy red squirrel populations in the south of Scotland, but they continue to be threatened by the spread of non-native grey squirrels. The better our understanding of the situation, the better our chances of providing them with the long-term protection they need."





A mink float produced by Cromarty Men's Shed



Richard Castro, Inverness Shedder, at the cleits on St Kilda

Stoat traps

Stoats endanger Orkney's internationally important native wildlife like the Orkney vole which is unique to the island. They also threaten the security of ground-nesting birds.

Orkney Men's Shed produced stoat traps that were used in a trapping trial, the results of which were used to help Orkney Native Wildlife Project to develop a methodology for the eradication of stoats.

Mink rafts

The American mink is an invasive species that is a threat to our native water vole, fish and bird populations. The mink monitoring raft floats on the water and placed on top is a tunnel with a clay pad inside. Animals leave paw prints on the clay as they pass through the tunnel. If mink paw prints are found, a live capture trap is placed in the tunnel and if a mink is seized it will be humanely despatched.

The Scottish Invasive Species Initiative supplied materials to Cromarty Firth, Stanley and Elgin Men's Sheds who then expertly constructed the rafts and tunnels needed for the project.

Callum Sinclair, project manager at the Scottish Invasive Species Initiative, said: "Working with the Men's Sheds is ideal as it enables us to get the rafts made locally, has allowed us to refine the design, and allows us to add our support to a great community initiative. It's been a very successful partnership and we'd like to thank all the Shed guys for their hard work and contribution to our project."

Nesting boxes for Leach's storm petrels

St Kilda is estimated to have 94% of the Leach's storm petrels in the UK. Inverness Men's Shed constructed nesting boxes for the birds over the winter of 2014/15 and they were delivered in the Spring of 2015. The nest boxes offer the Leach's storm petrels an alternative to rocky crevices so that the rangers/scientists can study their breeding cycle and fledging rate. Since the boxes were first installed there has been a continuing increase in the number of boxes being used.

Western Isles manager of the National Trust for Scotland, Susan Bain, affirms: "The involvement of the Men's Shed I hope was mutually beneficial. We didn't have those skills in-house, and using a volunteer group meant that we could get the boxes produced cost effectively and hopefully engage more people with conservation work and the work of the Trust."

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To find your nearest Shed visit the Scottish Men's Sheds Association 'Find a Shed' web page at

**www.scottishmsa.org.uk/find-a-shed
 or contact Tim Green, Age Scotland's community development officer (Men's Sheds)
 on 01383 882 151, 07718 579 291
 or tim.green@agescotland.org.uk.**





Work by Pentland Men's Shedders | Emily Hislop (right) meets Norma Bonner at the Vintage Vibes project in Edinburgh

A week in the life of an Age Scotland community development officer

Whether it's chatting to local members, helping find grant funding, or giving presentations, community development officers are vital to Age Scotland's work.

Emily Hislop is one of the newest members of the team, covering an incredibly varied patch in Edinburgh, the Lothians and the Borders. We discovered there's no such thing as a typical week, but here Emily gives a glimpse into her varied life and its rewards.

Monday: My week started at the 'Mix and Mingle' at a community café in Dalkeith. I spent the morning speaking to customers about the work of Age Scotland, finding out about the groups they were involved in and if they had any problems. One issue was gaps in committees because no one wanted to take on the main roles – how could we encourage interest? Two groups wanted to know more about Age Scotland so I booked in talk dates.

Tuesday: I started the morning working from home and fitting in a little admin time. Next it was on to North Berwick, to spend the afternoon taking part in a talk with the women's group at St Andrew's Blackadder Church. It's wonderful to see how passionate people get about all the good work Age Scotland is doing.

Afterward several women approached me with information and problems they wanted me to feed back to Age Scotland. These included banking problems and Boots' prescription service. I really enjoy being able to feed back to these groups that their concerns are heard and that we're doing all we can to change things for the better.

