



The Prudential Ride 100 event



The Big Knit



Viv and Rose



104 years young



Lively Living

Get Connected

Newsletter
Spring 2018 Edition



We would like to invite you to become part of a new supporters group for our Charity called Friends of Age UK Reading. We want to build a group of engaged supporters who know what Age UK Reading is doing in our community, and who are kept informed about our work. We will show you how your help and support helps us deliver better and sometimes new services for older people in the town. We want to raise awareness of our work for local people and make it easier for people who would like to support us to get involved. Becoming a Friend does not have to be a big commitment. It simply means that you are agreeing to receive our newsletter by email twice a year, plus 4-6 emails about other ad-hoc events and campaigns we are doing. That's it. Of course if you then read about other things you'd like to get involved with from the Newsletters we would very much welcome that. We will be

promoting our services, information campaigns, our fundraising activities, our awareness raising events and volunteering opportunities amongst other things. We will invite some of our members to tell you more about how Age UK helps them. Through doing this we hope to build a local community of support around Age UK Reading, who can promote us to their friends and families, who can help us build a stronger link with the people in the town, and who can get involved as much or as little as they'd like in supporting local services, for local older people. If you'd like to join this community and receive our newsletter then please provide us with your name and email address to be added to the list (we would not use this for any other purpose)

Tel : 0118 950 2480

Email : info@ageukreading.org.uk



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To find out more contact Leigh on **07905 778 212** or **0118 315 1257**
or visit www.promedica24.co.uk/wokingham



Good

Age UK Reading celebrate Arthur's 104th Birthday



We were pleased to celebrate Arthur's 104th Birthday with him at his lunch club at Oak Tree House. Arthur has been attending lunch clubs both at Oak Tree House and Chimney Court for over 17 years. Arthur began attending whilst caring for his wife as the club provided him with a useful break and has going ever since.

Michael, Manager at Oak Tree, said "It was great to see how well both his residents and

people attending the club were doing and on that day we had three people over 100 having lunch together".

Arthur was presented with a Birthday cake, which he generously shared with all the club



members who greatly enjoyed it with their afternoon tea.

Ken Camichel, Operations Manager for Age UK Reading said "It is great that Arthur continues to enjoy his clubs, he enjoys his lunch and the activities that follow in particular his afternoon Bingo". He also mentioned that it was a credit to the Staff and Volunteers that run the clubs who make the clubs such a successful and enjoyable event.

Age UK Reading run 6 lunch clubs and 2 afternoon tea clubs across Reading each week. Many of our club members are collected by Readibus from their homes and greeted at our clubs by our Staff and Volunteers who will then look after them to ensure they enjoy their club to the maximum. Where people need help with transport this can normally be arranged.

If you are interested in becoming a member of one of our clubs, or would like to volunteer at one of our clubs or would like some more information then please call Sarah on 0118 9502480 or email clubs@ageukreading.org.uk. Ken Camichel Operations Manager Age UK Reading

CLIFTONINGRAM
LLP

Wealth Management Event

Thursday, 22nd February 2018
Wokingham
2.00-5.00pm

How should you structure your affairs to fund your retirement or later life care?

What is the best way to legitimately protect your wealth from taxation and secure it for future generations?

Attend this free event to find out about the legal and financial issues relating to later life.

To register for this event or for more information please contact Melissa Baxter on
t: 0118 912 0210 or
e: melissabaxter@cliftoningram.co.uk

Clifton Ingram Solicitors Offices:
22-24 Broad Street,
Wokingham RG40 1BA

County House,
17 Friar Street, Reading RG1 1DB
www.cliftoningram.co.uk

Big Knit Calling all knitters!

By Kay Bews

I can knit a hat in about 20 minutes! Well, I've had a lot of practice and they are very small. Yes, I am a knitter of mini hats that fit Innocent Drink bottles. Why? For a very good reason. It is to raise money for Age UK Reading.

