

Advantage

Age Scotland's magazine: summer 19, issue 54



Meg Maine, A 2019
Age Scotland Inspiration
Award winner (Group)



Age Scotland
Helpline, Pg 12



Body Boosting
Bingo, Pg 16



Veterans team
update, Pg 24



CELEBRATING THOSE MAKING A DIFFERENCE!

WILLS • POWERS OF ATTORNEY • LIVING WILLS • GUARDIANSHIPS
AFTER A DEATH • TRUSTS • EQUITY RELEASE • LEGAL AID



Jean's just ordered her tea - but Jenny's ordered a solicitor. Home visits available from Solicitors for Older People Scotland.

The true cost of care for our loved ones is something we seldom think of, but the day may come when you are forced to seek care for yourself or a relative. Solicitors for Older People Scotland will guide you and your family through this highly emotive process with compassion and expertise. With forward planning, your house need not be sold to pay for care costs.

Remember, we will call to see you if you wish.

looking after generations

CALL 0800 152 2037

SOLICITORS FOR
OLDER PEOPLE
SCOTLAND



In partnership with

ageScotland
Love later life

www.sops.org.uk

All our members are regulated by The Law Society of Scotland

Contents

p4: Our fifth National Conference

p8: Housing through the lens of ageing

p14: The Big Knit is back!

p16: Body Boosting Bingo

p20: Men's Sheds in Scotland

p24: Helping veterans love later life

Front cover image: Meg Maine, a 2019 Age Scotland Inspiration Award winner (Group)

.....

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.

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

Telephone: **0333 323 2400**

Write to: Advantage, Age Scotland
Causewayside House
160 Causewayside
Edinburgh EH9 1PR

ISSN 1747-4515

Advantage is part funded by a grant from the Scottish Government. Age Scotland aims to ensure information is accurate at time of production and cannot be held liable for any errors or omissions, or for the content of any third party advertisements.

Age Scotland, part of the Age Network, is an independent charity dedicated to improving the later lives of everyone on the ageing journey, within a charitable company limited by guarantee and registered in Scotland. Registration Number: 153343 Charity Number SC010100. Registered Office: Causewayside House, 160 Causewayside, Edinburgh EH9 1PR.



Brian Sloan, Chief Executive

Welcome to your Spring edition of Advantage. We have plenty of exciting news and updates to share with you so let's dive right in.

Our fifth National Conference was held in March on the theme of Homes, Health and Happiness. We were delighted to have our biggest attendance yet! You can read all about the day and see a selection of photos on pages four and five. We're also delighted that the Luminare Festival is back! As Luminare moves to focus on delivering creative events and activities throughout the year, the festival has moved from October to May. You can read all about their fantastic line up in their brochure.

I hope you enjoy this edition of Advantage. We'd love to know what you think about the magazine. If you have any projects, stories or campaigns you'd like us to help showcase, you can get in touch with the team behind Advantage by either writing to us at 160 Causewayside, Edinburgh, EH9 1PR, or emailing advantage@agescotland.org.uk.

Brian Sloan



Questions to the speakers | Special guest antiques expert and TV presenter Anita Manning | Professor Rose Gilroy | Age Scotland Chair Lord Foulkes



One of our exhibitors - Eat Well Age Well | Volunteer of the Year Eva McKellar and friend | Dr William Bird MBE | Dr Melrose Stewart



Attendees looking glam in their emergency blankets! | Age Scotland's Jenny and Yolanda spreading the word about Body Boosting Bingo



Walking Netball's workshop | Anita Manning and Young Volunteer of the Year Hollie Nelson | Age Scotland Chief Executive Brian Sloan



2018 was Age Scotland's 75th anniversary and through our 'Speaking Up For Our Age' project we learned a lot about the fantastic efforts of local and national older people's groups and organisations in Scotland over the years. Looking back, a number of themes stood out as having been important to older people and continue to matter to us today. These themes – Homes, Health and Happiness – were the topics for discussion at our 2019 National Conference.

We were delighted to welcome Age Scotland members and guests to the Radisson Blu in Glasgow for a day of discussion, networking and celebration. In the morning we had three fascinating presentations. First, we had Professor Rose Gilroy from the department of Ageing, Planning and Policy at Newcastle University, who shared how our housing stock has changed over the years and the impact it has on our wellbeing. Professor Gilroy went on to say that our housing options should not be determined by our age and that we need housing that works for all age groups.

We then had Dr William Bird MBE, Founder and Chief Executive of Intelligent Health, who spoke passionately about the difference being active makes to your physical and mental health. Dr Bird shared how combining physical activity and being socially active can be life-changing and told us about the role of social prescribing in getting communities active.

We were then joined by Dr Melrose Stewart, Lecturer at the School of Sport, Exercise and Rehabilitation Sciences at the University of Birmingham who shared some heart-warming stories from her work on the award-winning Channel 4 TV documentary 'Old Peoples Home for 4 Year Olds'. Dr Stewart spoke about how intergenerational practices not only encourage empathy and tackle ageism, but also make a big difference to our wellbeing and encouraged all of us to foster intergenerational bonds in our communities.

Age Scotland's

fifth National

Conference

We broke for a delicious lunch and had a little unexpected excitement when the fire alarm went off and we had to evacuate! It didn't dampen our spirits though and when we given the all clear by the Scottish Fire and Rescue Service we returned for our afternoon workshops and a browse of the exhibition stalls.

The conference culminated in the presentation of the 2019 Age Scotland Awards. The Awards recognise and celebrate the exceptional commitment and contribution of individuals and organisations working to ensure Scotland is a great place to grow old in and we were shown a short film about each winner. It was wonderful to hear about the fantastic work going on in communities across Scotland. You can watch each of the films on the Age Scotland website: www.agescotland.org.uk/awards.

This year's awards were presented by special guest Anita Manning who congratulated our winners on their efforts and also remarked what an incredible energy the wider conference had.

This year's conference was our biggest yet and it will be a tough act to follow. We would like to thank all our members, invited guests and speakers for joining us and making it such a fantastic day.

We've included a small selection of photos on the opposite page. You can view more photos of the day by visiting the Age Scotland Facebook page: www.facebook.com/agescotland.

Consultation matters



Policy Engagement and Campaigns Officer Simon Ritchie spent 2018 consulting older people on transport. He reports his findings.

"Is this actually going to change anything?"

As I toured Scotland asking older people their views on transport, this question came up a lot. Working with Transport Scotland, I was tasked with making sure older people's interests were accounted for in the new National Transport Strategy (NTS). People had taken part in consultations before, they said, and it never seemed to change anything. However, as the process went on, and after reflection, I know the answer: yes, this will change things for the better. Let me explain.

