

# connect

*The Age UK West Sussex,  
Brighton & Hove Magazine*

*In this issue:*

*Keeping well  
this winter*  
and how Age UK  
can support you

.....

*Virtual  
fundraising*  
Help donate vital  
funds this season

.....

*Could you  
volunteer for  
Age UK?*  
We need you!

.....

*Festive friends*  
Find out how our  
befriending team  
can help!



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### How to receive Connect Magazine

If you would like to receive Connect regularly or simply want more copies, please let us know. We are always looking out for free distribution points at local businesses, shopping centres, cafés and coffee shops, doctor's surgeries and hospitals etc. If you can help, please contact us.

### Read online

You can view the latest magazine on our website.

### Write to the Editor

AUKWSBH Connect Magazine  
Suite 2, Anchor Springs, Littlehampton,  
West Sussex, BN17 6BP

If you see an article or picture you would like to copy or reproduce elsewhere, please contact the editor, Vicki Rayment by emailing [connect@ageukwsbh.org.uk](mailto:connect@ageukwsbh.org.uk) or calling 01903 731800

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## Love later life

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# Welcome!

**Welcome to our fabulous bumper issue of Connect, the magazine with a focus on later life.**

It's a packed issue, containing features on Older People's Day, virtual fundraising, as well as useful information on keeping warm this Winter and some obligatory festive fun!

While we always try to keep Connect upbeat and positive, Coronavirus continues to dominate our lives. As I write, we're about to head into another period of lockdown in England, where, as far as possible, we need to "Stay at home, protect the NHS and save lives." I know many people are really struggling at the moment, so wanted to remind you that we're here for you and if we can offer support, or a listening ear, please don't hesitate to get in touch via the contact details adjacent. We don't want anyone feeling they have to face things alone, especially at this time of year.

Our services are in demand more than ever right now and I'm so proud of how the team here at AUKWSBH has pulled together to be there for the most vulnerable in our society. We're hoping that in return, some of you will be able to be there for us! Pages 8 and 9 this issue covers a feature on fundraising and ways you can support us during the pandemic. Sadly, our income has been hit at a time when we're needed the most. If you're in a position to help, any donation, big or small, would be hugely appreciated!

Of course, we couldn't produce this issue without a mention of the holidays! Whether you celebrate Christmas, Hanukkah or just love the food and good cheer the season brings, there's something here for everyone.

**Sending you Season's Greetings from all of us at AUKWSBH, we wish you peace, good health and happiness! Best wishes,**

*Helen x*

**Helen Rice**  
CEO Age UK West Sussex, Brighton & Hove

# If you need help we are here

During this difficult time, we have continued to adapt the way we work, so we can be there for you when you need us. With our staff, and generous help of our supporters and volunteers we continue to meet the needs of vulnerable people across our communities in West Sussex, Brighton & Hove.

## We can support you with:

As a result of the Coronavirus Pandemic, all existing social and activity groups run by AUKWSBH have been put on hold until further notice but we have adapted the way we work so we can continue to be there when you need us. In short, we're here for older people, whatever they are facing, but our key offerings are:

- Telephone befriending**  
 Those who are feeling lonely or isolated shouldn't suffer in silence. We have a team of befrienders ready to make calls.
- Help at Home and Doorstep Deliveries**  
 We can deliver groceries, fresh meals (in selected areas) and essential medication to doorsteps, via our Help at Home Service. Emergency food parcels and doorstep visits can be arranged for those most in need.
- Emergency Welfare and Safety Support**  
 We can help the most vulnerable people with tasks such as cleaning, shopping and laundry, as well as offering respite for carers. This service is for those who would be at serious risk, if they did not receive urgent support.
- Home From Hospital**  
 This service can continue throughout lockdown, with the appropriate precautions in place.
- Information and Advice**  
 Our team can help with a wide range of queries, such as providing information on social care, housing and welfare benefits.
- Wellbeing support**  
 We can share information on healthy living, nutrition, hydration and exercises that can take place in the home or garden. We can also provide magazines and activities to ease the boredom while people are asked to stay at home.
- Tech advice from our 'Techno Team'**  
 If you need help using your tech equipment, like computers, tablets or smartphones, try contacting our Techno Team to see if we can help! Call us on **01903 731800** or email us: [technoteam@ageukwsbh.org.uk](mailto:technoteam@ageukwsbh.org.uk)



