

# Advantage

Age Scotland's magazine: autumn 2020, issue 58

## LIFE AFTER LOCKDOWN

A collaborative effort  
to reconnect and  
tackle loneliness



Photo by Andrew Cawley



Friendship line  
launch, p4



New guide for  
older veterans, p14



Community responses  
to coronavirus, p18



“talking to you”



“I feel better”

Words matter, give us comfort, wrap us in

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](https://agescotland.org.uk/friendship)

[info@agescotland.org.uk](mailto: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



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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.**

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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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Brian Sloan, Chief Executive



**Welcome to Advantage magazine.**

2020 has certainly been one for the history books. Despite difficult circumstances, our groups continue to show compassion and determination. The progress we've seen in the face of adversity is testament to their hard work.

With thoughts now turning to the longer-term effects of the coronavirus pandemic and associated 'lockdown loneliness', teams across the charity have been busy working on creative and innovative ways to help keep up connections.

By launching of our friendship campaign (p4) and Comradeship Circles project (p5), we're making sure every older person in Scotland has someone to turn to.

Elsewhere, technology has helped us stay connected, from delivering virtual training (p15) to connecting Men's Sheds members (p16), but many others have relied on the fantastic support from volunteers and community groups across the country (p18).

If you'd like inspiration on staying active and mobile, try our Around the House in 80 Days challenge (p12) and advice from our partners, Paths for All (p24).

As we approach winter, Home Energy Scotland are at hand to help with fuel bills (p8), while fundraising have some exciting opportunities to get involved if you're feeling up for a challenge (p20)!

We very much hope you enjoy this issue and look forward to hearing your feedback. Don't forget to get in touch if you'd like to see your campaign or project featured in a future edition!

Brian Sloan

# YOU'VE GOT A FRIEND IN US

## The term 'lockdown loneliness' has gradually worked its way into our vocabulary, but what does it actually mean?

We have long been aware of the dangers chronic loneliness poses. Prolonged isolation is as bad for your health as smoking 15 cigarettes a day, it increases the risk of heart disease, anxiety, depression and developing dementia.

From the moment the country went into lockdown, we saw a significant increase in the volume of calls from older people missing face to face contact with family and friends and the absence of social activities.

Many reported feeling anxious and disconnected from their communities and it quickly became clear that the time was right to ramp up the friendship offering of our free helpline.

That's why we launched our new friendship line aiming to help tens of thousands of older people feeling increasingly isolated and lonely during the COVID-19 pandemic.

The launch was backed by local radio advertising featuring Still Game actor, Greg Hemphill, and flyers were distributed across Scotland to let people know that we are here.

Older people can call our friendship line if they are in need of support, reassurance or just for a blether. For those who find it difficult to talk to loved ones about how they are feeling, or who might not have anyone else to turn to, our team are on hand to listen and have a friendly chat.

**"I always feel better after a call. Everyone is so friendly and easy to talk to. It makes me so happy."**

Rosalind, 79, Angus

**"To anyone of my generation who is feeling down, give Age Scotland a call. It does help."**

John, 75, West Lothian

Loneliness can affect anyone of any age, but many of the triggers tend to happen in later life changes such as bereavement, retirement, moving to a new area, illness or children moving away from home.

At a time when it is more important than ever for older people to feel valued and connected, our calls can be a lifeline. Just having a chat and someone to listen can make all the difference. Signing up for weekly friendship calls can also offer a sense of routine that's especially welcome in stressful times and give people something to look forward to.

Although lockdown measures are gradually relaxing and shielding has been paused, we'll be facing the uncertainty and after-effects of this pandemic for months to come. In times of uncertainty, one thing is guaranteed - you always have a friend in us.

So, if you or anyone you know fancies a weekly blether:

**Our friendship line is open Monday to Friday, 9am to 5pm. It's free to call on 0800 12 44 222. We look forward to hearing from you.**

## Keeping Forces friendships strong during COVID-19

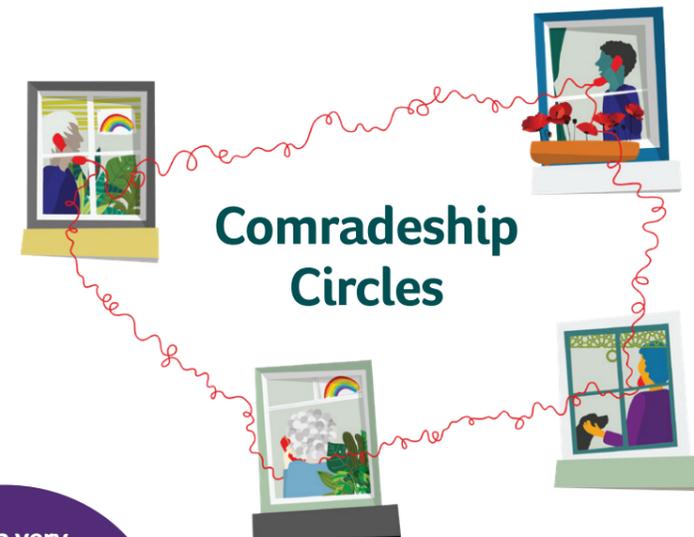
To help older members of the armed forces community stay connected at this difficult time and beyond, Age Scotland has launched a new 'Comradeship Circles' project.

Supported by the Armed Forces Covenant Fund Trust, Comradeship Circles gives people the chance to make new connections or keep in touch with their existing veterans group through a weekly phone call.

Rachel Connor, Age Scotland's comradeship circles co-ordinator, says: "Over the last three years through our Veterans Project, we've been inspired by the care and support members of the veterans community give each other - the comradeship they share is truly a bond of friendship beyond what is typical in civilian life.

"During the covid outbreak, many veterans' charities and community groups have created opportunities to enjoy comradeship using video-conferencing apps. Our big concern is for those older veterans who are unable or prefer not to use the internet, and so miss out on these opportunities. Through Comradeship Circles they can now enjoy banter and share memories of military life by phone, in groups of up to six for about an hour, at the same time and on the same day each week. One of our facilitators will be on hand, but mostly we leave to the veterans to speak to each other."

**"I've sort of lost contact with the group, the people in it. I'm shielding and now that I have carers coming in the morning it makes it harder to get to meetings."**



### Comradeship Circles

**"It's a very good idea. After 4½ months away, it can be hard to place the names with faces but it's good to talk to people again."**

Veterans aged 50 and older, including regulars, reservists, national service men and merchant seafarers who have been part of a UK military operation, can register to join with a call to the Age Scotland helpline: **0800 12 44 222**. Veterans' spouses, widows and widowers may also join.

Age Scotland would also like to hear from community groups interested in partnering to establish a dedicated Comradeship Circle for older veterans they work with. Email Rachel at [veteransproject@agescotland.org.uk](mailto:veteransproject@agescotland.org.uk).