Thursday: I've been spending time getting to know some individuals in the communities I cover. These particular people have been talking about the struggles older people's groups face and are excited to introduce me to some who would like my help in keeping them going.

We are looking at together starting intergenerational projects to help groups struggling to get older volunteer to take committee roles. There are also many older people's forums with dwindling numbers, so I have been speaking to these individuals about working with these forums to help boost numbers.

Friday: I try to make sure I have at least half a day to deal with admin and emails from the week. I also use this time to look for funding pots that groups may appreciate knowing about and spend time researching issues facing older people.

I've been trying to get out and meet as many member groups as possible since I started the role, from Edinburgh's Vintage Vibes befriending project to Pentland Men's Shed, where I recently had a tour of their facilities and saw some wonderful work. I really enjoy getting to know the varied groups who are members of Age Scotland.



Garden partners bond over a shared interest



Mike and Jean stroll round the garden

Blossoming friendships

Since 2011, Edinburgh Garden Partners has been connecting garden owners with volunteers looking for a space to grow. It's the shared interest in gardening and the exchange of skills, knowledge and life experience that makes these partnerships so special and rewarding for everyone involved.

Advantage asked **Anya Keenan**, their partnerships coordinator, and Mike, one of their participants, about this growing project.

Who are typical participants in the scheme?

Typically, our garden owners are older people living alone who want to enjoy their gardens and stay connected to their community. Our volunteers are people of all ages who are looking for a small space to grow their own produce. Everyone is motivated by a sense of care for each other and the environment.

How do you match people up?

We match people up according to location and compatibility. We always arrange an initial meeting for potential garden partners to see if they 'click' and then guide and support with a written agreement.

What are the benefits?

The benefits are abundant! Grow your own produce, reduce food miles and your carbon footprint, make a positive contribution to your community, develop a rewarding relationship with your garden partner, boost your health and well-being through regular exercise in the outdoors, and share your interest with a network of garden partners across Edinburgh.

Mike's story

When I met Jean, she told me that she had never been interested in gardening but was happy that someone could benefit from her garden. She made it clear that having a 'blether' over a cup of tea was certainly expected!

While there were no major issues with turning part of the garden into a productive space to grow vegetables I was relieved when Edinburgh Garden Partners suggested having a 'garden SOS day' to get things started. What would have taken me several weeks was accomplished in one fine day with a lot of help from other garden partners.

Despite Jean's professed lack of interest in the garden she has been a constant encouragement for my efforts. She has made a few walks down the garden to check on progress and offer suggestions.

The pleasure of sharing a plate of freshly lifted boiled new potatoes with lots of butter as well as pods of just-picked peas would make it all worthwhile even without our chats. I have learned a lot about Jean and the issues she faces living independently in her own home in her nineties.

Aside from being able to 'grow my own', Edinburgh Garden Partners has opened up a whole new group of gardening enthusiasts willing to offer practical advice and constructive feedback. I look forward to next year and new gardening challenges!



Carole Anderson presents a certificate to Gordon Samson, chairman of Dundee Pensioners' Forum



Liz Jamieson and Sandra McCoy collect awards for Strutherhill & Birkenshaw Community Group and Larkhall District Volunteer Group (partnership)

The inspiring groups and volunteers who go the extra mile

Celebrating our inspirational award winners at our annual conference is usually the highlight of Age Scotland's year.

So it was disappointing that we have had to cancel this year's event due to the current health crisis. Of course, that doesn't mean we've forgotten them! We plan to recognise our award winners at a belated ceremony in Spring 2021.

In the meantime, let's hear a big round of applause for winners of this year's Highly Commended awards! Our judges were hugely impressed by the work of these groups, whether that's campaigning for free TV licences or providing handyperson services to help older people live safely at home.

Dundee Pensioners Forum

When Dundee City Council introduced a charge for council tenants who had a shower, it was clear many older and disabled people would be affected.