## If you need support:

If you are practicing social distancing or self-isolation and need support, or you are worried about a family member or friend AUKWSBH are here to help.

## Contact us:

 **01903 731800**

 [information@ageukwsbh.org.uk](mailto:information@ageukwsbh.org.uk)



## Never miss an issue!

Our monthly Connect magazine is full of information, advice and great stories to help people across West Sussex, Brighton & Hove to live well, independently.

Stay connected by subscribing to our magazine, and we'll send you our latest edition. **You can register by visiting the website for your area:**

 [www.ageuk.org.uk/westsussex](http://www.ageuk.org.uk/westsussex)

 [www.ageuk.org.uk/brightonandhove](http://www.ageuk.org.uk/brightonandhove)

 [www.ageuk.org.uk/horshamdistrict](http://www.ageuk.org.uk/horshamdistrict)



# How we can support you...

## If you need information or advice:

We offer information and advice to the over 50s on an incredibly wide range of subjects. A team of advisors and experienced volunteers can help with queries regarding:

- Welfare Benefits
- Housing Needs
- Health and Social Care
- Family and Personal Matters
- Leisure and Social Activities
- Money Advice
- Care Planning and Care at Home
- Advice for Carers
- Advising on rights

Might we be able to help you or someone you know? If so, please contact the Information and Advice Team on **0800 019 1310** or email [information@ageukwsbh.org.uk](mailto:information@ageukwsbh.org.uk)



## Information & Advice hot topics

### This month: Attendance Allowance benefits

Could this be you?

- You can no longer get in the bath
- When you get up in the morning you have to sit on the side of the bed before standing, you need to hang on to the bedside cabinet to steady yourself
- You have difficulty getting dressed
- You cannot stand in the kitchen to prepare food
- You stumble or fall
- You cannot walk up the stairs

If you answered yes to these questions you may be missing out on money that would help you pay for aids or care at home. Attendance Allowance is a disability benefit for people that have care needs. It is a non means tested benefit for people over pension age.

For more information, including how much money you may be entitled to or to find out if you may qualify for this benefit please contact us by calling **0800 019 1310** or emailing us at: [information@ageukwsbh.org.uk](mailto:information@ageukwsbh.org.uk)



## If you need emergency care support:

**Our Crisis Care Service provides temporary emergency support (in the Brighton and Hove area) when other services are not available.** It is a free short term support service available for up to 14 days following an illness, hospital discharge or you are finding it impossible to cope in a domestic emergency. The service can help support with various tasks including personal care, shopping for essential items and collecting prescriptions, quick/light meal preparation and 'comfort' calls after an accident or bereavement. The service is normally available for a maximum of 7 days only.

### Contact our Crisis Care team:

All Crisis carers are carefully selected, trained and supported. The service is CQC registered with a good Standard. To make a referral or more information call us on:

 **01273 328555**

**Please note:** Our Crises Care services are available in the Brighton & Hove area only.

# Leave a legacy this Christmas



**A gift in your will can help to ensure that older people in our communities continue to love later life.**

Every single gift is vital to Age UK West Sussex, Brighton & Hove and means that years from now, people in later life will have someone to turn to if they're feeling vulnerable, lonely and forgotten.

It's the reassurance that, when the time comes, our vital support network will be there to help with everyday needs, so people can continue to live with dignity and respect. It's a huge comfort to know we're just a phone call away. **That's why every single gift to us is so valuable.**

We promise that your gift, however large or small, will be spent wisely and make a genuine difference to lives of older people who need our help and support. At AUKWSBH we rely heavily on donations and legacies to ensure our services remain at the forefront for those in later lives, their families and carers.