Comradeship Circles co-ordinator Rachel Connor

## Granting success for Age Scotland member groups

It's never been more important to ensure that everyone feels connected and part of their community. Around the country, many Age Scotland member groups and organisations have risen magnificently to this challenge by adjusting their activities, learning new skills and developing much needed services to help older people navigate the COVID-19 pandemic.

However, these are tough times in the charity and community sector - particularly for small, community organisations with limited reserves. In an effort to provide practical help, Age Scotland has been able to offer small one-off grant payments to assist members in withstanding the damaging impacts of this pandemic, and to continue delivering vital activities and service in our urban, rural and island communities.

During the summer, 76 Age Scotland member groups and organisations all across the country - from Hoy in the Orkney Islands to Duns in the Scottish Borders and Wanlockhead in Dumfries & Galloway - shared £90,000 of funding made available through the charity's Health and Wellbeing grants programme, with grants awarded ranging from £100 to £2500.

### How are Age Scotland members in your area putting funding to use?

Some of our members needed grant funding to offset the loss of income of their normal fundraising activities. We've been glad to make a contribution to staffing costs, utility bills, and internet connections in the coming months. Others required funds to adapt premises and facilities to improve accessibility and meet new and increased health and safety requirements.



Fish deliveries in Golspie

For example, the **Bo'ness Community Bus in the Falkirk area** will be using their Age Scotland grant to fit protective screens and defogging equipment so they can resume some operations, while **Ferryhill Men's Shed in Aberdeenshire** will be installing handwashing facilities and new tool storage cupboards. The shedders plan to group themselves into bubbles, with each bubble using a separate cupboard to reduce tool sharing.

**Glasgow's Alive and Kicking group** was awarded funding to adapt the entrance to their building, and install barrier systems and hand sanitiser dispensers to increase COVID security and **Boleskine Community Care Forum in Highland** will use their grant to establish a mobile hairdressing unit for older villagers in this part of rural Highland.

A home-made cake or food delivery and a chat on the doorstep can make the world of difference to someone who is feeling alone. Though the **Golspie Lunch Club in Sutherland** is not currently able to meet, with their Age Scotland grant they are delivering a weekly lunchtime fish supper to members' homes. **Glasgow's Golden Generation** and **Clydebank Golden Friendships** have consistently provided lunches and essential shopping supplies to older people throughout the pandemic and each received small grants to contribute to this important work.

**Barmill Jolly Beggars Club in North Ayrshire** have a lovely description for their deliveries - these 'parcels of kindness' comprise sweets, magazines and crossword puzzles. Also aiming to keep members



Golden Friendships' volunteers preparing daily packed lunch deliveries for older people in Clydebank during COVID-19 health emergency



occupied, the **Islay and Jura Senior Citizens Association** will use their grant to distribute Activity Boxes including knitting and crafts materials, puzzles and challenges catering for islanders' interests.

Members in many parts the country have been awarded small grants to help with the costs of telephone befriending, sending cards, and newsletters to keep their members informed about news and to show their love and care.

While holding indoor gatherings is not currently possible, some of our members have been looking to maximise outdoor spaces available to them. The **Harbourlea Residents Group in Anstruther** received a grant to create a sensory garden and vegetable growing space at their sheltered housing complex. This will provide a safe outdoor space for them to meet and spend time together, albeit physically distanced. The green-fingered efforts of gardening projects in Dumfries & Galloway, Inverclyde, Midlothian and Stirling are also being supported.

With technology becoming key to keeping many people connected over the past few months, but not everyone has the equipment or expertise necessary to make this possible. Thankfully, the Health and Wellbeing grants programme is enabling many older people to make use of technology to stay in touch, pursue interests and to keep fit and active. A number of grants were awarded to help members buy tablets, laptops and other IT equipment, zoom software packages and wifi connections, and to employ sessional staff to help older people to get on-line.

We were also able to put funding towards delivering online activities such as seated exercise classes and yoga. **Kirrie Connections in Angus** was awarded a grant provide a programme of arts activities for older people living with dementia and their carers to take part in from their homes.

Older people's groups and organisations are doing fantastic work around Scotland and it has been a privilege to assist our members with their activities through our Health and Wellbeing Grants Programme. We were inundated with applications and, while we were unable to help everyone on this occasion, we hope to reopen the programme in 2021. In the meantime, you can expect to hear plenty of success stories from our brilliant member groups as their projects become a reality.

For further information on the Age Scotland Health and Wellbeing Grants Programme, or on alternative funding sources for your group, please contact **Age Scotland's Community Development Team:**

Tel: **0333 323 2400**

Email: **members@agescotland.org.uk**

**AGE SCOTLAND  
COMMUNITY  
GRANTS  
PROGRAMME**

The Community grants programme was made possible by a number of Corporate supporters, including long-term Age Scotland partner Sky Cares.



Mrs McNamara with Matthew, Home Energy Scotland Energycarer



## We'll help you stay warm and well this winter

Are you worried about staying warm and managing your energy costs? Help is at hand from Home Energy Scotland, a free and impartial advice service funded by the Scottish Government.

This has already been a tough year for many of us – more than half of people in Scotland say their energy use increased during lockdown, and 58% are worried about their bills going up. As the nights start drawing in, you might be worried about spending winter in a home which is hard to heat.

Home Energy Scotland's friendly advisors can help you make the best use of your energy, so your home is warmer and your bills are as low as possible. You might even find you're eligible for free home improvements like insulation or a new boiler, which will make your home warmer, more comfortable and cheaper to heat.

### Make your home cosy with funding from the Scottish Government

June McNamara is 80 and lives in South Lanarkshire. She got a new gas central heating system through Warmer Homes Scotland, a scheme from the Scottish Government which has helped more than 200,000 households in the past five years.

After struggling to keep her flat warm using old storage heaters, Mrs McNamara got an unexpectedly high bill from her energy supplier.

She said, "When I received that bill, I couldn't believe it. It caused me a lot of sleepless nights. My storage heaters were at least 30 years old and some of them did not work properly. Every day after getting washed, I had to run from my freezing cold bathroom to get dressed in another room."

Mrs McNamara got in touch with Home Energy Scotland and a specialist Energycarer, Matthew, visited her at home to see what support she needed. Matthew helped Mrs McNamara apply for Warmer Homes Scotland and supported her throughout the installation process.

A delighted Mrs McNamara said, "I thought the service was excellent. Although a lot of work had to be done, it was a very smooth process and really quick. Matthew was just so lovely and took away a lot of the stress. I don't think I could have gone ahead with the installation without his help. Now I have a nice warm home – and bathroom! It's made such a difference to me."



### Take the first step

Call Home Energy Scotland free on **0800 808 2282** for a chat with a friendly advisor. If you prefer, you can get someone to speak to Home Energy Scotland on your behalf, such as a carer, friend or interpreter.