Dundee Pensioners' Forum decided to stand up to the 'unfair' charges, launching their 'Axe the Shower Tax' campaign. Their hard work and determination won widespread support and media coverage, and led to the council agreeing to remove the charge.

Moray Be Active Life Long Groups

Each week, more than 800 people from around Moray take part in BALL groups, which support them to stay active whatever their age. Led by volunteers, the groups reach out to participants providing companionship, helping improve their health and wellbeing, and combating loneliness and social isolation.

Strutherhill & Birkenshaw Community Group and Larkhall District Volunteer Group (partnership)

A little helping hand with getting groceries and other essentials can make a huge difference to many older people and those with reduced mobility. Volunteers from Larkhall in Lanarkshire joined forces with the local Strutherhill & Birkenshaw Community Group to develop a shopping service for local residents. This is a great example of partnership working which has already improved the lives of local people, helping many to continue to live independently.



Community development officer Charlie Murphy presents an award to Home and Hospital Handyperson Service - Glasgow Care and Repair



Gemma Ellis is recognised for her volunteering efforts



Home and Hospital Handyperson Service - Glasgow Care and Repair

This citywide service for people over 65 was recognised for its services to older people. Its main aim is to reduce delays in people getting out of hospital by carrying out small practical tasks around the house. It's open to everyone, regardless of whether they own or rent their home. Last year they completed nearly 1,000 tasks!

Brian Roberts – North Edinburgh Dementia Care

A dedicated volunteer chef, Brian cooks 6,300 meals per year for people living with dementia & who live alone. He ensures that members receive a nutritional two-course homecooked meal when they attend the service and the feedback on his cooking has been absolutely outstanding.

Susan Cull, North Edinburgh Dementia Care manager, said: "Brian is a highly valued member of staff and without him we would not be able to provide such a high level of food service provision."

Gemma Ellis - Here2Help (Kingussie)

A befriending volunteer with Badenoch & Strathspey Community Transport Company, Gemma visits local sheltered housing resident Ishbel weekly. As well as her three-year-old son, she now brings her baby twins.

Befriending co-ordinator Julie Paterson said: "Gemma has been a volunteer for two years and showed true volunteer spirit after the birth of her twins, packing not only the four week old twins but also her three year old, Ollie, into the car to visit Ishbel. We felt Gemma deserved recognition for their special volunteering duties and the outcome has been amazing."

Gemma says that she gets as much out of the befriending as Ishbel. Being a mum of three, changing jobs, leaving friends behind and moving to a new area was quite a lonely experience, so her connection with Ishbel helped her too.

Hurlford Age Concern

This group is a real lifeline to more than 100 people every week, providing social gatherings, outings, and even an annual holiday in Blackpool. Popular events include weekly musical entertainment, Christmas, Halloween and Burns Night lunches. In response to popular demand, they recently started to organise extra events during the summer, reaching out to participants who might be feeling alone.



the **BIG** wheesht!

shhh

This September get involved and haud yer wheest by taking part in The Big Wheest.

Take part in The Big Wheesht and hold a sponsored silence to help Age Scotland end loneliness and be there for older people in Scotland.

There's lots of ways to get involved - nominate a friend, colleague (your boss) or yourself to host a sponsored silence.

You don't just have to stop talking, you could ban yourself from social media or even your phone!

It can be for one day, two days or even a week! It's up to you to push the limits.

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For more information and to get your fundraising pack please visit age.scot/TheBigWheest

Raise vital funds for Age Scotland while doing your online shopping!

Did you know that when you shop on Amazon you can raise funds for Age Scotland at no cost to you? Just register with AmazonSmile and shop using the Amazon.Smile.co.uk link and you'll be helping to support our work for older people across Scotland.

1. Go to your Amazon account and click on 'Your AmazonSmile'.
2. Select Age Scotland as your chosen charity. Once you choose us you won't need to do it again.
3. Age Scotland will receive 0.5% of the price of all eligible purchases that you make using the AmazonSmile link.