Scotland's population is ageing. The number of people aged 75+ is set to double in the next two decades. That's great news – people are living longer, healthier lives – but as the demographics of our society changes, so too must our infrastructure if it is to remain fit for purpose. If the transport system doesn't work for older people, it doesn't work. Full stop.

So what works, and what needs to change?

Through a series of twenty transport workshops in every corner of Scotland I, and the civil servants I brought with me, learned a great deal. Some findings were not surprising:

- 2/3 of older people use public buses frequently
- Reliance on cars is more prevalent in rural areas
- The top three reasons for travelling are shopping, socialising and attending medical appointments.

Amongst the more striking findings were that:

- 1/3 of older people use public transport to commute to voluntary work – offering their valuable time, skills and experience to society
- 1/3 of older people say they have experienced difficulty getting to a medical appointment because of transport problems

- 1/2 say they'd use public transport more if services ran more frequently, and 1/2 of those living in rural areas say they'd take the bus if services ran later in the evening. Indeed, several older people who cannot drive said they felt under curfew in the evenings due to having no transport.

We now have a much better idea of what older people think about transport, and what they think should change. So how will this insight be used?

Firstly – all our findings have been passed on to Transport Scotland in full. Already, many of the policy proposals we have put forward have been adopted into the draft NTS. From late 2019, the NTS will be the document that all levels of government should refer to whenever they make a transport-related decision. Age Scotland will hold them to it.

Secondly – we are using our findings to shape our position on the Scottish Government's new Transport Bill, which gives Councils more power to improve local bus services. So there is broader use for this information.

And finally – consultation matters because older people's involvement in policy development keeps government on its toes and older people's interests on the agenda.

A huge thank you to all who took part in the 2018 Age Scotland transport workshops around the country, and my Community Development team for facilitating the workshops. It's been worthwhile and we know that the Scottish Government is listening and acting. If Age Scotland is a vehicle for change, it's older people who are in the driving seat.



For more information please visit www.agescotland.org.uk/transport or contact **Simon Ritchie – Policy Engagement & Campaigns Officer** at Age Scotland: **0131 668 8047** or simon.ritchie@agescotland.org.uk.





Age Scotland's Dementia Forum team are here to support you.

National

dementia forum

For those living with dementia a one-size-fits-all approach to support does not always properly take into account the vital aspects of their everyday life and wellbeing. This needs to change.

Dementia will touch the lives of most people in Scotland in one way or another. Whether the diagnosis is for a family member, friend, partner or yourself it is important that people have access to the right information, advice, care and opportunities to live their life the way they want.

Over the next 20 years, as Scotland's population grows and as people live longer, it is projected that the number of those living with Dementia will increase by around 50% more than 120,000. Dementia must become everyone's business. That is how Scotland evolves and ensures how those living with dementia live full and rounded lives.

Age Scotland has been selected by the Life Changes Trust to support a new national Forum to bring together people affected by dementia to determine what can be done to make policy and practice in Scotland more robust, sustainable and improve people's lives.

At the heart of the forum will be people living with dementia and their unpaid carers. After all, who best to shape what is needed than the real experts!

The Forum will determine gaps in policy, practice and research, identify challenges and develop

responses to them. It will look at how solutions can be implemented and influence policy makers, key leaders, practitioners and others in Scotland so that the needs of people with dementia, their families and unpaid carers are met and their lives fundamentally transformed for the better.

We are currently working with people affected by dementia to develop a new name for the Policy and Practice Forum and will hold the first full meeting in June 2019.

The Forum now has five years to advance human rights and inclusion for people living with dementia and their unpaid carers and we are incredibly proud that so many wonderful organisations are partnering with us to deliver this ground-breaking work.

.....

If you want to find out more or get involved in the Forum's work please get in touch with the **Dementia team** by emailing **dementia@agescotland.org.uk**, calling on **0333 323 2400** or writing to them at Age Scotland, Causewayside House, 160 Causewayside, Edinburgh, EH9 1PR.

We will be working to ensure the Forum is open, inclusive and the voices of those affected by dementia are heard and acted upon.



Jim Eadie, Age Scotland's Housing Policy Officer

Housing through the lens of Ageing

What role does the home play in older people's quality of life, and how can we better prepare for and meet the housing needs of older people in Scotland? Age Scotland and the University of Stirling worked directly with older people to find out.

Through a roadshow of consultation events across Scotland involving hundreds of older people, a national survey of over 400 respondents and using input from community researchers, hundreds of older people had their say.

Through this engagement older people were able to share what they believed contributes to a more enjoyable life in older age, the role the home plays in that, and what needs to change to meet the older population's housing needs. In March Age Scotland launched Housing through the lens of Ageing: Integration, Communication and Community while in January a Scottish Parliamentary debate, previewed the key findings.

What did the research find?

Three key themes emerged on what could be improved to better support older people and their housing needs: integration, communication and community, all of which are intrinsically linked.

- Integration – A lack of integration between councils, health and social care providers, service users, and everyone in between leads to confusion, poor management, ineffective strategies and systems.
- Communication – Many research participants cited a lack of knowledge about where to turn or who to ask as a reason they hadn't sought advice in areas of their lives and homes that they needed help with.
- Community – When considering the role of the home, it's imperative to consider not just the bricks and mortar of the buildings themselves, but also the external environment those homes are located in – the surrounding community, support networks, nearby amenities, transport options, and everything else that makes people feel part of a community.

Age Scotland's Housing policy lead Jim Eadie said:

"The aim of this research was to better understand the unmet needs of older people and to help housing providers supply the improvements, adaptations and services older people truly need and want. Helping older people to live independently and safely in their own homes for as long as possible is rightly a key focus of Scottish Government policy on housing and support services. We found simple, preventative services such as fitting a new key safe to allow carers to enter a home, adding hand rails or raising electric sockets, for example, had a huge impact on an older person's quality of life".

What happens next?

Age Scotland intends to highlight and disseminate the key recommendations covering: health and social care integration, strategic planning, new build housing, adaptations, information and advice, energy efficiency and fuel poverty and preventative support.

To find out more or if you would like to take part in future research contact **Jim Eadie:** jim.eadie@agescotland.org.uk.



WARM AND WELL – AND SAVING MONEY!

The more things change, the more things stay the same. This parable could be true of many things, but the way in which we use gas and electricity in our home is definitely an exception to this rule.

Age Scotland's Warm and Well sessions offer free advice to member groups regarding what older people could be entitled to, to help them with their energy bills throughout the year. Sessions are free to Age Scotland members, and are held where you would normally meet as a group. They typically last one hour with plenty of time for questions and chat.

