

# Spring/Summer Newsletter

Issue 2

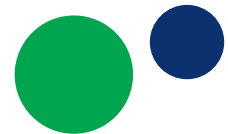
**Welcome to our Spring/Summer 2019 newsletter!** We're delighted to be able to share some of our latest news with you.

2018 was a very special year for Age UK Horsham District - everything we did was done with a sparkle! We celebrated our 60th Anniversary as a charity that has been working locally and supporting thousands of older people to love later life. Our goals for the year were to: celebrate our successes, promote our services and raise money and we have achieved all three of these goals.

**Celebrate** - we hosted 6 celebratory activities during the year and 8 events for older people and these just like our services took place across the district and we want to thank all our partners for joining us at those events;

**Publicise** - we have had a promotional activity every week of the year and there have been nearly 60 of them (57 in fact);

**Fundraise** - our team of staff, volunteers, Trustees, clients and community groups have hosted or supported 20 fundraising events and we have raised more than our £60,000 target!



I'm always proud of our team of staff and volunteers, but particularly so this year for all their hard work.

Happy reading!



## Are you following us on Social Media?

Join over 2,000 of our supporters who receive regular updates from across our organisation via Facebook or Twitter:



[AgeUKHorshamDistrict](https://www.facebook.com/AgeUKHorshamDistrict)



[@AgeUKHorshamD](https://twitter.com/AgeUKHorshamD)

P.S. We'd love to hear your thoughts on this newsletter -

# Ellen and Julia's Story

Loneliness is one of the key issues that the team of staff and volunteers at Age UK Horsham District try to tackle - over 1 million older people in the UK say they always or often feel lonely and loneliness is fast becoming a serious public health concern, with research suggesting it can be as bad for one's health as smoking or being morbidly obese. Our Visiting Service is just one of the ways we do this; the service matches a volunteer to a lonely older person, who then makes regular visits to offer friendship, social interaction and support.

"I felt quite low after my husband died, I had nursed him through cancer. We'd had an active life together, an interest in light aircraft and we were keen members of the Caravan Club. I used to attend the WI and local history group but found it difficult to return after being widowed. I started having difficulties with my knee and was beginning to find myself quite isolated.

My GP put me in touch with Age UK Horsham District's Visiting Service and their Co-ordinator, Yvonne, introduced Julia to me as a possible regular visitor. Julia now visits me regularly and we have a lovely time chatting, going out for coffee and visiting garden centres - I do so look forward to her visits. Her visits have helped me re-connect with local friends and groups and I feel so much better. Thankfully my knee has improved and I have better mobility, I feel now that I would like to visit someone locally who is housebound and isolated for a cup of tea and a chat."

*Ellen*



"Having spent many years working in an environment 'controlled' by computers, I realised that I missed contact with people. I decided that a good start on the road to new experiences and perhaps 'putting something back' into society would be to volunteer as a Home Visitor with Age UK Horsham District.

After my application and DBS was completed my first role was to visit a local lady, who had been referred to Age UK Horsham District as someone who would perhaps benefit from a Home Visitor. From our first meeting, we got on really well and over many months, have built up a great friendship over plenty of cups of coffee! I have thoroughly enjoyed getting to know a new friend and it has also encouraged me to get more involved with Age UK Horsham District."

*Julia*

## Is there such a thing as a typical day at our Lavinia House social club...?

On arrival, there's coffee, biscuits and a chat with friends. For new guests **we offer a free trial day**, giving people a chance to familiarise themselves with the Club, make friends and join in with a variety of activities. They are introduced to our team of staff and volunteers and the day's menu is discussed - there's a variety of choice and we can accommodate any allergies or food preferences.

During the morning you might; peruse and discuss the newspaper articles, complete a word search or crossword, play various table games, there will also usually be a seated exercise session or if preferred, an art session in our Rainbow Room.

Lunch is a social affair in our **Garden View Café** (open all day), where a selection of hot and cold meals, drinks and snacks are available to purchase. If it happens to be a birthday lunch may be accompanied by a glass of sherry or piece of cake - we love to celebrate birthdays!!

After lunch there's lots more activities to choose from to get involved with; art, baking, bingo, craft work, French, active games, quizzes and around two or three times a month there's an outing to a local place of interest.

Before leaving, any new guests are asked to complete some paperwork and are given a **Welcome Pack** which will include a copy of our Activity Menu, which details the regular activities that happen on each day of the week. It also includes details of our charges, up to a total of £11.00 per day\*.

Finally, as our guests prepare to leave we enquire about what they have enjoyed doing during their day and invite them to make a booking for their next visit.

**And so ends another busy, but enjoyable, day at Lavinia House!**

\* Please note our charges are subject to change.

If you or someone you know is over 50 and looking for that little bit of extra support, please contact us email [info@ageukhorshamdistrict.org.uk](mailto:info@ageukhorshamdistrict.org.uk), visit [www.ageukhorshamdistrict.org.uk](http://www.ageukhorshamdistrict.org.uk)

For over a million of the oldest people in our country, television is their main form of company. Right now, that's under threat - the BBC is considering removing the right to free TV licences for the over 75s. Our partners Age UK (the national charity) are campaigning to save free TV for older people.



Removing older people's access to TV would be an unthinkable cruel blow when many are already facing huge challenges. Half of all over 75s are living with a disability, and many rely on their TV for companionship and entertainment. For those who don't have the internet, TV lets them stay up to date with what's happening in the world.

Nearly a third of over 75s are living in poverty or just above the poverty line. Paying a hefty extra bill would simply be impossible when they're barely scraping by as it is.

Age UK's research shows that more than 2 million over 75s will have to go without TV or cut back on heating and food if free TV licences were scrapped.