Your online purchases can help support vulnerable older people across Scotland!



Ann McLaughlan will be leading Age Scotland's community fundraising efforts



Putting the fun into fundraising

We're delighted to introduce **Ann McLaughlan**, our new community fundraiser, who will be sharing some of the challenging and fun ways you can support Age Scotland. She has a wealth of experience with charities working with children, young people, poverty and homelessness and is looking forward to sharing this with Age Scotland.

The current times are difficult for many of us, and I am sure like me you are all looking forward to getting back to activities you enjoy, whether that be walking, weekly clubs or gardening.

If you are looking for ways to stay as active as possible indoors as well as supporting Age Scotland, why not consider taking part in a virtual event?

Here are a few examples to get started. Set up a Just Giving page online, tell your friends, family and colleagues and I will support you in any way I can.

- 200 steps up and down stairs
- 26 miles cycling on your indoor bike
- 100 laps around your garden
- Host a quiz night with family and friends
- Arrange a virtual movie night.

Whatever virtual event you choose I can offer you our support as you make a difference to the lives of the older people across Scotland. Get in touch with me at fundraising@agescotland.org.uk or **0333 323 2400**.

'Time to Talk' Virtual Tea Party

Have you considered hosting a Virtual Tea Party? Invite friends, family or colleagues online and have a chat over a cuppa while raising money for Age Scotland.

It is a great way of getting everyone together and staying in touch during lockdown.

We suggest a donation of £10 per person. £10 could fund two friendship calls to an older person. Sadly, older people are the most affected now and many will go days or weeks without speaking to anyone.

Visit [age.scot/teaparty](https://www.agescot.org.uk/teaparty) for your free fundraising pack with recipes and tips. **#TimeToTalkTeaParty**.

The Big Knit

Calling all knitters! Whether you want to perfect your knitting skills or learn something new, take part in the Big Knit campaign and support Age Scotland.

Knitting ninja, purling pro, crochet connoisseur or just keen to have a go, it's a great way to pass the time at home while supporting older people across Scotland.

Although the campaign hasn't officially launched yet, we are happy to accept hats knitted now to go towards the next campaign. For each be-hatted smoothie sold, Age Scotland receives 25p, and the money helps the charity support older people across Scotland, which has never been more important.

For information on how you can get involved, or for sample knitting patterns email us at bigknit@agescotland.org.uk or visit our website at www.agescot.org.uk/BigKnit.

Veterans up for a challenge



Members of Three Towns Veterans Breakfast Club walk in all weathers

If there's one thing we can say about our veterans' groups, they won't say no to a challenge! From sharp shooting or sailing, Tai Chi to Body Boosting Bingo, there was no end to the variety when we challenged groups to get fit together.

Last year, Age Scotland's Veterans' Project launched its Challenge for Older Veterans to Exercise Regularly Together (C.O.V.E.R.T). The idea was simple: groups are urged to find ways to exercise together regularly, while raising awareness of the importance of activity in later life.

As we age, most of us find we get less physically active, in fact half of over-75s take part in less than half an hour of moderate activity each week. This doesn't just affect our mood or fitness level, but is strongly linked with disability.

This matters to us all, but is especially important in the veterans' community, with more than half of adults living with a long-term health condition or disability. There's also a multitude of other benefits to getting fit, from helping prevent dementia to meeting friends and just good old fun!

We asked groups across Scotland to try new activities together and keep a diary of their progress, as well as photographs and videos.

We're delighted to announce that Erskine Reid Macewen Activity Centre won our top prize, receiving £1,000 towards equipment and resources. Three other groups also share very well-deserved Highly Commended awards, worth £600.

Erskine Reid Macewen Activity Centre

Veterans aged 50 to 94 joined in a huge variety of activity from Walking Wonders to Gardening Gurus, Sharp Shooters to Tai Chi Terrors. Other challenges included side-by-side cycling, sailing trips and indoor activities like New Age Kurling and Age Scotland's own Body Boosting Bingo and Power Quiz games.