ENVIRONMENT NHS  
TAXES SOCIAL CARE  
LOCAL GOVERNMENT  
THE ARTS HOUSING  
SOCIAL SECURITY SPORT  
PUBLIC TRANSPORT  
COMMUNITIES JUSTICE

## What are your priorities for the Scottish Parliament election in May?

The next Scottish Parliament election will be upon us much quicker than you might think. In May next year we will elect 129 Members of the Scottish Parliament and a Scottish Government will be formed.

### What do you want their priorities to be?

The Scottish Parliament has significant power and control over areas of your daily life, including the NHS, social care, public transport, justice and the legal system, elements of social security, sport and the arts, housing, local government - to name but a few. It has the power to raise, or cut, some of the taxes you pay, as well as improve the environment and enhance communities.

Ahead of the UK General Election last year, we launched a manifesto for older people which focused on inclusion, money and tackling loneliness. We also held a great national hustings, giving older people the unique opportunity to ask politicians directly about their priorities and give them ideas to focus on.

Ultimately we want to see every political party bringing forward policies that will benefit our older population, those in the greatest need above all, with the aim of enabling more people to enjoy the dignified, secure and fulfilling later life we all strive for ourselves and want for those we love.

### We want to know what issues are most important to you, and what you would like to see change.

Your contribution will help us develop a range of political asks for party manifestos and issues for us to campaign on as we approach the run up to the next Scottish General Election in May 2021.



**Take our survey and tell us about the big issues and your ideas at [www.age.scot/election21](http://www.age.scot/election21)**  
**Email us at [election21@agescotland.org.uk](mailto:election21@agescotland.org.uk)**  
**Write to us at Policy Team, Age Scotland, Causewayside House, 160 Causewayside, Edinburgh, EH6 5AD.**



## Living with dementia during COVID-19

The Coronavirus pandemic has had a profound impact on people living with dementia. Of all people in Scotland who have sadly lost their lives to the virus, 92% had a pre-existing health condition. According to the National Records of Scotland, of those with a pre-existing condition, 3 in 10 deaths were of people living with dementia. This is partly accounted for by the high proportion of deaths occurring in care homes, where people living with dementia make up just over half of residents.

Since March, we also know that people living with dementia have experienced higher than normal death rates not directly attributed to the virus. It is likely that this is partly due to undiagnosed COVID-19, as well as the increased loneliness and isolation that has come with living in lockdown. Fear has seen many people confined to home for months, with few if any visitors. Care homes in Scotland only began opening doors to families and friends in early July, with those affected by the virus still unable to do so. We have also heard of people with dementia being locked in their rooms, ostensibly to protect them from catching the virus, but at the same time isolating them further from human contact and causing significant distress.

Unpaid carers of people living with dementia have also felt the severe impact of lockdown. Many have seen an exponential increase in caring responsibilities during this period, following local authorities' decisions to reprioritise care packages.

This has been hard for those who must travel to care for relatives. Those living with the person they care for have also reported loneliness and struggling with the lack of respite. Some unpaid carers will have health problems of their own that they are trying to manage, while others have had to combine paid work and other responsibilities with caring for their loved ones.

Age Scotland's About Dementia project, funded by the Life Changes Trust, focuses on improving the lives of everyone in Scotland with dementia, their carers and families. At this difficult time, the team have been working to document the experiences of people affected by dementia throughout lockdown to ensure that we can learn from what has happened and make recommendations for policy and practice. Our recent survey received 86 responses from people living with dementia, unpaid carers and professionals.

We have also responded to both Government and Scottish Parliament consultations about the impacts of lockdown. We have been fortunate to continue our work using virtual means over the past few months and this has provided further evidence of how people have been coping (or not) during this crisis.

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**If you have been affected and would like to share your experiences with us please get in touch at [AboutDementia@agescotland.org.uk](mailto:AboutDementia@agescotland.org.uk)**

## Let music and singing connect us

### Guest article by Luminare, Scotland's creative ageing charity

We know that singing is good for you, even more so if you sing in a group. This is as true for people living with dementia as anyone else.

Before lockdown, some 40,000 groups were meeting regularly across the UK to sing together. To help ensure those affected by dementia don't miss out, Scotland's creative ageing organisation, Luminare, launched their Dementia Inclusive Singing network.

It's difficult to know that the exact benefits brought by group singing – better physical and mental wellbeing, connection with others, fun and laughter – are among those so desperately needed yet so difficult to reach during the pandemic.

That's why the team at Luminare decided early on that their aims should not change even as everything was changing around us. Over the past few months, they've welcomed new members and explored practical ways of ensuring that online singing sessions are inclusive of those affected by dementia.

Nothing can replace face-to-face activities, but many singing groups have embraced digital technology. Dementia Inclusive Singing Network consultant Stephen Deazley, who also runs the Love Music community choir in Edinburgh, described his choir's first digital term as "something familiar in a new world of separation... a gentle reminder to hope, to sing in the here and now".

Challenges in connecting socially and emotionally online can be more pronounced for those living with dementia, but they aren't insurmountable.

Difficulty in using technology, for example, can be countered by offering some 'in advance' technical support for carers. Feelings of being unheard in a digital space can be eased by making more time for 'digital hellos' and establishing personal connections.



Come and Sing event in Aberdeen, photo: Richard Frew

Over the coming weeks, Luminare will build on the learning, innovation and sheer determination of the past few months to ensure that the Network continues to support dementia inclusive approaches to community singing across Scotland.

'Come and Sing' will be trialled in November - a national online singing event for community choirs, singing groups, care homes, individuals and families to come together to learn new songs, sing well-loved classics and socialise.

The Network's grant scheme has also been relaunched, with the first deadline set for Sunday 18th October. We want to fund activities that improve inclusive singing activities including start-up costs, training, special events or equipment that will improve accessibility.

The grant criteria have not changed from original plans, but the context in which these grants will be awarded has changed beyond recognition. What's most important to Luminare as we move forward beyond the pandemic is continuing to support people affected by dementia to stay connected and enjoy music and singing – our global language.

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**Find out more about the Dementia Inclusive Singing Network at: [singing.luminatescotland.org](http://singing.luminatescotland.org) or call Luminare on 0131 668 8066.**



# Around the House in 80 Days

George Burns, American writer, comedian, actor and musician who lived to be 100 years old famously quipped ‘you can’t help getting older, but you don’t have to get old’. 2020 marks the start of the World Health Organisation’s decade of healthy ageing, which it defines as ‘the process of developing and maintaining the functional ability that enables wellbeing in older age’. This means being able to do the things that are important to you.

The many months of shielding, isolation and activity restrictions following COVID-19 may have had a powerful deconditioning effect on our muscles and our ability to do the things we enjoy and to maintain our independence. Over the period, there have been numerous virtual classes on offer - but how do you decide which is suitable for you?

At Age Scotland we have been inspired by the Later Life Training ‘Make Movement Your Mission’ programme, which highlighted that taking part in three ‘movement snacks’ each day proved incredibly effective in engaging older people in improving strength and balance. With this in mind, and given that the health and wellbeing of older people is at the heart of what we do, we are delighted to announce our new project: Around the House in 80 Days (ATH80).