In the coming years our services will be more vital than ever, because as a nation we are growing older. Your support of a gift will mean that many more people can go on and enjoy later life.

## Contact us for more information

To request information on how to make a gift to AUKWSBH in your will, please contact Claire Long on:

 01903 731800

 fundraising@ageukwsbh.org.uk



## Festive Friends – don't be lonely this Christmas!

When the Coronavirus pandemic began, we swung into action to tackle the loneliness and isolation of lockdown by offering befriending calls to older people living alone. Coronavirus restrictions, along with the challenges brought by reduced mobility or bereavement mean many people might be dreading a rather lonely festive period this year. That's where we come in!

We have a team of volunteers ready to pick up the phone and make regular calls to anyone who is missing company or who'd like a listening ear. It's a free service and we hope our team will be able to make a real difference, lifting spirits throughout December and beyond.

If you'd like someone to chat to, or you know someone who might, just call us on **0800 019 1310** between 9am – 5pm or email **information@ageukwestsussex.org.uk** and ask about befriending. We'll get you matched up with someone as soon as we can. It's a 'phone a friend' lifeline!

# Keeping well this winter...

## Offering you a winter warmer

Those of you concerned about the cold days ahead might be interested to know that we've just launched our Warm Homes programme, offering practical help and assistance to people worried about keeping warm this winter. We offer free benefit reviews, home energy checks and warm homes packs, including a hot water bottle, blanket and socks.

**Through the programme last winter, we secured additional benefits of over £675,000 for older people locally.**

This is money people were unaware they were entitled to, which enabled them to heat their homes without falling into poverty.



Free home energy checks are offered through our handy person service. We'll assess the energy efficiency of your home, give tips on how to save energy and where appropriate, install simple energy efficiency measures to help reduce your bills. We also have some oil filled radiators and warmer homes packs to distribute. In short, there's a whole range of practical help we can offer to potentially increase income, improve homes and help people stay cosy as the temperature drops. The Warm Homes programme is funded by E.on, Avro Energy, Octopus Energy and Shell Energy.

## Want to find out more?

To find out more, or to seek help to stay warm this winter, please contact us:

 0800 019 1310 (between 9am and 5pm)

 [information@ageukwestsussex.org.uk](mailto:information@ageukwestsussex.org.uk)



## This month's recipe: Gingerbread men

A well-loved seasonal treat for you...  
This easy recipe for gingerbread men makes great Christmas presents or decorations

### Ingredients (Makes 20)

- 350g/12oz plain flour plus extra for rolling out
- 1 tsp bicarbonate of soda
- 2 tsp ground ginger
- 1 tsp ground cinnamon
- 125g/4½oz butter
- 175g/6oz light soft brown sugar
- 1 free-range egg
- 4 tbsp golden syrup

### To decorate

- Writing icing and cake decorations

### Method

1. Sift together the flour, bicarbonate of soda, ginger and cinnamon and pour into the bowl of a food processor. Add the butter and blend until the mix looks like breadcrumbs. Stir in the sugar.
2. Lightly beat the egg and golden syrup together, add to the food processor and pulse until the mixture clumps together. Tip the dough out, knead briefly until smooth, wrap in clingfilm and leave to chill in the fridge for 15 minutes.
3. Preheat the oven to 180C/350F/Gas 4. Line two baking trays with greaseproof paper.
4. Roll the dough out to a 0.5cm/¼in thickness on a lightly floured surface. Using cutters, cut out the gingerbread men shapes and place on the tray. If making decorations, remember to use a skewer to make a small hole in the top of each biscuit.
5. Bake for 12-15 minutes, or until lightly golden-brown. Leave on the tray for 10 minutes and then move to a wire rack to finish cooling. When they are cool, have fun decorating!