Every hat we make raises 25p and Age UK uses that funding to provide support for older people in Reading. The project is called The Big Knit and thousands of knitters in Age UK partners throughout the UK contributed to the target of 2,000,000 hats last summer.

I know that the funding raised by knitters in Reading, many of whom are my friends and neighbours, is used wisely and carefully to create more and more opportunities for older people to meet friends, take part in daytime



activities, be less isolated and be able to access information and tailor-made support when needed.



Fortunately, I don't need that kind of support at the moment but it is good to know that it will be there when I do. So I want to do my bit now. And after all, knitting mini-hats is enjoyable and takes very little time. They are easy to make but can be embellished and adorned as much as you like.

So if you can knit (or crochet), this might be the project for you, too. I've held a couple of coffee mornings for several of us to get together, knit, drink lots of coffee and eat cake! We swap yarns and tell yarns, of course. All the time raising money for an important and worthwhile reason. The Big Knit is likely to be running again in 2018 so if you'd like to support it or just want to join in, please get in touch.

Viv and Rose do the Big Knit

When Viv was asked to put up a poster about the Big Knit in the Christian Community Action Shop in Southcote it didn't end there. Viv began knitting little hats to support the campaign and soon recruited CCA volunteer Rose to help too. Rose loves volunteering at CCA and wanted to help with the campaign. The only problem was she didn't know how to knit! Unfazed, she asked Viv to help her learn and the pair have been knitting hats ever since. Every hat that they knit raises 25p for Age UK Reading. Rose says "I suffer with anxiety so I need to find a distraction and I've really enjoyed making these hats. I enjoy the outcome because they look cute!" When asked who is the best knitter both ladies are extremely modest. Rose insists it must be Viv because she taught her how to knit, whereas Viv insists Rose has overtaken her! Thanks so much for your support ladies. We have reached our 2000 target and completed a successful campaign.



Racing the Dragon

Last year Age UK Reading were invited to participate in a Dragon Boat Race. Having never done this before it was with trepidation that we accepted. If nothing else it could be a



fun family day out by the river with an opportunity to raise funds. But as it goes, it was so much more than that. On the day, we headed down to the river full of excitement and a little worried we'd end up in the river as opposed to in the boat!

Everything was wonderfully organised and set up for our arrival. There was a brass band, activities for the children, stalls selling food and drinks and even a few Star Wars Storm Troopers on parade. We signed in and met some of the other teams and the friendly banter started! Unfortunately, a few members of our team were unable to attend so a call went out over the tannoy making an announcement that the Age UK Reading team needed additional crew members. Well, the response was amazing! People who had turned up to watch volunteered as well as members from other Dragon teams.

The sense of community was fantastic.

We raced our hearts out, laughed, joked and managed to remain in the boat. Overall, we didn't win but we didn't come last either. It was a great day doing something immensely fun, bringing people together and raising money for Age UK Reading. We enjoyed it so much that we intend to be back this year for the 2018



Reading Dragon Boat Festival! So, if you have ever fancied having a go at Dragon Boat Racing or other fundraising events please get



in contact. Each race is about 200 metres so not Olympic level but plenty for a bit of fun! If you would like to join the team please : email fundraising@ageukreading.org.uk

Social media

We are continuing to develop our social media presence. Local people and organisations are following our Twitter and Facebook to keep up to date with the all that is going on in the world of Age UK Reading. From national campaigns and stories to local events and news about our service delivery and fundraising. If you'd like to receive our updates please link in to our pages and share with your friends. Twitter @Age_UK_Reading Facebook <https://www.facebook.com/ageukreading/>

Axis is a family business, run by the Directors, Alan and Matthew Jones. We work together as Care Fees Planning specialists, advising families on how best to pay for care, both now and in the future. Advice is tailored to each individual's circumstances, to ensure that families are fully informed of their options when it comes to paying for care.