## What is Around the House in 80 Days?

We know that ‘play’ is important to the enjoyment of life and with our experience of Body Boosting Bingo we have shown that having fun is key in encouraging and motivating people to move more and sit less. So, from the ‘Bedroom Boogie’ to some ‘Bathroom Banter’, we have developed a range of movement sets reflecting daily activities carried out in the home.

Monday to Friday during November, we will provide three short 10-minute movement bites that you can watch online at 10am, 1pm and 4pm.



We will be encouraging you to build these functional movements into your daily routines and to share your experience with us and other participants. Following the month of live sessions, those taking part will be invited to join a phone-based Health and Wellbeing Circle facilitated by our health and wellbeing professionals. These will take place over December and January to support your progress. Those signing up will be invited to access the free LifeCurve™ app via our partners at Strathclyde University.

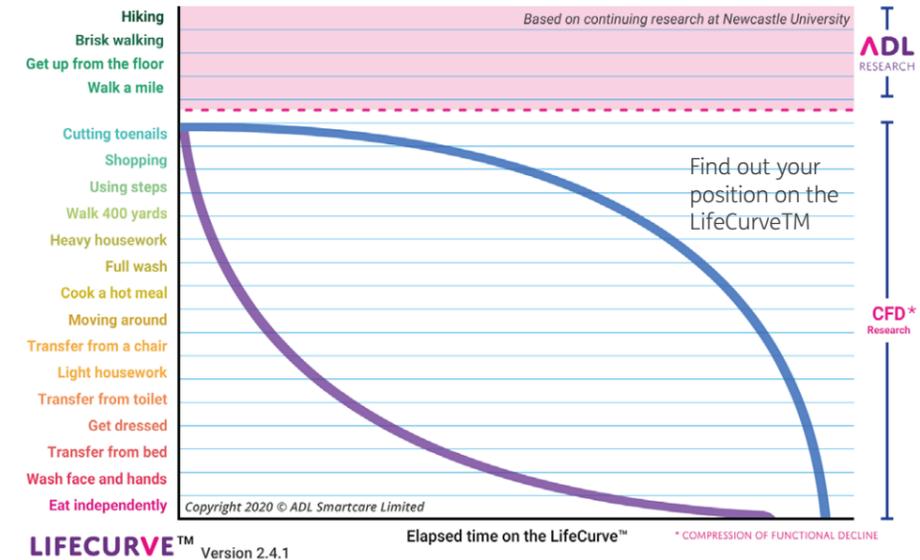
## What is the LifeCurve™?

Sir Muir Gray, a leading public health expert, says ageing isn’t a problem until we reach our 90s and that issues actually arise due to three other processes: lack of fitness, the impact of disease (largely preventable) and negative thinking. This is why experts tell us ‘ageing is malleable’. Simply put – we can all change how we age.

A group of researchers at Newcastle University have described how we lose the ability to do everyday activities in a set order, starting with not being able to cut our toenails and finishing with not being able to eat and drink by ourselves. They call this the LifeCurve™. By understanding where you are on your LifeCurve™, you can find out what steps you need to take to stay fit, active, healthy and independent for longer. The beauty is that it is never too early or too late to do something! The LifeCurve™ app is free to download and use and works on any smart device.

Using the app, you can find out your LifeCurve™ position and choose from a wide variety of evidence-based activities, tasks, information and advice to help you maintain or improve it. There is also a communities section allowing users to share first-hand experiences to help motivate others. Why not share one of your own stories?

Researchers at Strathclyde University have now embarked on a two-year Scottish Government funded study using the app and are looking for Scottish people aged 50 and over to take part. The STILL Going Project aims to understand where Scottish people are on their LifeCurve™, what they choose to do to maintain or improve this position and what difference this makes.



## Is this project right for me?

ATH80 is open to everyone, regardless of ability. Internet access is required for the daily sessions. Friends and family members are welcome to join in, both to support you or to take part themselves if they would like to. You will be encouraged to be mindful of your own health and safety and to participate at your own level of ability. If possible, participants are also encouraged to sign up for the entire programme of movement bites taking place in November, as well as the following Health and Wellbeing Circles. Please note that internet access is not required to join a Health and Wellbeing Circle.

## How do I sign up?

To register your interest or find out more about the ATH80 project, visit our website at [www.agescotland.org.uk](http://www.agescotland.org.uk). Our health and wellbeing team would love to hear from you.



To sign up for the LifeCurve™ app, email [susan.kelso@strath.ac.uk](mailto:susan.kelso@strath.ac.uk) or to find out more visit [www.stillgoingproject.co.uk](http://www.stillgoingproject.co.uk).



## Veterans' project

### Our new guide supporting older veterans through later life

"It's a pity I didn't get this in 1974 when I got demobbed and ended up in the tatty squads."

That's what one veteran told us on receiving the first edition of our Veterans Guide to Later Life. Many people we have met through the Veterans' Project tell a similar story: they left the armed forces with nary a backward glance and often little or no support for readjusting to civilian life. Today the military is more proactive in supporting that transition, but older veterans it seems were, by and large, left to get on with it.

Our guide aims to ensure veterans have a better experience when making the transition into later life. It offers information applicable to every older person in Scotland, plus information relevant solely to British Armed Forces veterans including regulars, reservists, National Servicemen and merchant navy who have sailed in support of a British military operation. It is most relevant to veterans aged 65 and older, but much of the content will be of interest to veterans age 50-64.

Covering topics such as rights, health and social care, housing, independent living, money matters, future planning, and getting out and about, the guide is free to individuals, and we welcome requests from community groups and services seeking a larger number to share with older veterans they support. This new edition also features added information on education, training and employment.



Older people's groups and services don't always recognise the veterans in their midst. Sometimes that's because the need or opportunity to mention past military service simply doesn't arise. However, some veterans don't realise they are classed as such – something common among National Servicemen. This is an important factor as there is a wealth of extra help and support available to older veterans that they may be missing out on.

Having worked over the last three years as part of a partnership of armed forces charities and projects called 'Unforgotten Forces' we know well what's available: for example support using NHS services, tailored advice, peer social support and social opportunities, free transport where needed and much, much more. Recently we had fantastic news that, thanks to Scottish Government funding, Unforgotten Forces will continue until at least March 2023, with Age Scotland taking over partnership co-ordination from Poppyscotland.

We are always keen to share what we've learned with community clubs and groups, whether through older veterans awareness training or assisting groups in developing services to suit the needs of older veterans – something we recently did for Larkhall and District Volunteer Group (pictured above).

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**For more about the Veterans' Project and Unforgotten Forces call 0333 323 2400 or visit [www.agescotland.org.uk/veterans](http://www.agescotland.org.uk/veterans).**

**To request postal copies of Veterans Guide to Later Life call the Age Scotland helpline 0800 12 44 222 or visit [www.age.scot/veteransguide](http://www.age.scot/veteransguide)**

### Age Scotland's dementia training goes digital

The number of people affected by dementia in Scotland is expected to rise by 50% in the next two decades to 120,000.