Many people are unaware of help that is available for older people such as the Warm Homes Discount, Cold Weather Payments and the Winter Fuel Allowance. Warm and Well will be able to give your group information on these payments, whether you're eligible and how much you could be entitled to.

It also takes an extensive look into more modern technologies. Smart Meters are being introduced to homes across the country and are designed to give us more control over our energy use, revolutionising the way in which energy is distributed through the network and can also help us save money on our fuel bills. However, there is also a learning curve with all new technologies, and we'll be looking at how we can get to grips with and make savings from this technology. We will have two smart meters to bring out to show groups what they can do and what they

can't. This will give you hands on experience with them, so you know how they work before one is installed in your home. If you have one already, we'll talk you through how to make the most of it.

Long gone are the days when we got our gas from the gas board and our electricity from the electric board. A recent report said that there were as many as sixty different energy suppliers in the UK and this amount fluctuates as new companies join the market place and some fall into administration. There are often changes in the price we pay on our energy bills as well. In April, most energy suppliers increased the cost of their energy by up to 10% as a price cap was lifted.

So, how do we know who is best and, maybe more importantly, cheaper in the long run? It is said that you can save £300 a year through switching tariff, so the big question is should I stay, or should I go? We'll be looking at easy way to find out if you're on the right tariff and how to lower your bills and keep them low.

.....

To book in a Warm and Well session please contact Age Scotland's **Energy Rights Officer Callum Boath:**
Tel: **07427 684 775** or
Email: **callum.boath@agescotland.org.uk**



Anne Gallacher, Director of Luminate © Eoin Carey

Coming soon:

Luminate Festival 2019 WED 1st – FRI 31st MAY

Try your hand at creative activities in your area, or attend a Festival performance, exhibition, screening or talk – there's something for everyone nationwide!

Four Questions with Luminate Director Anne Gallacher:

? Why do we need a creative ageing festival?

Older people are very active in Scotland's vibrant cultural life, and there are some wonderful arts projects and groups all over the country. The Festival was set up to showcase this inspiring creative work – you can attend performances and exhibitions of work by older people, or take part in a workshop where you can try your hand at something new. We also have a growing strand of dementia friendly events. The Festival celebrates older people's creativity in its many forms across the country, and we hope it will inspire more older people to take part in arts activities not only during May but also at other times of year.

? What can we expect to see in 2019's Festival?

Every year the programme is really diverse. This year you can try clog dancing in Edinburgh; visit an exhibition by older artists in Easterhouse; join our massed community singing event in Aberdeen; take part in a dementia friendly art workshop in Ullapool; or attend a social dance event for older LGBTI people in Glasgow or Inverness. There's also a film tour featuring some great films with ageing themes. This is just a flavour of what's on offer, and we hope there's something for everyone!

? What are you most looking forward to about this year's Festival?

The Festival month is a real privilege for me. I am lucky enough to travel around Scotland attending lots of Festival events, and meeting the people who organise them as well as those who attend as audiences or participants. I am really looking forward to my travels and to the activities I will have the chance to take part in. Particular achievements in past years have been learning to crochet and learning to do a quickstep, neither of which I could do till I started in this job! I don't know yet what my new skills from the 2019 Festival will be, but I'm looking forward to finding out!

? What creative thing do you love to do?

I have sung in choirs since I was in my teens, and it's still something I love doing. There's something very uplifting about singing in a group of people, and I have made many good friends along the way. For the last five years I have sung in the Scottish Chamber Orchestra Chorus, and we have a busy concert programme across the year.



Find your Festival brochure with this month's Advantage.

Here's a preview of some of the best of the fest this May...



Chance to Dance © Sid Scott | A Craft Café workshop in Govan



Festival highlights

Eileanach // Feamainn & Film

Mon 20 – Wed 22 and Fri 24 May, various times.
Free but booking essential

A week-long programme of events for older people exploring the beauty of the Island of Skye, its local people, cuisine and landscapes. Includes cookery classes, conversations where you're invited to share your memories of the island and an archive of short films made in Skye.

Lisigarry Court, Portree. **01478 611 143.**

Chance to Dance

Thu 16 May 10.45am – 3.30pm. Free. booking essential

A dance workshop day for older people in Aberdeenshire. Come and try something new in a relaxed and friendly environment. The event offers a chance to work with a guest choreographer, and to create a short piece of dance during the day. No previous experience required! Choreographers: Ruth Kent and Sheena Byrne. Lunch provided!

Macduff, Aberdeenshire. **01467 537476.**

Craft Café Govan: Colour Workshop

Tue 14 May 10am – 4pm. Free

Join the Craft Café for a one-day workshop exploring the theme of COLOUR. This creative workshop will explore the positive effects of colour, including colour mixing and colour theory. All older people are welcomed, whatever your skills or experience. All materials provided, and tea, fruit and biscuits.

82 Elderpark Street, Glasgow. **0141 575 3001.**

Art Adventures in Nature

Sun 26 May 2pm – 4pm. Free

Share in this gentle journey, nestled in the home's gardens and enjoy an immersive sensory experience into the natural world; meet all the artists and explore the Art Adventures studio. A showcase of artwork created by residents of Erskine Care Home Edinburgh in collaboration with Luminare and Erskine Artists in Resident Gill White and James Winnett. Refreshments will be served. Part of Unforgotten Forces, supporting older veterans in Scotland.

Erskine Edinburgh Care Home, 468 Gilmerton Road.
0131 672 2558 / www.erskine.org.uk.

Give Voice, Give Stories: Storytelling with Jean Edmiston and Susie Howie

Sat 4 May 1.30pm – 2.30pm. Free but ticketed

For the past five years, storytellers Jean Edmiston and Susie Howie have been working in care homes in Dumfries & Galloway as part of Wigtown Festival Company's Give Voice project. Come and join them to hear some favourite stories and experiences gathered over the years through Give Voice, including folklore, fairy tales, poems, songs and stories of place.

The Print Room, New Road, Wigtown. **01988 402036.**



Find out more about the Luminare Festival 2019 at **luminatescotland.org**.



**We're here
to help!**



L: Age Scotland Helpline Adviser Rachel

R: Minister for Older People Christina McKelvie, Brian Sloan and Laura Stenhouse

Our Age Scotland Helpline is the flagship advice service for Scotland's older people to help with any challenges they may face. Our friendly advisers can give guidance and support on a range of topics including welfare rights and benefits. Recently the Helpline have seen an increase in the volume of calls from older people phoning to have a thorough benefits check carried out. Our knowledgeable advisers will accurately calculate entitlements and can explain how to access the funds.

Our adviser, Rachel, recently helped a caller who lives on their own in a private rental property. This caller is of state pension age and was informed that they were entitled to gain £90 per week of housing benefit that they hadn't been claiming. The caller will also get this entitlement backdated and so will receive a lump sum to help her. The caller was delighted with our service and Rachel was happy to help.