SOLLA ACCREDITED CARE FEES PLANNING SERVICES



AXIS FINANCIAL PLANNING LTD

“What is the best way of meeting the costs of care?” This is a question many families are asking or deliberate on, however, unfortunately not many take advice to establish the best solution.

Axis will, in a friendly and logical manner, help you understand:

- The care and benefits system, how they work, ensuring you are claiming what you are entitled to.
- The role of the Local Authority and understanding their assessment process.
- Choices in relation to Property – including the 12 week property disregard.
- The main choices and options around how to pay for care.
- Responsibilities when acting as a Power of Attorney*.

Benefits of Working with Axis include:

- Over 30 years' experience in the Financial Services industry.
- Society of Later Life Advisers (SOLLA) Accredited, only 500 advisers in the UK hold this qualification**.
- No obligation to obtain your options, nor to proceed with them.
- Bespoke solutions and tailored advice to suit every individual circumstance.
- The ability to provide financial peace of mind when families need it the most.
- Maximising the legacy for the family.
- Testimonials can be provided to confirm our customer satisfaction and service.
- Advice that is guaranteed*** by St. James's Place Wealth Management, a FTSE 100 company.

We are pleased to announce that Axis are running two Long Term Care Seminars that will be delivered by one of the key providers in this sector.

The details are as follows:

Seminar Dates: Tuesday 30th January 2018 & Tuesday 20th February 2018
Venue: Sand Martins Golf Club, Finchampstead Road, Wokingham, Berkshire, RG40 3RQ
Timings: 10:30 for 11:00 start
Tea, Coffee and a buffet lunch will be provided

Please contact Axis to secure your place for one of these seminars which are likely to be well attended:

Email: axis@sjpp.co.uk **Telephone:** 0118 977 4500 **Post:** Freepost AXIS FINANCIAL PLANNING LTD

*Please note that advice given in relation to a Power of Attorney will involve the referral to a service that is separate and distinct to those offered by St. James's Place. Powers of Attorney are not regulated by the Financial Conduct Authority.

**Society of Later Life Advisers, January 2017.

***St. James's Place guarantees the suitability of the advice given by members of the St. James's Place Partnership when recommending any of the Wealth Management services available from companies in the group.

Age UK Reading Partners



Age UK Reading believes that partnership working delivers the best results for the older people in the town. Here is an overview of a few of the partnerships we are actively working in.

Narrowing the Gap

Age UK is part of an exciting 4 way partnership designed to help people acquire good quality information about the care and wellbeing services that are available in Reading. We work with colleagues in Age UK Berkshire, Communicare and Reading Mencap to ensure that the people of Reading know exactly where to go to access advice, information and support. This work has been commissioned by Reading Borough Council.

RAN

Reading Advice Network has been established to promote closer working between the various information and advice charities in Reading. Our aim is to work together to provide a more joined up service for the people we serve and share good practice to drive up the quality of service. We also want to form a co-ordinated voice for the advice services in Reading. Later this year Age UK Reading hope to achieve the RAN Quality Standard.

RBFRS

We are developing a partnership with Royal Berkshire Fire and Rescue Service which aims to make older people as safe and well in their homes as possible. RBFRS already carry out thousands of Home Fire Safety Checks every year in Reading, during which they advise householders about fire risk and fit free smoke alarms. We are developing a project which will offer the same householder an opportunity to access even more services and information which will help them improve their wellbeing. From services offered by Age UK Reading and other community groups, to information on key topics, such as staying warm, benefits and housing. We will be working pro-actively to offer older people the best information available.

Opentext - Breaking News!

We are thrilled to announce that we have been approached by global information management company Opentext, who are based in Reading, to be their charity of the year. We will be working with staff from Opentext to develop ideas around how they can contribute to fundraising, volunteering and events to help Age UK Reading deliver services to older people in the town.

Easy fundraising

Did you know that whenever you buy anything online - from your weekly shop to your annual holiday - you could be collecting free donations for Age UK Reading? There are over 3,000 shops and sites on board ready to make a donation, including Amazon, John Lewis, Aviva, thetrainline and Sainsbury's - it doesn't cost you a penny extra! It's as easy as 1, 2, 3...