Early diagnosis and more widespread awareness surrounding the condition is crucial and can help prolong the quality of life for people living with dementia, which is why Age Scotland is seeking to raise this awareness, not only of the signs and symptoms of dementia but also how we as a society can be more inclusive of people living with it.

Our interactive training looks at understanding the signs and symptoms of dementia, how to communicate with people living with dementia, how best to include and support them and how to reduce the risks of developing dementia – and it's recently gone digital.

With the coronavirus pandemic halting face to face training sessions for the time being, Age Scotland's Dementia Training team have taken to the cyber-airways to begin delivering a new online version of their free workshops.

Alongside the obvious advantage of being able to come to training in your pyjama bottoms if the fancy takes you – and the disadvantage of trainers not providing tea and cake – offering training this way also means people from more remote communities can take part just as easily as people from the larger towns and cities where face-to-face training usually takes place. It's also a chance to bring people from different areas together for a very worthwhile exchange of ideas and experiences.

If you work or volunteer with a community group or service that supports older people, or would like to boost your ability to include and support people living with dementia, email [dementiatraining@agescotland.org.uk](mailto:dementiatraining@agescotland.org.uk) to be added to the mailing list or to request training for your organisation.



If you're hesitant about trying this new Zoom training or looking for the motivation to sign up, look no further than this feedback from recent participants:

**"If I am completely honest, when I heard the training was going to be on Zoom I wasn't sure what to expect. However, I found it very useful and somehow you managed to make an online training session interactive and engaging so thank you very much"** – Brian McDermott

**"I really felt like we were all in the room together!"** – Sharon Campbell

**"I'm not just saying this, it's been one of the best training sessions I've ever been to."** – Chris Grant

**"You managed to make it very engaging and interactive despite the online nature of the beast."** – Marie-Amelie Viatte

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**Types of training available:**

- Dementia awareness for community and voluntary organisations
- Dementia awareness for workplaces
- Dementia inclusion training for activity providers
- Rights-based training for carers of people with dementia
- Training to enable organisations to deliver their own in-house dementia training

**Get in touch to discuss our training sessions: [dementiatraining@agescotland.org.uk](mailto:dementiatraining@agescotland.org.uk)**



# MEN'S SHEDS UPDATE

**It's a shed, Jim,  
but not as we know it**

Throughout July, Age Scotland brought Sheddars from across Scotland together (virtually of course) to share their experiences of lockdown and plans for a safe return to activities when the Scottish Government Route map allows.

Following meetings with Men's Sheds Networks in the Lothians; Ayrshire; Perth and Kinross; Highlands and Islands; Dundee and Angus; and Aberdeen and Aberdeenshire, our Men's Sheds community development officer Tim Green tells us how Sheddars across Scotland have responded to the changes and challenges posed by COVID-19.

## Experience of lockdown

Sheds reported that lockdown had taken them by surprise, with most committees making the difficult decision to close Shed doors in March. Due to access restrictions, many were left without the opportunity to organise departure or collect up-to-date contact details of members.

Staying at home for this extended period has highlighted the importance of Shed communities to members' mental health and wellbeing, and the setbacks members face when accessing these shared spaces just isn't feasible. It's clear that Sheddars are missing the routine, camaraderie and sense of purpose and value sheds offer and are desperate to get back as soon as it is safe to do so.

## Keeping up connections

From telephone calls to buddy systems, WhatsApp groups to newsletter, each Shed has had their own methods of maintaining regular contact and connection between members.

Video conferencing has become key to keeping a Shed-like atmosphere alive during lockdown and

beyond, with platforms such as Zoom enabling members to take part in virtual quiz nights, coffee mornings, equipment demonstrations and even comedy and music-making.

In smaller communities and for those without internet access, door knocking or good old-fashioned shouting up at windows while taking physically distant exercise or shopping enabled Sheds to check in with folk they were unable to contact by other means.

## Lockdown projects and activities

Tools, portable equipment and materials were taken home or distributed by some sheds, enabling members to keep busy with creative projects such as building bird tables for care homes or eco planters for local communities and schools. Digital champions offered computer-mediated communication tutorials and art and hobby packs were distributed to tackle boredom.

While most are retired from their day jobs, volunteers from Men's Sheds have found a critical role in supporting their communities and key workers during the pandemic.

For example, when volunteers in the Borders heard that frontline workers were short of personal protective equipment (PPE), they were determined to answer the call to help. They have used donated materials to produce thousands of plastic face visors for workers across the region and beyond.

Other Sheddars supported food growing projects, volunteered for COVID resilience and mutual aid groups to distribute food and collect shopping and prescriptions, and embarked on home-based fundraising activities like sponsored laps of the garden or donating £1 for every cuppa sipped in the Zoom Room.



## The future of Scotland's Sheds

Sheds felt the most important lesson was to keep connected and have the confidence that no member is left out. They recognised some of the membership may need more support than others, particularly those shielding and in order to maintain these connections, it is necessary to keep comprehensive up-to-date membership details that are GDPR compliant.

With such a strong focus on technology over the past few months, digital communication gaps are being addressed by securing funding for awareness and skills training if there is not the expertise among members. As well as setting up a tool library for home-based projects, sheds are thinking of establishing digital technology libraries for those without access.

Sheds are also fitting CCTV to ensure security.

## Reopening shed doors

While members are keen to return, a cautious approach has been adopted, guided by the Scottish Government's Route Map. Sheds recognise that a large proportion of members are in high risk groups because of their age or underlying conditions and will continue to use current contact methods to keep those who do not feel confident leaving their homes connected.

COVID safe protocols, surveys, risk assessments, one-way systems and signage are being developed. Outdoor spaces will be used for physically distant meet ups, and funding is being secured for PPE. Going forward, hand and respiratory hygiene etiquette will be essential.

Some Sheds are proposing limiting numbers through booking systems and increasing the number of sessions accordingly, while others are assigning COVID welfare officers. These roles will come with a health warning, as those taking them on may encounter increased conflict and stress.

There is a clear consensus that, even when it is safe to return, Sheds will look and feel very different. However, by bringing Sheddars together for these meetings, we hoped to encourage collective problem solving and recognise the hard work that has been going on behind the scenes.

Those who took part in Age Scotland's meetings reported that, apart from missing the sandwiches and visiting exotic shed locations, the virtual sessions were extremely useful, worthwhile, interesting, and informative. Participants stated that it was helpful to hear the experiences and ideas of different sheds and reassuring to find that they were thinking along the same lines.

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](http://www.scottishmsa.org.uk/find-a-shed)

or contact Tim Green:

01383 882 151 /

07718 579 291 /

[tim.green@agescotland.org.uk](mailto:tim.green@agescotland.org.uk)





Volunteers bringing optimism in Laurencekirk and Portlethen

## Going above and beyond during difficult times

### Shining a light on dedicated volunteers and determined organisations

LEAP was supporting around 300 older people and had completed more than 1,000 shopping trips to pharmacies and supermarkets.