## Looking after your health this season

It's never too early to start preparing for the Winter months. To help, AUKWSBH have created some handy information to help you plan for the colder, darker days.

### Keeping your body warm

Our bodies react to cold by directing our blood supply to our vital organs and away from our extremities. To keep our hands and feet warm it is important to keep our whole body warm. Some top tips to do this are:

- **Wearing layers** – Several thin layers of clothing will keep you warmer than one thick layer
- **Wearing a hat** – Most heat is lost through your head
- **Keep active** – Moving helps generate heat to keep your body warm and stimulates blood flow
- **Put your feet up** – Hot air rises so keep your feet on a stool, above floor level when sitting
- **Wear waterproof shoes** – Keep your socks and feet dry

## Tips to prepare for the Winter months

- **Keep an eye on the weather forecast**  
Make sure you have everything you need during any bad weather; check you have enough medication, stock up on some food to keep in the cupboards and have a torch ready at home in case of any power cuts.
- **Take extra care on slippery ground**  
Wear shoes with good grip and consider keeping salt and/or a mixture handy to grit paths.
- **Keep emergency numbers nearby**  
Having the number of your energy supplier can be really handy if there is a power cut.
- **Eating well**  
It is important to keep well nourished. Losing weight is not an inevitable part of ageing and unintentional weight loss in later life is a serious issue. If you have noticed anything unusual, speak to a health professional as you may be malnourished. During winter aim for at least one hot meal every day, as well as hot drinks throughout. If you have a small appetite, try eating small meals and snacks six times a day instead.

## Keeping your spirits up

It's not unusual to feel a bit blue in the winter months. When the weather is miserable and the evenings are darker it can be harder to get out and do the things that you enjoy. It's important to:

- **Keep moving** – Be active, even a little bit is proven to give you a boost so why not try some dancing – even it bit of leg movement to music on the TV!
- **Don't ignore your feelings** – If you've been feeling down for a while and it's stopping you from doing the things that matter, you don't have to suffer in silence. Share your feelings with a friend, family or your doctor.
- **Keep your mind active** – Pick a good book, do a puzzle, try some writing or taking up a hobby are great ways to exercise the mind. If you like to knit, why not help us with our Big Knit Campaign...?



## The Big Knit... Calling all knitters!

We are once again looking for all you keen crafters out there to help us with the next Big Knit campaign.

Could you help us make a difference by knitting some mini hats? The little hats will appear on Innocent drinks bottles and for every little hat we submit, Innocent drinks will donate 25p to Age UK. All money raised by our knitters will help to fund our vital work to keep older people warm and well. If you'd like to get involved, please get in touch!

 01903 731 800

 [events@ageukwsbh.org.uk](mailto:events@ageukwsbh.org.uk)





# Older People's Day fun!

October has been an extremely busy and fun-packed time for us here at AUKWSBH...

We celebrated International Older People's Day on October 1st, launched our new Bags of Support campaign and held events across our communities during the first week leading up to Silver Sunday. Under normal circumstances, we would have gathered people together to celebrate, unfortunately we weren't able to do that this year.

We did, however, hold a few small events across AUKWSBH including coffee mornings and celebration lunches. As well as delivering cream teas and launching our Bags of Support. Thank you to everyone who was able to celebrate Older People's Day with us this year.

## Launch of our 'Bags of Support'

To mark Older People's Day AUKWSBH launched its 'Bags of Support' – an initiative to distribute over 500 cotton tote bags filled with information and goodies to older people locally.

This year's bag was compiled with the pandemic in mind, providing a reusable face mask, hand sanitiser, activity pack, magazine and other freebies, along with information and advice on our services.

We wanted to do something to offer practical help to vulnerable older people. Many may either be feeling isolated at home, or might be beginning to venture out more often, but could still be nervous about their level of risk. The bags will be delivered across our communities to older people's doorsteps by teams from our centres, Help at Home and Home from Hospital services throughout November and December.