1. Head to <https://www.easyfundraising.org.uk/causes/ageukreading/> and join for free.
2. Every time you shop online, go to easyfundraising first to find the site you want and start shopping.
3. After you've checked out, that retailer will

make a donation to your good cause for no extra cost whatsoever! There are no catches or hidden charges and Age UK Reading will be really grateful for your donations.

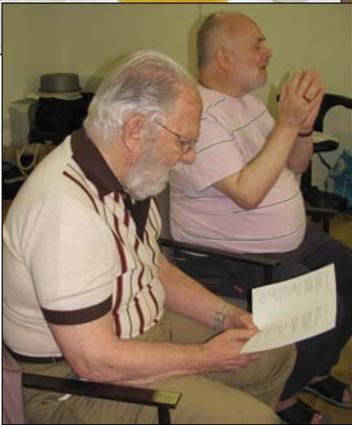
Thank you for your support so far we have raised £508.37



Lively Living Social clubs with extra support

Woodley Club

Age UK Reading runs Lively Living Social Clubs at different venues across Reading. The clubs are designed to offer a fun social experience to those who want to be independent but need support to leave the home.



At the beginning of 2017 Age UK Reading opened a new Lively Living Lunch and

Social Club in Woodley. The club which is run at Alexandra Place on Southlake Crescent.

The club provides 2.5 hours of activities, games and socialising as well as a two course hot meal freshly prepared at the Alexandra Place Canteen.

Activities can include bingo, reminiscence, group singing, poetry and painting. An evaluation is completed every month, with the help of our clients and volunteers, to plan the next month's themes and activities. A timetable is distributed to each client.

A day and weather chart, in picture form, is provide at each club to promote memory and conversation.

As well as the club providing an exciting time for our clients it can provide a much needed break for family members, having spoken recently to the wives of three of our clients we received the following responses:

Mrs T said

'Today I met up with the wife of another client who goes to the club and we went out. Sometimes we meet for coffee and a bit of lunch. Other times it frees me up to get on with things which is very good for me'.

Mrs X, whose husband has a medical condition which means he is unable to join in at the club verbally, said

' My husband enjoys coming to the club. When the theme was poetry he took his poem home – The Owl and the Pussycat – and read it to his grandchildren, it brought huge joy to the family'.

Mrs E said

'It gives me free time, I can do nothing or go out for lunch which I love. Sometimes I meet up with another lady whose husband attends the club. We can just do our own thing and it is nice to talk to someone who is in the same

situation about how they are doing.

Many people attending the club are brought from their door by our partners Readibus. At the club, our friendly and experienced staff and volunteers meet the bus and complete the short walk with clients into the room where the club is held.

Our club is one of a number of lunch and tea clubs Age UK Reading runs across Reading and Woodley. Although our clubs are well attended new members are always welcome to come and share our club experiences. For more information or to discuss joining us then please do contact : Sarah on 0118 950 2480



Ride 100. Sam Bennet

There's no better place to be on a hot summers day, than navigating through picturesque lanes and open roads on your bike... At least that's what I thought, before I begun cycling up to 50 miles per day in preparation for the Prudential Ride 100 event. On Sunday 20th July, Andy Whitehouse and I were joined over 25,000 riders on a 100 mile journey through the capital and into Surrey's stunning countryside, in order to raise vital funds for Age UK Reading. The gruelling 8 hour ride set off from Queen Elizabeth Olympic Park, before a spectacular finish on The Mall in central London.