Recently the Helpline and Community Connecting teams welcomed many visitors through our doors including parliamentary MPs such as Ian Murray and Christine Jardine as well as MSPs Christina McKelvie, (Minister for Older People) and Alison Johnstone.

Activities included listening to some of our helpline and community connecting calls. These visits have played a key part in raising awareness of what we do and how we can help older people to access more information on welfare benefits and their entitlements. Last year we helped older people to claim over half a million pounds in benefits that otherwise would have remained unclaimed.

With the recent changes affecting mixed age couples and when they can claim pensions credit, we have seen an influx in calls requesting benefit checks. If you think you may be entitled or know someone that might be, then please call our helpline on **0800 12 44 222** for a thorough benefit check.

Our Community Connecting service supported within the Helpline continues to help older people to get involved in lunch clubs and social activities in their local area. Our Community Connecting volunteers are working towards combatting loneliness and isolation enabling older people to explore interests and take up new hobbies.

Please call our Helpline on **0800 12 44 222** for any advice you or someone you know may need while facing life's challenges. We're here to help.

BENEFIT AND SOCIAL SECURITY UPDATE

Age Scotland's publications help older people, their carers and families to find the information they need in later life. Benefits information and advice can be a particular minefield as the already complex system of benefits and social security keeps changing. Over the past year our benefits and pension changes guide has needed almost monthly updates as changes were announced or introduced.

If you have not checked your entitlement to benefits for a while, it's a good idea to call the Age Scotland helpline for a benefits check or have a look at our information guides – you can order copies through the helpline **0800 12 44 222**, through **publications@agescotland.org.uk** or download them on our website **www.agescotland.org.uk**.

Benefit changes you might want to look out for are:

- Further increases in State Pension age – this is now 65 and 3 months for both men and women and is increasing every month during 2019. It will be 66 by October 2020 then 67 by 2028.
- Changes to Pension Credit for couples - from 15th May 2019 both members of a couple need to be State Pension age before they can make a new claim for Pension Credit – some couples will be significantly worse off under the new rules. This is linked to the rollout of Universal Credit and will affect some claims for housing benefit too.
- Social Security Scotland. Benefits and social security legislation used to be decided by Westminster but as the Scottish Government starts to use its new welfare powers new payments are being made in Scotland. From summer 2018 people in Scotland who receive Carers Allowance are being paid Carers Allowance Supplement to top up their income to the same income level as someone who is unemployed. From summer 2019 Funeral Expenses



Assistance will replace the social fund funeral payment for people claiming means tested benefits (including Pension Credit) who need help with the costs of a funeral.

Social Security Scotland's Charter has been developed by people with experience of claiming benefits and clearly sets out how people can expect to be treated with fairness, dignity and respect as they claim their entitlements.

For information about the new agency see their website **www.socialsecurity.gov.scot/** or call the Age Scotland helpline for more information.

Devolved welfare powers

Within the next two years the Scottish Government will be deciding how best to use its powers over disability related benefits including Attendance Allowance and the winter fuel and cold weather payments which many older people receive – watch this space for more information.



.....

Call the Age Scotland helpline for free on 0800 12 44 222
(Monday to Friday 9 – 5).
We're here to help.



Nessi, a member of Forever Young, has knitted over 1500 hats so far!

Striped, spotty, glittery...it's that time of year again where we receive bags full of little woollen hats of all shapes, sizes and colours. Yes, that's right – the Big Knit is back! We have already received close to 20,000 hats and are so grateful to everyone who has taken part in the campaign so far. The final deadline is the 31st July 2019 so we are really excited to see what other wonderful creations we receive!

Many of our 'Big Knit knitters' are Age Scotland member groups and we'd like to shine a spotlight on them and the amazing things they do. One of these member groups is Forever Young, based in Renfrewshire. It is a sheltered housing group that does a wide variety of activities such as keep fit, coffee mornings and of course, knitting! Residents have been meeting over a cup of coffee and nattering away while creating some beautiful designs.

Last year the group knitted over 2000 hats for the campaign, with many residents becoming competitive over who could knit the most! This year they are back it again, having already knitted a fabulous 1900 hats, with the aim to knit over 3000! If the competitive streak of the resident's is similar to last year, we are sure they will smash that target.



THE BIG KNIT IS BACK!

Forever Young's group coordinator is Sally Logan. Sally's mother is a member of the group, joining last year after suffering a stroke. For those living on their own in sheltered accommodation, groups like Forever Young give them the chance to socialise and reduce feelings of isolation. Sally told us that knitting hats for the Big Knit gave her mum focus and stopped her from sitting in on her own.

Think about it this way, would you want to spend most of your time sitting alone in your room or would you rather have a wee blether with Mary from three doors down about who got kicked out the Rovers Return this week? We're sure it's the latter so, if you knit or know anyone who does please get involved with this year's Big Knit Campaign! You can have a chat and a cuppa while making some lovely little hats that will ultimately help support groups like Forever Young across Scotland.

Find out more about the Big Knit on the Age Scotland website at www.agescotland.org.uk.

If you know anyone in the Renfrewshire area who would like to join Forever Young, contact them on **01505 328864** or email Sally: sally.logan@renfrewshire.gov.uk.



Stay Mobile

Stay Connected!

We hear from Age Scotland Member Group Roar on their latest campaign.

At a time when the public purse strings are tightening, we spend £1.3 million pounds every day treating older people who have suffered falls and health damaging loneliness - conditions which could have been prevented.

Not only is this scandalous in these days of austerity, what's even more shocking is many thousands more older people will become imprisoned in their own homes as a result of the failure to invest in community safety and early intervention.

Stay Mobile Stay Connected is a national campaign designed by people in their 70s, 80s and 90s and supported by a group of professionals to change the attitudes of politicians, the public and their peers.

Don't Let Your World Shrink Down To A Chair is one of the animations the older people have produced, highlighting the fact that with early intervention, help and on-going encouragement, becoming housebound can be avoided, or at least significantly delayed.

National policies aim to keep older people at home or in a homely setting. However we think the ambition should include keeping them in their communities.

We live in a society where increasing numbers of people live alone and 'half of people over 75 say their main form of company is their telly or pet'.

What if we could help people to become more mobile and connected so they don't solely rely on people coming to them? The good news is – we can!

Our assertion is that if we want to tackle the growing problem of loneliness and isolation in older age then we have to start investing in strategies that enable people to stay on their feet and get out into their communities and have worthwhile places to go to meet up with others.