It's not too late to get involved with our Bags of Support – if you would like to sponsor our bags or provide items to go in them, please get in touch as we are planning to continue providing them for as long as they are needed.

Call us on **01403 260560** or email us at: **fundraising@ageukwsbh.org.uk**



### Contact us to receive one of our 'Bags of Support'

If you need support, or you are worried about a family member or friend AUKWSBH are here to help during this difficult time. Please call or email us to request a pack using the contact details below.

Those unable to get their hands on one of the cotton bags can access a virtual bag online, with resources and information to print out, signposting to additional support on loneliness, along with a voucher for a free hot drink at one of the centres (valid for a full year).

 **01903 731800**

 **information@ageukwsbh.org.uk**



## Messages of support

**Our CEO Helen Rice filmed a personal message for Older People's Day. Here's what Helen had to say in the video which was posted on all our social media channels:**

"It's Older People's Day and under normal circumstances, we'd be gathering people together to celebrate, connect and chat. This year, we're holding a few small events and launching Bags of Support – providing bags filled with information and goodies for vulnerable older people locally. This is such a difficult time and we know many are feeling lonely or isolated. I want to remind older people they can turn to us, whatever it is they are facing. **Call us, email us, or write to us – we're here for you!**"

### **Anita McNamara, 80** **Day Visitor at The Bognor Regis Centre**

"I've come to the Bognor Centre today for the celebrations on Older People's Day and I've already got chatting to some of the other members. I was really lucky during Lockdown as different people helped me with food deliveries. The Bognor Centre delivered my first and last food delivery during that period!"

It's so nice to finally come and visit as I used to attend the Littlehampton Tamarisk. I really like the social atmosphere here and it's great to be celebrating Older People's Day.

When I was shielding, Sarah and her team were so kind to me and sometimes I received flowers and once, even a cream tea. So to come here today and finally meet everyone has been a lovely experience and I hope to come again soon!"



### **Mohamed Hussein,** **Gym Member, The Bognor Regis Centre**

"It's great to be here today as part of the celebrations! I joined the gym recently, having been a member some years ago. I really love it and have so much fun just doing the exercise. My wife also comes to the centre and gets involved a lot with the activities."

### **Can we help support you?**

Over 50s who need advice or support at this time can contact us on: **01903 731 800** or by emailing [information@ageukwsbh.org.uk](mailto:information@ageukwsbh.org.uk)



# Give more this festive season...

Along with the social, physical, mental and emotional impact of lockdown and Covid-19 restrictions there has also been a dramatic decrease in the income we would usually raise from fundraising events and activities throughout the year.

Now more than ever we need your support to keep our services running and provide the help that older people need during this difficult time.

We may not be able to hold coffee mornings or bake sales in person or attend a tea dance or Christmas Fayre, but 'Virtual Fundraising' is becoming an increasingly popular way to raise much needed donations. Could you help us by holding a Virtual Fundraiser? **Here are 6 great ideas to get you started, but you can adapt them to something that works for you!**



## Donate your Christmas Cards



This year we are not going to be able to sell our Christmas Cards in the same way. If you usually buy Age UK Christmas Cards, would you consider donating what you would usually spend on them to us and sending an e-greeting instead? You could create your own and email out or visit our website to download our very own design! Visit our website for details:

[www.ageuk.org.uk/westsussex](http://www.ageuk.org.uk/westsussex)



## Take on a virtual challenge

Challenge yourself (and your friends!) to complete your chosen activity in a set time frame – it could be to lose weight, stop smoking, give up chocolate or alcohol for a month or even run a virtual marathon! Set up a fundraising page at [www.justgiving.com/ageukwsbh](http://www.justgiving.com/ageukwsbh) and get sponsorship to achieve your goal.