For volunteer shopper Lorna Woods, it's about helping as much as possible: "I'm shopping up to four days a week for our customers, and I've done more than 50 shops already. Every shop is different and can include particular brands. Some people specify gluten free, something I'm well aware of as my daughter is gluten free and I know how important it is to her."

### Providing lifeline services in South Kincardineshire

The Mearns and Coastal Healthy Living Network (MCHLN) operate from a base in Laurencekirk in Aberdeenshire. Staff and volunteers have worked tirelessly to ensure no one went without essential services and support over the past few months.

Not content with their phone and shopping services still providing support, health walk groups looking to re-engage with walkers, and the brightly filled planters and boxes from gardening groups, the MCHLN are planning a socially distant afternoon tea to thank everyone for adhering to lockdown, doing as they were asked and ensuring maximum community safety.

Project worker Bernie Dawks paid tribute to dedicated volunteers: "As a small charity, we have thankfully been able to adapt quickly and in response to the needs of the community during the lockdown, but we would not have managed to do so without our volunteers".



## Top tips to keep community groups connected

### Use social media to your advantage

For those with internet access, a Facebook or WhatsApp messaging group could be the perfect way for a larger number of members to stay in touch and share updates with one another.

### Arrange a virtual event

There's no doubt that virtual meetings and events have been a key factor to helping groups navigate this pandemic. A Zoom coffee morning is a great way to connect and, for members with poor connection or no internet access, you could use a platform which allows telephone access.

### Share resources

To help ensure your members are looking after their mental, physical and emotional wellbeing at home, you could put together a wellbeing information pack.

Age Scotland's community development team are busy producing new resources guides to support groups in their day to day running after COVID-19. The first guide, **Keeping older people socially connected whilst physically distant**, provides information on different methods for maintaining connections, as well as providing hints and tips in implementing measures that comply with health and safety regulations.

.....

**For a copy of the guide, email [members@agescotland.org.uk](mailto:members@agescotland.org.uk) or call 0333 323 2400.**

While we are unable to see each other as much as we would like, it's important for community groups to keep members connected. For some, attending their local group may be their only source of social interaction. As the way we live our lives has changed for the foreseeable future, it is important that we engage with each other in a range of different ways to ensure that this interaction remains, even if we can't meet face to face. Yet.

Remember, while some may find adjusting to these different types of engagement comes easily, others will be learning a new skill and may take a little longer. If you're looking for inspiration, take a look at these top tips from Age Scotland's community development team.

### Pick up the phone

Firstly, make sure you have permission to call members. If so, they are bound to appreciate you taking the time to give them a call. A friendly chat over the phone is a great way to keep up social connections, as well as keep members up to date on future activities.

### Send a text

For individuals who may find it particularly difficult communicating over the phone, such as those with hearing loss, communicating via SMS messaging is a great alternative for keeping in touch.

### Create a buddy system

Create opportunities for new friendships to blossom by setting up a system that pairs up members for a weekly catch-up phone call. By changing buddies, members will have the opportunity to speak to and connect with different people.

### Rising to the challenges – keeping older people safe in Dundee

Age Scotland member Dundee Volunteer and Voluntary Action (DVVA) has been part of a local partnership identifying and addressing issues experienced by older people in the city during COVID-19. Their initiatives have included a volunteer shopping by invoice service, Come With Us ready meal delivery service, Have a Go activity packs, a book and jigsaw delivery service, pen friends, telephone befriending, prescription collection and delivery and setting up a Get Local Support informal volunteering project.

More recently, the partnership put together 'Everyday Packs' for distribution to the community in Dundee, designed as a helping hand to enable older people to get back out and about safely. The packs contain a small bottle of hand sanitiser, a reusable washable face mask and packets of sanitiser wipes and tissues and are distributed to those aged 55+ who are socially isolated or digitally excluded.

"I greatly appreciate all the help given when I wasn't able to leave the house" says one very grateful Dundee resident. "I think what you do is amazing and can't thank you enough. Very many thanks".

### LEAP to the rescue

South Lanarkshire charity Lightburn Association Project (LEAP) revamped its normal services to support older people with vital befriending, emergency handyperson and personal shopping services during COVID-19 restrictions. At last count,

# Spotlight on community fundraising

## Time to get moving

Although many fundraising events had to be cancelled due to COVID-19, there's still plenty to look forward to. Our community fundraiser Ann McLaughlan tells us more: "The last few months have been long for many people especially those shielding, we have not had our usual summer and as autumn approaches, now is the perfect time to plan ahead and have something to look forward to.

"I cannot believe we are already talking about Christmas, it seems to come around quicker each year, but particularly so this year! We have some exciting events coming up from December which you can get involved in."

## The Christmas Charity Festival 5 & 6 Dec 2020

This is a fantastic weekend to suit the whole family, beginning on Saturday with the Edinburgh Christmas Santa Parade. Come along to see Santa being pulled on his sleigh by his trusty Cairngorm reindeers through Stockbridge escorted by his little elf helpers then onto Inverleith Park. Over the weekend there is plenty to see, participate in.



There's also the 10k Edinburgh Christmas Walk, now in its 52nd year, Santa's Grotto, and the Charity Festival Marquee. Sunday at 9.30am will see the 5k Christmas runners set off followed at 11am by the 10k runners, with a bespoke medal and goodies for all runners.

The festival concludes with the Edinburgh Santa Toddle. This is a special event for the little ones, a chance to meet Santa and follow him and his reindeer around Santa's short walk route with the John Watson Pipes & Drums leading.

## Stirling Marathon 8 & 9 May 2021

This stunning marathon runs through the beautiful city of Stirling, the historic town of Dunblane on to Doune passing the castle (where they filmed Outlander), then continuing back to Stirling before finishing at King's Park. What a fantastic way to raise money for Age Scotland passing through some historic Scottish towns and cities! If you know of anyone that we can follow during their training to encourage more people to sign up, we would be delighted to hear from you.

Just get in touch with the fundraising team at [fundraising@agescotland.org.uk](mailto:fundraising@agescotland.org.uk).

## Edinburgh Marathon 29 & 30 May 2021

Whether you want to run a marathon, half marathon, 5K or a junior 5K why not sign up for Age Scotland? Starting at Potterow and finishing at Pinkie playing fields, this is the largest marathon outside of London, and a great way to see the city and meet new friends.

## Kiltwalks

Due to the pandemic the 2020 kiltwalk events have either been cancelled or gone virtual but we have been told that 2021 will be even better! Keep an eye on our website [www.agescotland.org.uk](http://www.agescotland.org.uk) or our social media on upcoming dates for the following cities - Glasgow, Aberdeen, Dundee, Edinburgh.