Stay Mobile Stay Connected is also a service model that we deliver in Renfrewshire, where Roar is based. The key to helping someone to stay or regain physical, social, cognitive, digital and logistical mobility is to understand what issues they are facing in their lives and to find what purpose they feel will help them find the motivation to keep going.

The support is designed around the person within the scope of what we can deliver or help them access. This includes evidence-based falls prevention assessments and exercises, toenail cutting clinics and a wide spread of social activities.

Looking at the bigger picture, as a society we need a massive shift in public funding. We need to invest in things like the transport system, street lighting and maintenance, access to public spaces for communities to meet, funding for community projects to tackle social isolation, and we need a change in public and professional attitudes. As another animation highlights, **Prevention Is Better Than Cure...and Cheaper**. We love our NHS but we need to recognise that not every aspect of life is best tackled with a medical solution.



Annie Love from Glasgow taking part in Body Boosting Bingo

BODY BOOSTING BINGO: AT HOME OR ON THE GO

This unique twist to exercise, created by Age Scotland, is all about having fun with others while staying active. The experience is made even richer by our Allied Health Professionals, Jenny Ackland and Yolanda Strachan, who lead the sessions with their humor and encouragement.

Jenny Ackland said, “It’s important to see mobility as fun and play. When we enjoy what we do, we’re more likely to make time for it in our daily life. Strength and balance is in everyone’s reach. If you can move and get out – it can change your world.”

Why it’s important

At Age Scotland, we believe strength and mobility is within everyone’s grasp. Maintaining strength and balance as you age is vital to help you avoid falls and frailty in later life. Activities like Body Boosting Bingo help you maintain an active and mobile life.



How to play

Each game randomly generates the bingo numbers. Every number comes with a specific movement set to music that you can do in your chair or standing up. You must complete the exercise before you mark the number off your bingo sheet.

Through the years, we’ve shared Body Boosting Bingo with Age Scotland member groups and community groups around Scotland but we wanted to create a more accessible product that our members could enjoy at any time or place.

Take part for free

We have three new versions of the game: a DVD, digital download and a pocket game. So no matter where you are, you can play with your community group, family, friends, carer or at home by yourself.

The DVD and digital download include videos of our Allied Health Professionals demonstrating the seated and standing exercises so that you can follow along. The pocket game comes with easy-to-follow instructions on both the seated and standing versions, and a 30-sided die to generate a number for you.

We’re offering these new versions of Body Boosting Bingo for free to all Age Scotland members. Phone our helpline on **0800 12 44 222** to have a DVD, digital download or pocket game sent to you.

FINDING YOUR CREATIVE OUTLET IN LATER LIFE

Creativity is not just for the young. More and more people are discovering new creative hobbies and interests in later life. In her guest article, Advantage reader Barbara Tropp shares with us how she discovered her passion for creative writing.

It was in 2008, aged 63, when I began to write. To be precise, the month was October, after I had discovered that my husband was a pathological liar and a man without a conscience. My marriage of seven years had been a sham.

For many years before I had been talking to friends about wanting to write a book but did not have a subject. Now I had one, and I began to write. 'My Gorgeous Wee Wife: An Unbelievable Marriage' was the title I chose for my memoir. I have always loved words and I revelled in choosing just the right one and watching my book grow. I had discovered the sheer joy of being creative; being totally immersed in the process of writing and loving it.

Four years later I began to write poetry; a totally out of the blue moment. It was a gathering force within me, providing infinite pleasure. This discovery in later life amazed me and added so much to my being. However, I realised that in order to develop I would need to be in a creative environment with like-minded people.

My first encounter with the University of Strathclyde was in 2005, when I retired, and I enrolled in some classes from the Daytime Programme in the Centre for Lifelong Learning. This was one of the obvious things to do in retirement as I enjoyed learning. I had chosen well.

The Programme is aimed at those aged over 50 and is unique in Scotland. There is a huge variety of classes ranging from Creative Art to Wine Appreciation; Genealogy to Modern Languages; History to Literature; the list seems endless.



Barbara Tropp

The website www.strath.ac.uk/studywithus/centreforlifelonglearning/ provides lots more information. The Office number is **0141 548 2116**.

In 2012 I enrolled in a Poetry Class. This was a very important milestone in my writing as I was in a creative environment, sharing my poetry, listening to others and getting feedback. Two years later I enrolled in a Creative Writing Class where I began to write short pieces of prose. A further, very important step in the development of my writing and increasing self-confidence.

Recently I joined a newly formed Creative Writing Club, one of the 16 Clubs under the aegis of the Learning in Later Life Students' Association (3Ls), which will be celebrating its 30th Anniversary during 2018/2019. More information about the Association can be found at: **3ls.website**. There are currently 1200 members.

I am a devotee of the Learning in Later Life Classes and a staunch member of the Learning in Later Life Students' Association. Both continue to enhance and enrich my life. I look forward to keeping my creative essence alive in a nurturing environment and many more years of learning, socialising, and a deep feeling of well-being.

.....

If you'd like to try a new hobby, the Age Scotland Community Connecting service can help you find out what's on in your local area. Call us for free on **0800 12 44 222** (Monday to Friday 9am – 5pm).

Age Co Products and Services

Designed for the over 50s

- ✓ Home Insurance
- ✓ Car Insurance
- ✓ Travel Insurance
- ✓ Funeral Plans
- ✓ Legal Services
- ✓ Equity Release Advice Service



Call **01634 578 085**



Visit www.ageuk.org.uk/scotland/products

Donations to Age UK's charitable work from Age Co sales are expected to reach £3 million each year



Age Co is the new name for Age UK products and services

Age Co Home, Car and Travel Insurance are administered by Ageas Retail Limited.

Age Co Funeral Plans are provided by Advance Planning Limited, a subsidiary of Dignity plc.

Age Co Legal Services offers legal advice and support through Irwin Mitchell LLP.

Age Co Equity Release Advice Service is provided by HUB Financial Solutions Limited, and available to those aged 55+.

Age Co Home, Car and Travel Insurance were previously sold under the trading name Age UK Home, Car and Travel Insurance.

Age Co Funeral Plans, Age Co Legal Services and The Age Co Equity Release Advice Service were previously sold under the trading name Age UK Funeral Plans, Age UK Legal Services and The Age UK Equity Release Advice Service.

Age Co insurance and Equity Release products are authorised and regulated by the Financial Conduct Authority.

Age UK Enterprises Limited trades under the trading name Age Co. Age UK Enterprises Limited is a trading subsidiary company of Age UK (registered charity, no. 1128267) and donates its net profits to Age UK.

Products offered by Age Co Insurance Services are arranged by Age UK Enterprises Limited and arranged and administered by Ageas Retail Limited, both of which are authorised and regulated by the Financial Conduct Authority. Age UK Enterprises Limited Registered office: Tavis House, 1-6 Tavistock Square, London, WC1H 9NA. Registered in England and Wales 3156159.