Over 4,000 shops and sites will now donate to us for FREE every time you use easyfundraising to shop with them online. These donations will help us so much, so please sign up to support us – it's completely FREE and doesn't take long – register at:

[www.easyfundraising.org.uk/causes/ageukwsbh](http://www.easyfundraising.org.uk/causes/ageukwsbh)



## Join Horsham District Community Lottery

Tickets for the lottery cost just £1 per week and the charity receives 50p. Each ticket has a 1 in 50 chance to win a prize each week, with a top prize of £25,000! Buy your tickets at:

[www.horshamdistrictcommunitylottery.co.uk/support/age-uk-horsham-district](http://www.horshamdistrictcommunitylottery.co.uk/support/age-uk-horsham-district)



## Donate your coffee

Simple but effective! Donate what you would have spent on your weekly coffee (and cake!) – this small gesture could help us to support someone who needs a befriending phone call over the festive period. Donate your funds at:

[www.virginmoneygiving.com/fund/donateyourcoffee2020](http://www.virginmoneygiving.com/fund/donateyourcoffee2020)



## Hold a 'Virtual Fundraising Event'

Just because we can't all meet up in person, doesn't mean we can't get into the Christmas spirit online! Why not host a virtual festive fundraiser with friends and family – a good excuse to all get together and raise much needed donations for the charity...

**Host a virtual Christmas quiz or bingo game**  
Try a video sharing tool such as Facebook Live to host your event – ask for a donation to take part and offer a small prize to the winner!

**Hold a virtual Christmas Party!**  
Invite your friends and family to the party of the season and ask for a small donation in lieu of doing Secret Santa presents. You can even play traditional festive games like charades and name that tune over your video link.

**How do I set up a virtual event?**  
There are lots of virtual platforms out there from Zoom, Microsoft Teams, Facetime, Facebook Messenger Rooms, WhatsApp, Google Duo and more that allow multiple people to be on a video call at once.

Set up a fundraising page online at [www.justgiving.com/ageukwsbh](http://www.justgiving.com/ageukwsbh) and ask people to make their donation that way. It will come straight to the charity with no need for you to collect any money or forms.

**Need help getting online?**  
Try contacting our Techno Team to see if we can help! Call us on 01903 731800 or email us: [technoteam@ageukwsbh.org.uk](mailto:technoteam@ageukwsbh.org.uk)  
We have a group of volunteers who offer a free telephone service arranged at a time and day that is mutually convenient. Whatever your question, we will have a volunteer who can help.

**Together we can get through this!**  
For fundraising support, contact us on: 01903 731 800 or email the team at [fundraising@ageukwsbh.org.uk](mailto:fundraising@ageukwsbh.org.uk)

## Our festive cover star Parul...

"I'm Parul and I've been working in HR for almost 30 years! I joined AUKWSBH in January this year and have been given the unique opportunity to help build and create a new team following our merger over the last 18 months. I'm very lucky – everyone has made me feel incredibly welcome!"

### How do you celebrate the festive season?

"I love the festive season and being a British Indian (my parents came to England from India over 50 years ago), we've tended to mix some Indian influences when celebrating. My mum would often roast a turkey but create spicy Indian sauces to have with it! But we always have Christmas pudding with cream and mince pies as we love them too. I'm hoping to be with my elderly parents again this year but given the changing situation, we'll do whatever is possible – even if that's through FaceTime.

### Why is giving important to you?

"I think it's so important, particularly around this festive season, to ensure that you help those who aren't experiencing some of the good things that you are. The ability to give a gift is so wonderful – not just to family and friends – and shows exactly what matters... people – and the importance of connecting and caring about each other.

My message to everyone this festive season is please be kind, compassionate and include as many people as you can during this time. It has been such a tough year but like most things in life, if you have people who you can talk to, everything just becomes that much more possible and better – especially if there is food too! Sending lots of seasonal love, happiness and laughter to you all."





# Community news across our localities

## Across West Sussex



### Thank you Sky!

Thank you once again to the wonderful Sky volunteers who delivered 50 cream teas as part of our Silver Sunday (4th October) celebrations.