They used a collage board to keep track, with most activities continuing on a regular basis. They plan to use the C.O.V.E.R.T prize to buy equipment for more indoor games like bowling and have already set a new walking challenge for the summer.

"I love to dance and have always kept as fit as I can, it's good to get the chance to keep active here." – Frank, aged 93

Three Towns Armed Forces and Veterans' Breakfast Club

After hearing about the challenge, members of the club decided to form a walking group, meeting every Monday morning. One took on the role of walk leader, completing first aid training with the charity Paths for All in order to lead the walks safely.

They submitted a diary to Age Scotland with photographs of their walks and quotes from walkers about how the weekly walks have benefited them. As well as continuing their walks, they hope to use the prize to start weekly bowling sessions.

"I enjoy the company, the banter, and feel refreshed." - Jim, Breakfast Club member & walker



The Fort William Wanderers clocked up an impressive 140 miles together | Reid Macewen Activity Centre won our top prize

Scottish War Blinded Aberdeenshire and City

Having initially set a goal of walking 500 miles over six weeks, veterans and their families kept on going! They clocked up a tremendous total of 2,977 miles – or almost 6 million steps.

Members said they really got the bug for keeping active, trying out new activities including bowling or golf with Blind Golf Scotland. They also tried Age Scotland’s Power Quiz, and now incorporate some exercise into every lunch or coffee club meeting.

“Every week I have made an effort to increase the steps I do. It’s really made me get up out of my chair and move about.” – Bill, member, aged 95

The Lothians Veterans Centre

This veterans' drop-in Centre in Dalkeith, Midlothian, provides information, support and advice to veterans and their families. Volunteers Grace Purdie and Krissy McKale set up the ‘D-day club’ for those aged over 50.

The club has gradually introduced more activity into their Wednesday morning meetings, from chair-based exercises to Age Scotland’s fun active quiz game ‘Power Quiz’- a team quiz game incorporating strength and balance exercises. They also took part in a morning of Functional Fitness MOT tests which test elements of fitness for everyday living that are important for maintaining independence in later life.

“The D-day club have got it just right for our client base. They love it!” – Pauline Cherrington, Veterans and Family Support Worker

The Fort William Wanderers

One Royal Artillery veteran and two RAF veterans in the Highlands joined forces under the banner of ‘The Fort William Wanderers’ to take part in the challenge. As well as activities at the Fort William Royal British Legion Scotland Branch and Men’s Shed, the trio attended regular walks with the Lochaber ‘Young at Heart’ Club, collectively walking almost 140 miles.

“Obviously, the walking is physical and then in the Men’s Shed its more comradeship. I have walked all my life and I have always loved it. It’s been good having the group to walk with. It’s a bit like the shed, you’ve also got the comradeship and you’ve got people who will encourage you.”

- Alex, Fort William Wanderer



The C.O.V.E.R.T competition has come to an end, but the challenge remains for older veterans to exercise regularly together. To find out more please call our Switchboard on **0333 323 2400** or email **veteransproject@agescotland.org.uk**.

In March 2020, Age Scotland and the Veterans’ Project launched their **Keeping Active in Later Life** guide. To order your free copy call our helpline on **0800 12 44 222**.



Getting out and about is the best way to identify barriers to mobility | A lively discussion about dementia and transport issues in Aberdeen

Dementia should be no barrier to getting out and about

As our population ages, more and more people are living with dementia. It's never been more important to help those affected live as well as possible.

About Dementia, Age Scotland's project, is funded by the Life Changes Trust with a focus on improving the lives of everyone in Scotland with dementia, their carers and families. It's about making sure they have a voice and asking them what is and isn't working.

Over the next five years, we're making sure they have the ability to get involved in influencing policy and practice locally and nationally.

Getting out and about and staying active and connected in their communities is a hugely important part of this. However, for too many people affected by dementia, there are barriers to doing this.

