

News and Information

F A C S East Midlands

For Age Concerns in the Region

Registered Charity No 1094018

Group News in the Region

Valuing Volunteers

We all know that our volunteers are the lifeblood of Age Concerns. Without their help the vast array of services we offer could not be achieved. It is therefore good to hear of volunteers being celebrated by their groups.

Recently Age Concern Corby celebrated the work of Emrys Jones, John Forshaw, and John Clark.



Corby Volunteers & certificates

Age Concern Hinckley & Burbage said their 'thankyou's to Kath and Ernie Snow for running the dance group for 12 years;



Hinckley Volunteers & awards



also to Bill Blake, Brenda Peace and Pam Farmer, (pictured left), for their long and valued service.

Congratulations to all of you for making a real difference for older people through your work with Age Concern.

Mayor visits blanket testing event

Older people in Boston can sleep safely in their beds after receiving a new electric blanket courtesy of Powergen at Age Concern Boston and South Holland's blanket testing day. Of 178 blankets, a massive 103 failed and were either repaired or replaced. It was a very successful day with customers not only receiving their electric blanket checks but also able to get information on a wide range of topics including tax and winter warmth. Goodies on offer included a free energy saving light bulb.

The Mayor of Boston, Councillor Richard Leggot, supported the event and he is seen here with one satisfied customer receiving his new blanket.



Visit from Pearly King & Queen

Long Sutton Day Centre in Lincolnshire recently enjoyed a visit from the Pearly King and Queen of Southwark. Complete with their wonderful



costumes the couple performed a repertoire of well known songs, which the audience joined in. Roll out the Barrel, Run Rabbit Run and the White Cliffs of Dover were among the well known favourites. A few rhymes and ditties completed the entertainment, and tea and cakes made for a perfect afternoon.

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Fundraising Successes

Carlton's sponsored walk

Age Concern Carlton & District held a sponsored walk with a difference to celebrate Age Concern Week in September last year.

Everyone taking part was a Day-Centre member and instead of the young ones asking for sponsorship, it was the Grandparents and Great-grandparents who were doing the fundraising. Financially the event was a great success with over £1000 being raised by the 25-30 people taking part,



but there were great benefits for the participants too. Joining in with an activity such as this boosted individual morale no end, fitness was encouraged and walking promoted as an achievable aim. The distance was short, about 50 yards, and flexible times were available for undertaking the challenge. All this was conducted as part of normal day-centre attendance with volunteers on hand to give assistance as needed. Well done Carlton!

Woolly hats for small tops

Did your group take part in the small woolly hat challenge? Plenty of groups did, raising some significant funds too.

"Every winter innocent raise money for charities that help elderly people by knitting lots of little woolly hats and putting them on our smoothie bottles. For each behatted bottle sold, 50p is donated to our chosen charity Age Concern."

Iain Cassidy, Corporate Partnerships Account Manager at Age Concern England, said: "Our initial target was 120,000 hats, more than ever before. With the help of our knitting friends, we have smashed this target. We have made a staggering 160,000

hats that will raise at least £80,000 for Age Concern." Be sure of registering for the fundraiser next year. Watch for details on the website innocentdrinks.co.uk/supergran/



"Hats on shelves" ©Innocent drinks 2006

We want to hear from you if you have something of interest to share with other groups. Next issue out in April 2007 - items to Pam or Linda by March 23rd 2007 please.

Have you a favourite website you want to share?

A recent visit to Age Concern Leicestershire & Rutland's website revealed some interesting web-pages to visit. We would really like to hear from you what websites are most useful or just great fun to visit. Here are ACL&R's suggestions:

- ☺ <http://www.sylviamilne.co.uk/search.htm> - a page compiled by former librarian – 'Pages plucked from the web'
- ☺ Finding things on the internet - <http://www.philb.com/whichengine.htm> – lists of search engines and their suitability for different tasks

Essential Information Digest

New resources for groups

How many times are groups wanting to promote themselves when fundraising or asked to provide a professional-looking display? We think these new display boards, (pictured below), purchased by the Group Support Project with Lottery funding, will help. The boards are all 900x600mm, (3'x2'), and come mounted on sturdy, lightweight backs. There are stands to support individual boards and they are also "Velcro"



backed to fit onto standard display boards. There will also be a six foot banner available soon too. Any groups wishing to use these can contact Pam or Linda. We have two complete sets in the region. Don't forget we also have the T-shirts and sashes for your fundraising events too.

A Fundraising Pack, based on the workshop at our Regional Conference 2006, is now available and a booklet on Volunteering Issues will be published shortly.

Employment Issues - Changes to Retirement Age for Women

For women, **pensionable age** and **retirement age** are no longer exactly the same. Women who are of pensionable age at 60 may still choose to retire at 60 but they now have the right to choose to stay at work until they are 65. Employers who expect a worker to retire must send a letter of notice

6 -12 months before the employee reaches their default retirement age. If a female employee chooses to remain working, a further letter of notice must be sent 6 – 12 months before they reach 65. If this is not sent in time, enforced retirement can be regarded as unfair dismissal.

Tax Help for Older People

If you are approached for help by anyone who:

- Is worried about their tax affairs.
- Does not know if they are paying the right amount of tax.
- Is afraid of approaching HM Revenue & Customs for help.

This service could be a useful resource.

T.O.P. - TaxHelp for Older People is a service provided by Tax Volunteers, and is an independent organisation giving free, professional advice on personal tax, available to older people who could not otherwise afford to pay for it.

If their household income is less than £15,000 per year and they are a pensioner they will qualify for free tax advice from T.O.P

If you have any queries, contact TOP on the helpline:

0845 601 3321

or write to: TaxHelp for Older People
Pineapple Business Park, Salway Ash,
Bridport, Dorset, DT6 5DB

E-mail taxvol@taxvol.org.uk

T. O. P.

National & Regional Round-up

Meet the East Midlands Heyday Team

Heyday, Age Concern's membership scheme to support people approaching, or in early retirement is promoted in the East Midlands by a team of local Heyday membership organisers. Some members of the team are employed by local Age Concern organisations, others are centrally employed by Age Concern England. Together, and under the guidance and support of Jackie Donoghue, Heyday Membership Development Manager for the East Midlands, they are responsible for promoting Heyday in their allocated areas, recruiting new Heyday members, generating local media coverage of national campaigns and supporting social networking activities amongst local Heyday members.



The part of Jackie's team covering the East Midlands consists of:

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“Hungry to be heard” campaign grows



Age Concern is tackling the widespread problem of malnutrition in hospitals by joining forces with consultant geriatrician, Dr Jackie Morris,

in producing valuable advice and information for those affected.

“If you eat well in hospital you are more likely to recover from illness quickly and get home sooner. Unfortunately, a staggering six out of ten older patients are put at unnecessary risk of malnutrition during their stay,” says Dr Morris.

Free brochures available:

Don't go hungry in hospital: Important tips for older people in hospital (or about to go to hospital) that can reduce their risk of becoming malnourished.

Is an older person you care for malnourished? Four out of ten older people arrive at hospital already malnourished. Avoid it happening to someone you know by learning to recognise the early warning signs of malnutrition.

Contact Age Concern Tel: 0208 679 1609
E-mail: htbh@ace.org.uk

New HR Helpline to launch in 2007

A new Age Concern Helpline specifically for giving HR advice to Federation members, will be launched this year, possibly as soon as early February. It is likely to be offered at

certain times daily, possibly 10am-12 and 2 - 4pm. Check your latest 'Signpost' for news of this valuable, new service. More details from us in our April issue.

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