As we were unable to hold events this year we, in partnership with Mid Sussex Council and Befriended, delivered cream teas to older people in Mid Sussex.

### Well Done Julie!

A huge WELL DONE to Julie Broad who ran a very wet and windy virtual London Marathon in October to raise money for us.

Julie finished her marathon in 4 hours 13 mins and 12 seconds, amazing! Thank you to everyone who kindly supported Julie, so far she has raised £670. There's still time to make a donation, please visit Julie's JustGiving page: [www.justgiving.com/fundraising/julie-broad7](http://www.justgiving.com/fundraising/julie-broad7)

## Crawley

### Canine companions

Thank you to our Crawley Activity Worker Bunty Dann and her working dog, Otis who provide much needed doorstep support to our members.

Here's Bunty's story about how she and Otis have helped one of our members...

"Edmund first joined the Maidenbower Club following the death of his beloved dog and companion Mitzy – he had been feeling very low. Edmund was very happy to find out that the Maidenbower Club had a mascot Otis – a rescue dog who loves people. With lockdown and no club, Edmund was unable to see Otis and the friends he had made. But when the AUKWSBH doorstep service started, Otis was able to visit Edmund – although unable to wear a mask or visor Otis was wiped down before and after the visit so Edmund was able pat and play with him. Otis loves Edmund and Edmund loves the visits – having a dog once again providing entertainment, attention and companionship at home".



## Horsham

### Collection Tin Jim

Meet Jim, our volunteer Collection Tin Co-ordinator. Jim's role is to place our tins at local shops and businesses, to collect the tins and count the money.

Jim really enjoys his volunteering role because he loves getting out into the community and meeting people. He says volunteering leaves him with a happy and positive feeling! All money raised helps ensure we continue to reach people in the community that need our help during this difficult time.

If you own a local shop or business and would be willing to have a collection tin at your premises we would love to hear from you! Please get in touch by calling us on **01903 731 800** or emailing the team at **fundraising@ageukwsbh.org.uk**



## Welcome back to Lavinia House!

**It was lovely to welcome back our members to Lavinia House, if only for a few weeks!**

Our members were thrilled to be able to socialise after so long and you can see how much they enjoyed our socially distanced exercise class above!

Thank you so much to Vicky as well, who donated some lovely potted plants! We have decorated our Lavinia House club to welcome our members back and a few more houseplants made a lovely finishing touch. If you have any you no longer need please consider donating them to us. Any plants or trees that you don't need would also find a very happy home in our garden!

Unfortunately Lavinia House, along with our other centres, are closed due to the second lockdown.

## Social media news

You may have heard the exciting news that Age UK Horsham recently merged with Age UK West Sussex Brighton & Hove. We have a new home on Facebook, Twitter and Instagram – please like and follow us **@ageukwsbh** to keep up with all our local news. We look forward to welcoming you!



# Take a break!

Why not grab a cuppa, put your feet up and have some fun with our Sudoku challenge! Plus, find out more about joining our free online art club!

## Beginner Sudoku

4				7		9		
		2	8			5		
8	5	7				6	4	
	1				7	3		4
2								9
7		5	2				6	
	2	9				4	7	6
		4		2	8			
		3		6				5

## Want more puzzles?

We have Activity Packs, DVDs and CDs available for delivery to anyone who needs them! If you are in need of some fun activities to pass the time, please don't hesitate to call us on **01903 731 800** or email [connect@ageukwsbh.org.uk](mailto:connect@ageukwsbh.org.uk)



## Lest We forget Remembrance Day 2020

'In Flanders Fields'  
A touching poem by John McCrae

In Flanders fields the poppies blow  
Between the crosses, row on row,  
That mark our place; and in the sky  
The larks, still bravely singing, fly  
Scarce heard amid the guns below.

We are the Dead. Short days ago  
We lived, felt dawn, saw sunset glow,  
Loved and were loved, and now we lie,  
In Flanders fields.

