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Spring/Summer Newsletter

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. These, just like our services, took place across the district. We want to thank all our partners for joining us at those events;

Publicise – we have had different promotional activities every week of the year. In total there have been 57 varieties 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.

Please don't forget, if you or someone you know is over 50 and looking for that little bit of extra support, don't hesitate to contact us; call 01403

260560, email info@ageukhorshamdistrict.org.uk, visit www.ageukhorshamdistrict.org.uk

Happy reading!
Sonia Mangan
Chief Executive Officer

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](#)



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. 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.

Ellen

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."

Julia

"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."

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 read and discuss the newspaper articles, complete a word search or crossword, play various table games and 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!!

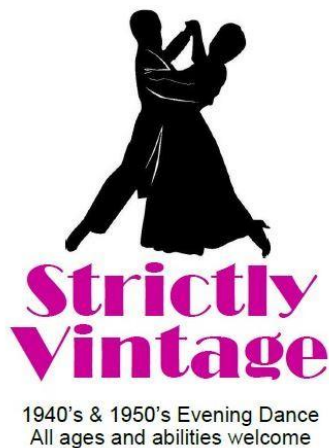
After lunch there are lots more activities to get involved with; art, baking, bingo, craft work, French, active games, quizzes. Around two or three times a month there's an outing to a local place of interest.

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.



Forthcoming Events

Strictly Vintage Evening Dance

Saturday 5th October, 7pm, The Drill Hall,
Denne Road, Horsham, RH12 1JF

Tickets only £12.50 - includes welcome drink
and nibbles, live music, raffle, games and prizes
for 'Best Dressed'

[For more information about this or our other
events please follow this link.](#)

Switched Off!

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.



[Follow this link to the Age UK website for more information and to 'sign the petition'.](#)



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

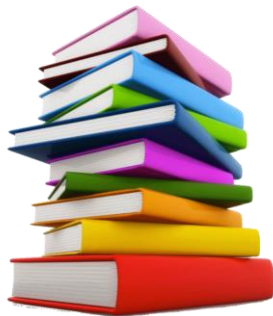
- We will recruit 3 new local volunteers from the area

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.



[Follow this link to read some top tips on staying cool this summer.](#)



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](#)" ([click here and then scroll down the page to watch it](#)) 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 National Poet of 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!”

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