ACOSE2945VIAPR19



Nan and Betty - regular Ripple attendees | The Ripple hosts Musical Afternoons

Ripple

Lochend, Edinburgh

When we arrive at the Ripple Project, around 40 older people are singing and dancing along to a Tom Jones classic. Performer Liz - a regular act at the Ripple and favourite among attendees - cracks jokes between songs and after a few more tunes and a big applause, everyone makes their way through to the café. Tea and coffee orders are noted, friends help those less mobile among them into their seats and the chatter gets louder as everyone settles in.

This is the Friday Club and they come together - you've guessed it - every Friday to have a blether and take part in the social activities put on that week. This Friday was a 'Musical Afternoon' but there's a whole range of things on offer from craft workshops to computer classes to day trips out.

The Friday Club is just one of the great services offered by the Ripple. Based at the Lochend Community Hub in Edinburgh, there is a wide range of projects for young and old, all designed to help local people to help themselves. All activities have been developed in response to the issues faced by the local community, supporting people to socialise, try new things and get more active.

Volunteers are the lifeblood of the Ripple and, alongside a small staff team, they support the delivery of the projects. We spoke to Moira who has been a volunteer at the Ripple for five years. Not long after her husband passed, Moira popped in for a coffee one morning and was encouraged to volunteer. Initially just helping out in the café, Moira is now involved with the lunch club, a computer class and even some of the entertainment. She is known for her dressing up, having starred as both Marilyn Monroe and Shirley Bassey! Moira told us it has made a huge

difference to her life to be able to come and volunteer with the Ripple. She told us enthusiastically about how she likes chatting with the 'older, older folk' and how she actively encourages people to get involved, particularly those who may be more hesitant or shy when they first come along.

We also spoke to Nan and Betty (pictured above) who are Friday club regulars. These ladies first came along to the Ripple after hearing about it from a friend and say they've never looked back. "We look forward to it every week. Everyone here is so friendly" says Nan. "It's changed my life, couldn't do it without it now," Betty added. "We are old, but we don't class ourselves as old, long may we be able to come. It's given me a new outlook on life."

Following plenty of tea and biscuits, the raffle kicked off. After a few numbers were called one lady shouted, "yer no shaking the bag enough, aw they tickets are high numbers!" Her heckling seemed to pay off as two turns later she won a pair of brand-new fluffy slippers! Every winner was applauded enthusiastically.

There is a real sense of community and friendship at the Ripple and it was a pleasure to find out more about the positive impact they are having in Lochend, Restalrig and Craigenfinny.

Find out more about the Ripple on their website rippleproject.co.uk or calling **0131 554 0422**.

.....

Would you like us to do a spotlight on your member group? Get in touch! Just email advantage@agescotland.org.uk or call us on **0333 32 32 400**.

MEN'S SHEDS UPDATE

Men's Shed in Scotland: demonstrating their impact

Age Scotland have been working in partnership with: the Scottish Men's Sheds Association, Glasgow Caledonian University, Community Ownership Support Service and the Scottish Government's Community Empowerment Team. Together we have delivered events to key players in community empowerment. The workshops helped to evidence how men's sheds are enabling local authorities to deliver Scottish Government National Outcomes including:

- Environmental sustainability
- Equalities
- Inclusive, empowered, resilient and safe communities
- Lifelong and life wide learning
- Cultural creativity and diversity
- Healthy and active citizens

The public and voluntary sector leaders came away with a greater recognition of the difference men's sheds are making in tackling loneliness and isolation; helping older people be as well as they can be; and



There's lots going on at the Barrhead Men's Shed!



South Scotland Regional event at Moffat Town Hall

providing positive views of ageing and later life. Public bodies, particularly local authorities, were encouraged to consider transferring their empty or underutilised buildings to men's sheds. The shedders have a rich and varied skill set and a wide network of contacts at their disposal. The shedders' problem-solving skills and solutions-focussed way of working coupled with their building, engineering and construction skills makes them uniquely placed to maintain the fabric of public buildings. These properties can then be turned into dynamic and valuable resources for the community. Local authorities can build on the human and social assets within sheds by providing physical assets, in the form of premises. These can be signed over to be owned or leased by men's sheds at a peppercorn rent. This support recognises that men's sheds bring social value to their communities. Research from the Scottish Men's Shed Association shows that for every £1 spent on the Westhill Men's Shed in Aberdeenshire there was a return of £9.34 in terms of health and social care and community learning outcomes.

The event was hosted in the West of Scotland by Barrhead Men's Shed; in the East by the Men of Leith Men's Shed; and in the South by Moffat Men's Shed.

In November and January, Barrhead and Macmerry Men's Sheds celebrated their fifth anniversaries with birthday cake and the screening of films Age Scotland made to show the impact the sheds are having on shedders, their families and their community. The films were produced as part of Age Scotland's Scottish Government Equality Fund project - The Shed Effect: Multiplying the effect of Men's Sheds in Scotland; and, the Charity's Heritage Lottery Fund project - Speaking Up for Our Age, which celebrates the history and development of national and local older people's groups and organisations in Scotland, 1943-2018. The films can be viewed on the Age Scotland website at www.agescotland.org.uk.

Introducing Graham Reece, Age Scotland Regional Ambassador

My name is Graham Reece. I have been an Age Scotland Regional Ambassador for 3 years and I enjoy it immensely.

I find it especially rewarding visiting the member groups in the areas I cover which is Clackmannanshire, Stirling and Falkirk, commonly known as the Forth Valley.

In October last year I was both surprised and honoured to be asked to become the chairman of Age Scotland's Membership Steering Committee (MSC) - a daunting prospect when considering the past holders of the position and that the post entails joining Age Scotland's Charity Board and becoming a trustee of the charity.

One of my first jobs as Chairman was to help choose the recipients of the Age Scotland Festive Grants programme along with Jeanette Pieper, a fellow Age Scotland Regional Ambassador. We were delighted to be able to provide assistance to members in Glasgow and Edinburgh organising something special for older people at Christmas time.

The care and dedication of the people and organisations involved in organising the events is just outstanding. One of the groups we awarded funding to was The Prentice Centre Happy Club in Granton, Edinburgh. Around 30 people attended the party which started with Christmas lunch being served by catering students from Craigroyston High School. The students also provided homemade mince pies and shortbread which they had made earlier that day. After lunch there was music and entertainment and a visit from Santa. A few of the members could not attend due to ill health but the following week they were visited with some gifts to ensure they still felt part of the Happy Club.