Take up our quarrel with the foe:  
To you from failing hands we throw  
The torch; be yours to hold it high.  
If ye break faith with us who die  
We shall not sleep, though poppies grow  
In Flanders fields.

## Online Art Group

Have you joined our Online Art Club yet?

Projects are emailed to your inbox every other week along with a short video providing instructions and inspiration. Designed for anyone to join in and have fun! We also have some free art packs to give out to those who would like to join in but need some materials to get going!

Email us at [artclubonline@ageukwsbh.org.uk](mailto:artclubonline@ageukwsbh.org.uk) for more details, to sign up or to receive a free art pack to get you going. The packs were kindly donated by the Brighton Team at Atos – thank you so much!



# Sharing the love...

We've been overwhelmed by all the messages of appreciation and kindness that our customers have been sending so we wanted to share a few with our readers:

*"Tommy was absolutely wonderful and very efficient... He was a polite and charming man, absolutely so pleased with what he has done for me."*  
**One of our happy customers**

What is the Volunteer?  
The Volunteer is the one on the street,  
Who helps you shed the chaff from the wheat,  
Helps make the sun shine on a rainy day,  
Makes you shed your blues away,  
Makes you see from a different angle,  
When your mind is all in a tangle,  
Invites you for coffee, not just me,  
But many people that they can see,  
Hope for the future and lovely as can be  
That's a Volunteer, salt of the earth  
Who takes the time to give you worth.  
**'The Volunteer' – A poem about volunteers by Patsy Pitkin, 92**

*"Thanks to all the centre staff who made me feel so welcome before the recent lockdown. Hope to be back soon and miss you all."*  
**Satisfied Centre customer**

**Do you need our support?**  
Over 50s who need advice or support at this time can contact us on: **01903 731 800**

# Volunteer corner



## Meet Richard

Our Volunteer Manager at AUKWSBH

Hello! My name is Richard and I am a Volunteer Manager. My job involves all elements of the volunteering journey from recruitment all the way through to placement and after-care.

**The best part of the job is how rewarding it is to match up a volunteer with a perfect volunteering opportunity.**

Volunteering is very much a mutual process benefiting both the giver and the receiver and it is fantastic to be a part of that process. Our volunteers are the backbone of our organisation and we love and appreciate every single one! If you would like to get volunteering we have lots of different roles and can always find something to suit you! Get in touch to find out more by contacting me on: **07841 662564** or by emailing [richard.harris@ageukwsbh.org.uk](mailto:richard.harris@ageukwsbh.org.uk)

### We are looking for volunteers in these services:

- **Community Neighbourhood Volunteers**  
In the Brighton & Hove area only
- **Telephone Befriending and emotional support**  
Across West Sussex and Brighton & Hove
- **Dementia Daybreak services**  
In Littlehampton, Horsham, Storrington, Haywards Heath, Crawley and Bognor Regis
- **Gardener**  
At the Laburnum Centre, Bognor Regis and also at the Burgess Hill Centre, West Sussex
- **Kitchen help**  
At the Laburnum Centre, Bognor Regis
- **Delivery drivers**  
Across West Sussex and Brighton & Hove
- **Coffee morning assistant**  
At Pond Road, Shoreham, West Sussex
- **Social Prescribing – Admin role**  
At Littlehampton and Bognor Regis
- **Information & Signposting**  
At West Sussex, Brighton & Hove



# NOW MORE THAN EVER NO ONE SHOULD HAVE NO ONE

Millions of older people could be lonely this Christmas. Please help us give support to older people like Roy when they need it most.

**If you would like to donate,  
please get in touch:**

 01903 731800

 [www.justgiving.com/ageukwsbh](http://www.justgiving.com/ageukwsbh)



**Address:** AUKWSBH, Suite 2, Anchor Springs, Littlehampton, West Sussex, BN17 6BP  
**Registered charity number:** 1086323