One of the four topics we've looked at in our first year has been transport and mobility. We've been working with Carl Greenwood of Paths for All and Andy Hyde of Go-Upstream.

In February, our transport and mobility sub-group visited Aberdeen and took members on a short walk around the city centre to identify issues and work together to develop solutions to some of these.

Challenges identified by sub-group members included poor street signage, lack of resting places,

and limited or no access to public transport, particularly in remote and rural areas. Very often the challenges can begin long before embarking on a journey, and can start with getting the right information to plan where you want to go.

Blue badges come up time and again when we speak to people. The process is confusing, and it is different depending on where you live. The amount you have to pay also varies hugely. We plan to run a campaign for a National Blue Badge scheme so that everyone who needs one can get one easily and fairly.

We also know all too well that good legislation only gets us so far - the proof of the pudding is in the implementation.

The Transport (Scotland) Act 2019 was published recently and we want to work with partner organisations to develop local actions to make sure that the implementation of new powers meets the needs of people affected by dementia.

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If you would like to get involved and make a difference to transport policy in Scotland, please contact aboutdementia@agescotland.org.uk or sign up via our website: www.agescotland.org.uk/AboutDementia Follow us on Twitter: @AboutDementiaSc



Meet
our regional
ambassador:
Jim Slinger

Age Scotland's regional ambassadors play an important and varied role, representing the charity, offering practical support, and advising on members' concerns. Jim Slinger, who joined the team last August and covers North, South and East Ayrshire, shares his experience.

The role of regional ambassador is not only interesting, but I have made many new friends and met knowledgeable people.

I am currently the vice chair of one of Age Scotland's member groups, Hurlford Age Concern, where we normally cater for 172 members, three days a week in the local community centre. It was from an invitation to Hurlford Age Concern to attend a local Age Scotland network meeting that I heard more about the role of regional ambassador, and thought that it was something that I could do.

In September 2019 I attended my first Men's Sheds network meeting in Ayrshire at the Garnock Valley Men's Shed. To see what had been achieved by this group and other Men's Sheds in the area was an eye-opener to me. Woodworking workshops, model making and music groups were just a few of the activities I discovered were available in the sheds.

Having worked in the construction industry most of my working life, I really enjoyed visiting the sheds and could see the value of them for older men within our community. They provide an opportunity for older men to get together, share stories and experiences while working towards a common goal, whether that be making a bird feeder or repairing a bicycle to be sold on to raise funds. Since the



Jim Slinger presenting his local Hurlford Age Concern with a Highly Commended certificate

beginning of this year I have been involved in setting up the first Men's Shed in Kilmarnock. I have enjoyed being involved in the set-up of this and can't wait to get started in our premises.

In January, Age Scotland community development officer Heather Baillie took me on a tour to visit some member groups in Ayrshire. To date I have visited Cameron Centre in Largs, Age Concern Ayr, the Three Towns Men Shed and finally Age Concern Girvan. These visits have given me the opportunity to learn more about the valuable work that Age Scotland member groups provide to our communities to ensure that older people have a safe environment to go to meet friends and enjoy themselves.

I hope all Age Scotland members are keeping safe and well during the COVID emergency and that they can get back to doing what they do so well again soon.

And if you have ever thought about doing something with Age Scotland, then become a regional ambassador. You will enjoy the experience.

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To find out about becoming a regional ambassador, email members@agescotland.org.uk or call 0333 323 2400.



A view from the west

Elaine McLernon consulting with unpaid carers from Grassyriggs, Midlothian

Covering eight Local Authorities and with over 150 member groups, it's no surprise that the west network meetings have always been a popular source of support for Age Scotland member groups.

The first meeting of 2020 took place in early March in Renfield St Stephens Centre in Glasgow. With representatives from 19 groups, the 29 delegates heard from four speakers.

Firstly, Age Scotland's Simon Ritchie gave an update on our policy work, covering our recent campaigns, our present priorities and plans for the future.