I was later involved in the panel choosing the winners of the 2019 Age Scotland Awards. I was delighted to celebrate their efforts at the National Conference in Glasgow on 20th March, along with other Age Scotland members and invited guests.

Apart from my role with Age Scotland I am a board member and trustee of Clackmannanshire Third Sector Interface and chairman of Clackmannanshire Community Transport Association. I am a member of Clackmannanshire Older Adult Forum as well as Clackmannanshire Dementia Forum and sit in on the meetings of the Health and Social care Integrated Joint Board.

One of the things I am involved in which gives me great satisfaction is the Forth Valley Men's Shed. It's so rewarding seeing the difference it can make to guys' lives after retirement or bereavement just talking to other guys, enjoying a laugh and working on projects they never thought they could do.

I'd be glad to have a chat with any member who is interesting in becoming an Age Scotland Regional Ambassador.

You can get in touch with Graham via Age Scotland: **0333 323 2400**
members@agescotland.org.uk

Recognising the impact of older people's groups

West Lothian 50+ Network highly commended!

Age Scotland recently recognised the impact and accomplishments of the West Lothian 50+ Network over the last 25 years.

Originally established 25 years ago, with just 33 members they have grown exponentially and now have 38 activity groups and have over 400 members, right across West Lothian.

The origins of the network are rooted in 1993, the year that the European Parliament designated the "Year of the Elderly and of Solidarity between Generations". At that time, current network Vice Chair Jim Dixon was a community worker with West Lothian Council and together with a colleague he was asked to set up a local project involved in taking a group of people aged over 50 to the European Parliament in Strasburg. The whole experience proved so successful that 33 of the representatives decided to stay in touch and a network of older people's organisations in West Lothian was born.

With 38 groups including Sing & Swing, the Ukelele group, the Weekenders, Nattering Needles, Mah Jong and Book and Blether there is literally something for everyone! In addition, the network organise a monthly meeting for all members, day trips, holidays, concerts, dinners and other events throughout the year.

This year will be especially busy, with birthday celebrations including a 5 day city break to Seville, day outings, taking part in the Bathgate Procession, tree planting as part of the Bathgate Beautiful Scheme and a host of other activities.



West Lothian 50+ Walking Group at the top of Arthur's Seat

With so much going on, the network's committee of 12 are permanently, busy and life is not without its challenges. Managing and funding an organisation this size is no easy task, but with the committee and group volunteers dedicating their time and expertise for free the network has an immense impact on the residents of West Lothian.

Regularly surveying their members, feedback from network participants shows just how important the network's role is. One participant said "A few years ago I was not in a good place, I had lost a number of friends and family and was pretty lonely. A friend suggested I join the 50+ Network, now I would not like a life without it!"

The network recently lost its funding from West Lothian Council however, Anne Webster, Network Convenor, remains upbeat and says that this was just one more challenge to overcome and they would just have to work harder at sourcing alternative funds.



Hurlford Age Concern committee receiving commendation certificate

Never mind the weather...

On a Wednesday afternoon, as the clock strikes 1.45pm the sing a long starts. Every week between 100 and 125 older people come together at Hurlford Age Concern to enjoy an afternoon of socialising and entertainment with their friends. Formed in 1989 the group provides its 164 members with a weekly socialising opportunity, annual outings, trips to the pantomime, quarterly dinners, tea club, knitting, indoor bowling and much much more.

Running for 44 weeks of the year the group provide something different every week to ensure that the needs of their members are met. Two years ago, the committee were approached by members and asked to provide some activities during the summer months when the group was normally closed. Many members shared that they missed the groups' activities and were feeling increasingly lonely.

In response the group set up the summer club, which sees outings and dinners organised during these months for members to come together. An Annual Blackpool holiday also sees 60 members have the opportunity to enjoy a week of fun and allows those who wouldn't be able to go on holiday themselves the opportunity to do so with friends.

Age Scotland recently recognised Age Concern Hurlford for their services to older people over the last twenty years.

Running for 44 weeks of the year the group provide something different every week to ensure that the needs of their members are met.



**UNFORGOTTEN
FORCES**
Supporting Scotland's
Older Veterans

How together we're helping older veterans to love later life

This summer Age Scotland's Veterans' Project, and the Unforgotten Forces partnership to which it belongs, will be two years old. Collectively we've clocked-up almost 6000 instances of support for older veterans and their families. Here are some highlights.

Between January 2018 and end February 2019 the Age Scotland helpline took enquiries from 1247 older veterans and 437 older veterans' dependants. We ran benefits checks for many, identifying a total of £84,905 in unclaimed entitlements.

Unforgotten Forces pledges that a veteran approaching any one partner can access support from them all without having to tell their story twice. So when Tom*, a veteran in his nineties, contacted the helpline with a complex enquiry we were able to draw on strong links we have formed with our Unforgotten Forces partners and other veterans' organisations.

Tom had previously read and enjoyed our Veterans' Guide to Later Life in Scotland. Prompted by an advert in his local paper he called to request a copy of our new Housing for Older Veterans in Scotland guide. He had wanted to move house for some time. He felt isolated and wanted to be around more people, ideally other veterans, but money and some mental health issues had made him believe it wasn't possible.

Following excellent advice from Poppyscotland, we referred Tom to SSAFA, the Armed Forces Charity, to look at ways to fund practical help with a house move. Legion Scotland is putting in place support volunteer visits to address his feelings of isolation, and Veterans First Point will help him explore his housing options, ensure his mental health needs are met, and provide additional social opportunities. Tom was grateful for our help and feels much more positive about his situation.



Partnership-working has enabled us to publish a suite of advice guides. For instance our Combating Sight and Hearing Loss guide, which informs older veterans about the signs of sensory loss and available support, was only possible thanks to the expertise of Action on Hearing Loss Scotland and Scottish War Blinded. Our guides are available free from the Age Scotland helpline on **0800 12 44 222**, or by email at **publications@agescotland.org.uk**.

The Veterans' Project also spreads the word about Unforgotten Forces and how together partners can help older veterans and their dependants. Such as the four Russian Arctic Convoys veterans, all in their nineties, who had a three-day trip to Gairloch for a commemoration ceremony funded by Poppyscotland's Break Away service, with transport courtesy of Fares4Free. And the veteran with a temporary visual impairment whose wife, having a degenerative neurological condition, faced problems supporting him in hospital. SSAFA and Fares4Free took care of transport to hospital, Defence Medical Welfare Service, provided one-to-one support during and after treatment, and Poppyscotland arranged a holiday for the couple on his return home.

Around one in ten people in Scotland belong to the veterans' community, and two thirds of adults within it are aged 65 and older. That's a huge number of people entitled to, but often missing out on, extra help for challenges later life can bring. To find out more you can call the Age Scotland helpline on **0800 12 44 222** or visit **www.agescotland.org.uk/veterans**.