## Get in touch

If you are interested in any of our events or challenges visit [www.agescotland.org.uk](http://www.agescotland.org.uk).

Or, if you just want some advice, our fantastic fundraising team is available to offer help and support. We will answer any questions and provide a few tips of encouragement too!

Contact [fundraising@agescotland.org.uk](mailto:fundraising@agescotland.org.uk) or call **0333 323 2400**.

## Fundraise while you shop!

Did you know that every time you shop with Amazon you can support Age Scotland? Just go to [smile.amazon.co.uk](http://smile.amazon.co.uk) or download the app and choose Age Scotland. You won't pay any more for your products and a donation will go to support our work with older people across Scotland.

New research from Santander, found that four in ten adults in the UK have noticed a deterioration in the health and wellbeing of their older and vulnerable relatives since the start of the lockdown.

One in eight feel that the pandemic will have a lasting impact on their feelings of loneliness even when it is over.

Our Age Scotland helpline has seen an unprecedented increase in calls from older people looking for advice and support, as well as how to access our friendship line where a volunteer or one of our staff will contact an older person who is feeling lonely and isolated.

By shopping at Amazon Smile you can make a huge difference to older people we support every day and it won't cost you a penny more. That is something to smile about!

## Forth Valley Men's Shed wins £4,000



Aimee and Molly on their visit to Forth Valley Men's Shed

Forth Valley Men's Shed in Clackmannanshire has been the very lucky recipient of a £4,000 award from Your Community Fund, part of the Youth Philanthropy Initiative (YPI). Thanks to the fantastic efforts of Molly Robinson and Aimee Cook, two pupils from nearby Lornshill Academy, Sheddars are absolutely delighted to be in the fortunate position of having funds available to spend on essential equipment.

The wider YPI is an active citizenship programme, encouraging young people to get involved with their community, find out about local social issues and identify and make contact with a group they believe is working hard to address the concerns they have highlighted. Teams have to learn what their chosen group does and show the positive impact of their activities. Each team is then required to deliver a presentation to a panel of judges, the most persuasive pitch winning the funding for their particular group.

The Your Community Fund was set up in response to the pandemic and provided participants with the opportunity to consider specifically the impact of COVID-19 on their community and how this was being addressed. As this competition was undertaken during lockdown, all pupils were working from home with support provided remotely by their teacher.

Molly and Aimee contacted Graham Reece, Age Scotland regional ambassador and keen Shedder (far right of photo). Graham was able to tell them about the local Shed – how they got started, who comes along, their main activities, plans for the future – and also explain how they were keeping in touch with members during the lockdown, when they are unable to meet in person. He also spoke about the Men's Shed movement in general and the proven benefits of attendance, particularly to the mental health and wellbeing of those who come along.

Graham said: "When Molly called and told me they'd won, you could have knocked me down with a feather. It will make a huge difference to the shed. This will allow us to keep paying our rent as well as buy equipment and materials."

"The shed brings together men from all backgrounds, and is especially valued by those who live alone. The last few months have been difficult, but we have started meeting in a local park to make sure everybody is doing OK."

Molly and Aimee were able to decide on the format of their presentation and chose to produce a digital one, with brightly coloured graphics highlighting their main message: there may be a stigma around mental health, but Sheddars work together to help tackle it. Forth Valley Men's Shed is determined to support and encourage as many as possible to take advantage of the opportunities and benefits that being a Shedder provides.



The flower of Sauchie planter train



The thriving garden

## Growing Sauchie's community garden

Flo Mackenzie, founder member, talks about Sauchie Gardening Group, part of Sauchie Community Group.

We started out in 2017 as a social group where members could meet and discuss gardening-related topics, however a donation of 750 daffodil bulbs encouraged us to expand our horizons and our beautification of Sauchie commenced! We started by planting in the green space at the entrance to the town, then in barrels to add some much-needed colour to our Main Street.

And just like little seedlings, our plans grew... funding from the Postcode Lottery and the hard work and determination of the volunteers enabled us to create a community garden, opened in August 2019.

We have had great support and interest from Clackmannanshire Council and local people, who have donated benches, plants and garden furniture, including our planters train. Our "Name Our Train" competition for local schools was won by Lochies School in Alloa, with "Flower of Sauchie" and the children help us maintain the train.

We grow our own vegetables - carrots, lettuce, radishes, cauliflower, leeks, kale, potatoes, beetroot, onions, tomatoes, pea pods – which, once ready, will be donated to the community. Tiny Tots, our

toddler group, planted wildflower seeds around the trees and they have blossomed into beautifully colourful plants. Two fruit trees are being donated by The Wee County Veterans, in memory of all local Veterans who have sadly passed away.

The garden is very inclusive and allows for wheelchair, scooter and buggy accessibility. Different people benefit from a visit in different ways and that is its purpose, for the community to enjoy the peacefulness, to smile at the colourful plants as they come into bloom, chat with others, to just sit and reflect. A little bit of calm in the storm.

We were hoping to expand the garden and hold summer concerts but have sadly had to put plans on hold for now. We also hope to extend the garden, creating a wee walkway through the trees with wild flowers and plants. The local nursery is interested in using the garden as part of their learning – it's a great place for a Teddy Bears' Picnic!

This is our first year of operation and judging by the success so far, our garden can only go from strength to strength. Thanks to all who have supported us.

Drop in anytime, we would love to see you! Or visit the Sauchie Community Group facebook page: [www.facebook.com/sauchiecg](https://www.facebook.com/sauchiecg).

## Walk back better

Scotland's walking charity, Paths for All, wants us all to walk more every day and everywhere as we move into our 'new normal'.

The charity, who believe that walking is the perfect activity to look after our physical, mental and social health, offers support and guidance to help us all walk more and feel the difference.

Short, regular walks can have lots of benefits including:

- preventing a range of health conditions including heart disease, stroke, type 2 diabetes, obesity, some cancers and Alzheimer's
- reducing falls in older adults
- helping you sleep better and manage pain
- boosting self-esteem and reducing anxiety and depression
- combatting loneliness and improving connections with community

The best part about walking is almost everyone can do it – no matter their age, income, gender or ability. It is the easiest and most accessible form of physical activity that can become part of everyday life, it is free and no special equipment is needed.

### Join your local Health Walk

Health Walks are free, short, safe, social and accessible walks led by trained volunteers. Paths for All supports a network of over 200 community Health Walk projects across Scotland that organise these free group walks every week which are always looking for new walkers. New members are welcome to start enjoying the many benefits of being physically active.

Health Walks are open to everyone but are particularly great for people who haven't been active for a while and would like to start again, people recovering from ill health or who are managing a long-term condition and anyone who has been told by a health professional that they would benefit from being more active. Some walk leaders have



Strength & balance exercises during a Health Walk in Fife



A Health Walk in Edinburgh | Care home residents trying out Strength & Balance exercises outdoors



extra training in dementia and/or cancer awareness which enables their groups to offer dementia friendly and/or cancer friendly walks.