Together, we can try and lobby the Government into taking back the responsibility for keeping TV free for the oldest people in our society. Please consider signing Age UK's petition - at the time of writing they had nearly 80,000 signatures and are aiming for 100,000.

Google 'Age UK TV licence campaign' and follow the link on the Age UK website to 'sign the petition' or contact us and we will send you a paper copy of the petition to complete and return.

## A new role to support the Broadbridge Heath area



We are delighted to have been awarded funding from and be able to build on our existing relationship with Broadbridge Heath Parish Council. From 1st April 2019 a new member of staff will join our team in the role of Village Agent Broadbridge Heath.

Village Agents can often identify those, who due to their circumstances, may be reluctant to engage with the community and are therefore hard to find but may be known to people such as the postman or shop keepers for example. They open another door to our specialist services closer to where older people live, and therefore their work in identifying lonely and isolated older people often involves referring them on to our (or our partners) other services.

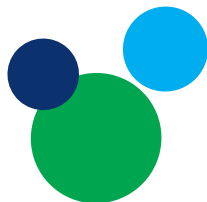
The Village Agent for Broadbridge Heath will work for 10 hours per week and will aim to achieve these outcomes in their first year:

Work with 72 older people from the area, at least 25% of whom will report feeling less lonely and isolated, as a result of accessing a wide-range of information and practical support services;

Greater numbers of older people in the area will report a feeling of improved psychological, financial and physical well-being - as we increase our casework and signposting activities by 20 through our Community Officer Team

**We will recruit 3 new local volunteers from the area**

Age UK Horsham District is a charitable company limited by guarantee and registered in England and Wales. Registered Charity Number 1085988. Company Number 04169358. Registered Office: Lavinia House, Dukes Square, Horsham, RH12 1GZ





## Staying cool in a heatwave

Most of us will be looking forward to the warmer weather and feeling some sun on our faces. But it's important to be prepared for hot weather as high temperatures can be dangerous to your health.

**The sun and skin health** - it's very important to ensure that your skin isn't exposed to the sun for long periods, as this can lead to sunburn and make you more susceptible to skin cancer. Protect your skin; use sunscreen of at least SPF 15, apply it generously and top up at least every two hours. If

you've been in water, reapply sunscreen when you are dry. A hat will protect your head, face, ears and eyes. Although it's important to protect your skin, some direct exposure to the sun is essential for the production of vitamin D. If you think you could be at risk of not getting enough vitamin D, particularly if you are housebound or cover your skin for cultural reasons, raise this with your doctor.

**Dehydration and overheating** - extreme heat and dry conditions can cause you to dehydrate and your body to overheat. It's important to eat a balanced diet to help your body replace any salt you lose by sweating. Aim to drink 6 - 8 glasses of liquid a day, and more if it's hot. You may also need to be careful if you're taking some types of medication that affect water retention. Speak to your doctor if you're concerned.

**Heat exhaustion and heatstroke** - the symptoms of heat exhaustion include headaches, dizziness, nausea or vomiting, intense thirst, heavy sweating and a fast pulse. If you have any of these symptoms you must, if at all possible; find a cool place and loosen tight clothes, drink plenty of water or fruit juice, sponge yourself with cool water or have a cool shower. Your symptoms should improve within 30 minutes. Heatstroke can develop if heat exhaustion is left untreated - it can also develop suddenly and without warning. The symptoms of heatstroke include confusion, disorientation, seizures and loss of consciousness. Heatstroke is a life-threatening condition. If you or someone else shows symptoms: call 999 immediately, or 112 if you are in the European Union (you can call 112 from a mobile for free), if you have a community alarm, press the button on your pendant to call for help.

## Reading Friends

Back in November 2018 we had some red carpet treatment, when one of our Lavinia House Club members, Elsie Phillips, and our Reading Friends Co-ordinator, Karen McCarthy, went off to the British Film Institute for the official launch of the Reading Friends Project.

We have been part of this project from the Reading Agency for nearly two years and they are opening it up to more groups across the country.

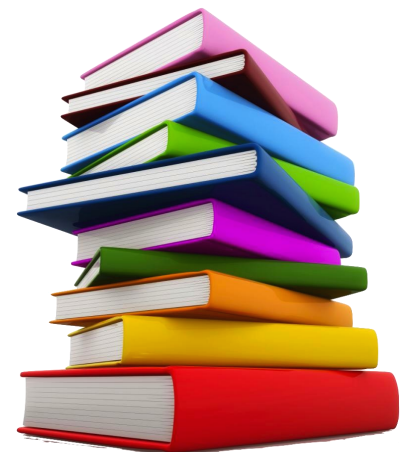
The launch included the premiere of the film "**Yarn, Natter, Blether**" which was largely filmed at our Lavinia House premises - fame at last! The event was attended by over 120, with representatives attending from a number of prestigious organisations across the UK.

Elsie found herself sitting next to the Poet Laurette for Wales! The speaker was the Executive Director for The Arts Council, England.

Karen was thrilled to see Age UK Horsham District get such a huge profile at the event, from the enormous photo boards of our reading group on display, to the significant mention we got from the Creative Director of the Reading Agency in her speech and the film which includes several minutes footage of our Reading Friends Group in Horsham - we certainly received a high profile at this exciting event.

Elsie described the occasion as "overwhelming - but in a good way!" Take a look at the film, which is on our website, and you will see some familiar faces...

Just go to [www.ageukhorshamdistrict.org.uk](http://www.ageukhorshamdistrict.org.uk) and click on Our Services, Day Club - it really is a great film!



If you or someone you know is over 50 and looking for that little bit of extra support, please contact us; call 01403 260560, email [info@ageukhorshamdistrict.org.uk](mailto:info@ageukhorshamdistrict.org.uk), visit