*Names have been changed



Update from our Early Stage Dementia team



We're delighted that our Dementia Awareness Workshops have remained popular, with our team delivering more than 60 sessions to over 750 people since October last year. If you would like your group to receive a free dementia awareness workshop, please do get in touch using the details below.

We have also been doing a lot of work around what makes a community age and dementia inclusive. This project saw us working in partnership with a number of Age Scotland member groups, dementia friendly communities and the broader older population. Many issues were of equal importance to older people and to people affected by dementia. One of the main underlying themes that cut across age and dementia communities and our findings was accessibility. This included:

- Accessible transport to enable people to attend appointments or go out in the evening.
- Having enough benches in public spaces to enable people to comfortably and safely enjoy their local outside spaces.
- Limited accessibility to services due to closures of public toilets, banks and post offices.

- Access to information regarding opportunities to volunteer and be involved in intergenerational activities.
- Information that was accessible in appropriate formats, e.g. larger font.

We are pleased to announce that we have produced a toolkit and a board game based on our findings. The toolkit gives guidance on what you can do to make your community more inclusive. The board game is available exclusively to Age Scotland members and provides a fun, interactive way of discussing your local community and how to take action when faced with challenges in your community. We have created this game to encourage people to have conversations about their community, about what you like and don't like, and start a discussion about how you can make our communities more age and dementia inclusive.

If you would like to receive a copy of the game and report please do get in touch on **0333 32 32 400** or email **ESDTeam@AgeScotland.org.uk**.

Photo: our Age and Dementia Inclusive Board Game available is available to Age Scotland members

Where our fund-raised income comes from

Gifts in Wills

Enormous gratitude is owed to the many individuals who've left gifts in their Wills to Age Scotland – marking their belief in our work. Over £1 million per year has been gifted in recent years. But it's obviously not a dependable income source which is why we need to build others, below.

Public and Private Funders

Trusts, Foundations, Scottish Government and other public funders enable impactful work to take place, enriching older people's lives. Their financial support, and belief in our ability to deliver, means that we're meeting needs in many ways, most recently in the areas of Independent Living, Age Inclusion at Work and Dementia Awareness and Inclusion. Recent grants from funders, large and small, have ranged from £2.5 million over five years to single grants of £1,000. We'd particularly like to acknowledge the generous support of Life Changes Trust · Lottery Heritage Fund · National Lottery · Robertson Trust · Scottish Government · Voluntary Action Fund.

Individuals

A small number of significant gifts have been received from generous individuals with a philanthropic heart. We're also fortunate to have a loyal group of regular donors who have given faithfully over a number of years – creating an annual income of around £100,000.

Thank you one and all.

Corporate Partners

Support from organisations is growing. They're contributing in a number of ways – donating a proportion of their annual profits; adopting us as their charity of the year; fundraising through staff-led events (some with match funding); sponsoring awards at our national conference; offering public collection-can opportunities; and highlighting our charitable services to their staff and customers. We'd like to acknowledge recent support from Autumn Voices · BNP Paribas · Brodies LLP · Congregational Federation Scotland · Department of Work and Pensions · Dollar Academy · Edinburgh Airport · Effingee Productions · Hermia Community Energy · Ineous Power Station · Morton Fraser · National Theatre of Scotland · Oakhouse Foods · Peak Scientific · Ross and Liddell · Royal Bank of Scotland · Sainsburys · Santander · Scottish Indoor Bowling Association · Scottish Water · Solicitors for Older People · Solicitors for the Elderly · St Margaret's School for Girls, Aberdeen · Total · Turcan Connell · WS Society ·

Community Fundraising

With increased public awareness of an ageing population, loneliness, and the need for age inclusion, we're seeing wider participation in sponsored challenge events to raise funds for Age Scotland. This means that our Community Fundraising work is an important means of public engagement, generating around £60,000 this year.

.....

To offer or discuss support, please call or **Stacey Kitzinger** on **0333 323 2400** or email **fundraising@agescotland.org.uk**

Thank you.



SCOTTISH
FIRE AND RESCUE SERVICE
 Working together for a safer Scotland

Staying safe and well at home

Age Scotland and the Scottish Fire and Rescue Service (SFRS) are working in partnership to highlight the dangers householders face from fire, and to provide information on how these can be reduced.

Deputy Chief Officer (DCO) David McGown, the SFRS's Director of Prevention and Protection, said: "Fires within the home can develop quickly and they can be fatal while others can cause injury. They can also devastate homes and result in the loss of precious family items that can never be replaced.

SFRS routinely attend fires within the home and we see the consequences of such incidents. So, while we can fight fires we believe that prevention is key - and we will make every effort to stop them from happening in the first place."

There are over 5000 accidental house fires in Scotland every year. Cooking is the number one cause of these. If you're distracted or have left the cooking on to go and do something else, fire can spread very quickly. Very often it is when people are tired, under the influence of alcohol or on medication that a cooking fire results in someone being injured or killed.

Over the last five years three-quarters of preventable fire deaths in Scotland were people aged 50 years or over - and almost a third of people injured through fire were aged 60 or over.



DCO McGown continues "We are determined to drive down the number of house fires in Scotland. Many house fires in Scotland could be prevented by taking a few simple steps. Too often people are injured or killed by fire when, for example, working smoke alarms could have prevented a serious fire. Our staff are working in the community every day providing advice and assistance as well as fighting fires. By working in partnership we can make a difference."

SFRS offer a free Home Fire Safety Visit (HFSV) service. The visits only take around 20 minutes and help householders spot possible fire hazards and make sure that their home is safer. Firefighters also help residents plan what to do if fire does break out, provide essential information about smoke, heat and carbon monoxide alarms and identify any other agencies who could provide useful support.

You can cut out the chances of a fire happening in your home by booking a HFSV, or if you know a person who could be at risk, then please tell them about our service or call us to see how we can help.

To request a free home fire safety visit for yourself, or someone you know, call **0800 0731 999** or **text 'FIRE' to 80800** or visit **www.firescotland.gov.uk**.

The website also contains further information and guidance on fire safety.



COMMUNITY CONNECTING

I really appreciate your input. I always thought I'd be too old for this sort of thing. But if I can be of use to somebody, than I am more than happy to help.

Caller who took up volunteering

The Community Connecting Service has made a huge difference to my day-to-day life

Caller who started attending local computer classes

I really feel part of life now

Caller who joined his local Men's Shed

Whatever your interest, we can help you find local groups and services. It's free to call. Contact the Age Scotland Community Connecting service today.



It all starts with a phonecall

0800 12 44 222

Monday to Friday 9am – 5pm