Then Jen Grant, a dietitian at Eat Well, Age Well spoke about the importance of eating well in later life, making small manageable changes towards a healthier diet and of the dangers that malnutrition can present as people age. Jen went on to hold a workshop on these issues.

Our third speaker was Jil Dyson from Housing Options Scotland, who spoke about how people's housing requirements change as we age and gave an overview of the bespoke support they offer older residents in researching housing options, making adaptations and securing suitable housing for over-55s.

Finally, Elaine McLernon, Age Scotland's dementia training officer, spoke about recent offerings from our dementia team. Member groups now have the opportunity to access two new strands of training in addition to our usual Dementia Awareness training sessions. These additional training sessions will focus on rights-based training for those people caring for people with dementia and dementia inclusion training for groups and clubs.

Community development officers Linda Anderson and Charlie Murphy took some time to circulate round the tables to discuss any issues groups were facing at a local level. As usual, sourcing and applying for funds was high on the agenda and a number of groups requested access to Age Scotland's funding pack. In addition, sustaining groups in terms of committee members and group numbers was also discussed and delegates were able to compare issues across the board.

Linda Anderson said: "It's always nice to catch up with our members and find out how we can help at a local level."

One delegate commented: "I enjoy coming to network meetings, it's a reminder of what you're doing and someone to moan to, but it's always really helpful to hear what is going on in other local authorities also."

Though sadly we're not currently able to hold any network meetings, the community development team are thinking of all our members and we are in the process of telephoning our community group members for a catch-up and to offer our support. We are also rescheduling this year's National Conference and Awards Ceremony and hope to hold it in May 2021.

**It's
always nice to
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A century of support – and still going strong

In these days of climate awareness, the coal industry might not have the role in society it once did. But many former workers and their families are still in need of support.

Since 1888, the Coal Trade Benevolent Association (CBTA) has been providing financial support and visiting those who are struggling to pay for daily essentials, worried about their bills or in failing health.

The CBTA was founded to provide charitable relief for “non-manual workers” in the coal industry, from coal merchants and their employees to engineers and administration staff. Deliverymen, surface workers and clerks could all benefit in the days before the welfare state’s “safety net”.

Today they continue to welcome applications from potential beneficiaries across Scotland. This is particularly true in helping meet their needs as they grow older and become less mobile.



The Association has provided grants towards the purchase of mobility scooters, for the installation or maintenance of stair lifts, and for home adaptations and minor repairs. For those struggling to meet the daily cost of living, a regular payment towards fuel, utility or phone bills is one less worry. And for those feeling the pinch the hardest, the Association makes a small weekly grant available, reaching around half of its total number of beneficiaries.

If you or someone that you know think you might qualify for help, call **020 7278 3239** or visit www.coaltradebenevolent.org.uk/contact-us.



Follow us on social media.



Get involved!

There are many ways to keep in touch with us.

Sign up for our email newsletter which is packed full of news, advice, campaigns, news and much more at www.age.scot/bulletin.

We are always keen to hear your stories, experiences and anything you're concerned about – or think we should be campaigning on!

From social care to scams awareness, health and well-being to financial concerns, we would love to hear your views. Please write to us at Age Scotland, 160 Causewayside, Edinburgh, EH9 1PR or get in touch at communications@agescotland.org.uk.



“I feel better”

Words matter, give us comfort, wrap us in

talking to
you”



reassurance and help us stay connected

With Age Scotland, you are not alone.

We're here to listen, provide friendship and offer support.

Our **friendship line** is open
Monday to Friday, 9am - 5pm.

Call us for free on:

0800 12 44 222

agescotland.org.uk/friendship

info@agescotland.org.uk

Age Scotland, Causewayside House, 160 Causewayside, Edinburgh EH9 1PR.
Registered number 153343. Charity number SC010100.

When you need
**friendship and
support, call us**

 **ageScotland**

Love later life