Many people also join Health Walks because of the social and mental health benefits they get from taking part. Betty, a health walker from Moray, joined her local walk to help regain her confidence after her husband passed away.

“Joining the walking group has brought me valuable friendship at a crucial time and made me motivated to get up and out once more. I cannot thank the walk leaders and my fellow walkers enough for giving me a purpose again, a reason to keep going and try new things. They have been instrumental in building my confidence in both my walking ability and interacting with people I previously did not know but now consider as friends,” she says.

“At first I was slow and would stop a lot. But the walk leaders were always so supportive and patient. It was their reassurance that kept me going.”

You can search the map for Health Walks in your area at: [www.pathsforall.org.uk/healthwalkfinder](http://www.pathsforall.org.uk/healthwalkfinder). There are normally over 650 walks taking place each week across the country, however they have been affected by the covid pandemic so we would advise contacting your local project before attending a walk. If you have any queries about the walks, or are interested in volunteering as a walk leader, email **Paths for All** at: [info@pathsforall.org.uk](mailto:info@pathsforall.org.uk).

### Stay active and independent with strength and balance exercises

Regular walking plus strength and balance exercises provide the key to an active, happy, healthy older age. Paths for All has produced a set of simple strength and balance exercises for adults who want to live life to the full - the 10 exercises are designed to keep you strong and balanced, reducing the risk of falls.

The UK Chief Medical Officer's physical activity guidelines recommend all adults should do activity to improve muscle strength twice a week and those over 65 should also do activity that improves balance and coordination twice a week. Strength & Balance exercises are particularly important now, as many may have become deconditioned during lockdown.

Paths for All's strength and balance exercises can be done as part of your everyday routine – for example by doing some knee bends whilst waiting for the kettle to boil or doing the sit to stand exercise during the advert breaks when you're watching TV.

You can download a free leaflet of the exercises, or watch a video clip to follow while doing the exercises by visiting [www.pathsforall.org.uk/strength](http://www.pathsforall.org.uk/strength).

For more information and inspiration to walk more and feel the difference, visit [www.pathsforall.org.uk](http://www.pathsforall.org.uk).

### Supporting care home residents to walk more

Paths for All also offers support and resources for care homes in Scotland. In partnership with Perth & Kinross Health & Social Care Partnership and other organisations, Paths for All worked with care homes and consulted with residents living with dementia to create the 'Care about Walking' resource pack. This pack supports care home residents to walk more by increasing awareness of the benefits of physical activity and using goal setting and activity tracking to record progress and achievements.

You can download the 'Care About Walking' information pack, guidance note for staff, posters and wall chart by visiting [www.pathsforall.org.uk/walking-for-health/dementia-friendly-walking-care-about-walking](http://www.pathsforall.org.uk/walking-for-health/dementia-friendly-walking-care-about-walking).

Paths for All has also produced outdoor panels and indoor wall stickers which promote both supported and self-led Strength & Balance activity, and they run training courses for staff working with older adults in health and care settings.



**For more information:**  
[www.pathsforall.org.uk/walking-for-health/dementia-friendly-walking](http://www.pathsforall.org.uk/walking-for-health/dementia-friendly-walking)





## Look to the future Age Scotland's calendar makes a comeback

Last year Age Scotland distributed over 44,000 of our free information guides to people who called our helpline, through our member groups and to services that use them to support older people, including Citizens Advice Bureaux, libraries, GP practices, hospitals and specialist support groups.

As soon as lockdown started, those orders stopped, as most of the places where you would normally find our information closed their doors and Age Scotland staff all started to work from home.

The need to know about your rights has not gone away and is more important now than ever. Over the past few months, Age Scotland has received thousands of enquiries from older people who need information and advice to steer themselves through the blizzard of coronavirus rules and changes. We have heard from family members too, from all over the world, trying to find out how systems in Scotland should work to support for the people they care for including access to care assessments, shopping and kind conversation.

People who didn't use the internet have found it hardest to track down the facts and contacts they needed at a time when some basic human rights such as the right to family life were affected in the public health drive to keep us safe.

As you can't currently find our information guides when you're out and about, we need to bring our information to you. You may remember that Age Scotland used to produce a useful calendar. Now, the time is right to revive that tradition.

Our 2021 calendar is full of ideas for keeping your life on track with a few prompts about things like Power of Attorney and checking through your energy bills – even with the many weeks spent at home we all have things we still haven't got around to. Our helpline can also send you our detailed information guides which can help explain benefits, care at home, care home funding and the rights of older veterans.

We won't have a calendar page about coronavirus, as it's far too early to tell what normality will look like in 2021, but we will keep our online coronavirus information hub up to date and of course produce and update a coronavirus information guide.

We hope that in 2021 our lives will have taken further steps toward normality, but if you do find yourself stuck at home and needing a friendly word of advice or someone to listen, our calendar will give you all the information you need to make that call.

.....  
**Call the helpline on 0800 12 44 222 for copies of our free 2021 calendar.**



# Will you help us be there for vulnerable older people?

Every month we receive over **1,000 calls to our helpline** from older people looking for support.

We offer expert advice, information and friendship, and take the time to really listen.

**I don't see anyone at the moment and I'm not online so I don't know what I'd have done if I hadn't been able to phone you**

Helpline caller

**It's been nice to chat to you. It feels good just to hear a cheery voice.**

Helpline caller

All the information and advice we provide is free and completely impartial and by ensuring people can get the right support, it can be **life-changing**. We also offer friendship to vulnerable older people who are feeling **lonely and isolated**, letting them know they are not alone. With your support, we can be there for the older people who need us.

## PLEASE DONATE TODAY



By phone: **03330 15 14 60**  
(Mon - Fri 9am - 5pm)



Online  
**age.scot/donate**



By text: **Text AGESCOT**  
to **70085\***

# SAVE THE DATE



## Age Scotland Virtual AGM and awards ceremony

9th NOV 2020  
at 2pm

This year the exceptional circumstances of the Coronavirus oblige us to hold our 2020 AGM digitally, but there's no reason for it to be any less of a celebration.

We are also combining our AGM with the Age Scotland Awards Ceremony 2020, postponed from earlier in the year.

The Awards mark the tremendous commitment and contribution individuals and organisations make to ensuring Scotland is the best place to grow old.

The presentations will be livestreamed so that members will be able to view the presentations from a number of devices. All members will receive invitations the event and joining instructions in October.

We hope you can be with us.

## Get involved!



Would you like to share stories, experiences or suggestions for future Age Scotland campaigns? We are always looking to hear from you and there are many ways to keep in touch.

To keep up to date with all things Age Scotland, sign up for our email newsletter which is packed full of news, advice, campaigns, news and much more at [www.age.scot/bulletin](http://www.age.scot/bulletin).

From social care to scams awareness, health and wellbeing 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](mailto:communications@agescotland.org.uk).

For interviews and discussions on a variety of topics, listen to the Age Scotland Conversations podcast on Spotify.



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