My boss and keen cyclist, Andy, had been badgering me for almost 2 years to purchase a road bike and begin commuting into work. Although my cycling experience was limited to a few trips to Centre Parcs with the family as a child, I was rather tempted by the idea. When I heard that Age UK Reading, a charity close to my heart for all the amazing work they do, were looking for riders to enter the Prudential Ride 100 and help fundraise, I decided this would be the perfect opportunity to, quite literally, get on my bike. Obviously, I had to get Andy involved too! The chance to beat him at his own sport whilst doing something good for charity, was all the motivation I needed. Four weeks, multiple falls and at least 3 boxes of plasters later, we are well underway with our training.



Andy and Sam completed the ride and raised £905 for Age UK Reading. Thanks guys!

The Power of Befriending

Mr and Mrs Avagliano moved from Italy to England during the early 1980s and settled in Reading. They are



in the 85-90 age bracket. Although they were able to adapt to life in England for most things the possibility of learning a new language at their age was daunting. They were referred to our befriending scheme by their daughters who both live 50 miles away and were concerned that their parents were becoming isolated, as they could not start friendly conversations with neighbors or people in the town.

Narrinder, an Age UK Reading Befriender was assigned to them and they now receive fortnightly visits which add fun, laughter and variety to their day to day routine. They have been receiving these visits for 2 ½ years and have become firm friends.

Over the period of these visits the befriender and the family of Mr and Mrs Avagliano have reported a great improvement in their English language skills. This allows them to interact with people in the town and engage with new activities. The family also reported that they have noticed an improvement in the general happiness and feeling of wellbeing of their parents. Alberto takes great delight in showing off his model-making skills and Toni has been teaching Narrinder the skills of Italian cooking! Something we'd all like to learn!



Pop-in Coffee morning

We have recently moved our long running coffee morning, The Pop-In, from the council offices on Bridge Street, to the Hexagon. The Pop-In runs from 10.00 -12.00 on a Thursday morning all most every week in the coffee bar next to the main entrance. Attendance costs £1 and over the coming months we will have regular information sessions and speakers as well as the usual friendly chat over drinks and biscuits. Anyone is welcome to Pop-In! It's a handy place to stop for a natter on the way to the shops. We would like to take this opportunity to thank Reading Borough Council for hosting us in their building for many years and continuing to host us in the Hexagon. If you fancy a nice place to sit and chat on your way into town on Thursday then why not join us? Dates for Pop-in speakers :

22nd Feb Abbey Project A talk on the work to restore Reading Abbey.

22nd March Thames Valley Police An information session from TVP on how to make your home more secure.

19th April Boyes Turner Deputyship is how you manage someone's finances if they aren't able to make a power of attorney

17th or 24th May British Legion How the Legion can support families of ex servicemen

21st June RBFRS Fire safety in the home



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Happy Feet

Age UK Reading's popular Happy Feet service provides affordable footcare for hundreds of local people every month, taking pressure off the NHS and helping people who can't afford (and don't need) a full chiropody service. We caught up with one of our longstanding nail cutters, Matthew Swallow to ask some questions about his role as a nail cutter:

How did you become involved in nail cutting?
Age UK (Age Concern, as it was) offered me the position as I was already working for them. I have always been interested in the wellbeing of older people and this was an ideal opportunity.

Tell me about a day in the life of a nail cutter. What does your work involve?

Most important to our service is having a clean, comfortable working environment for the day, where nail cutters can work efficiently and safely, so setting up is important. Appointments are booked in advance, so we have a clear schedule of the working day, and details for each client. Each patient has tools that we will use just for them, to ensure good hygiene, and we use other materials to clean and moisturize their feet, and any other materials that may be needed.

Tell me about a difficult experience you had as nail cutter.

Some clients come to have their feet done for the first time in many months, sometimes over a year. As can be imagined, some feet in these circumstances will be in a poor state. A key challenge is to return their feet to a better condition.

Tell me about an experience you've had of nail cutting which has influenced the way you work today? Or what was your best learning experience in nail cutting?

We have regular refresher training from NHS Podiatry and also share our experiences and knowledge with my colleagues.



Tell me about some experiences you've had with your clients?

Quite a few customers look forward to having their feet massaged – some say they would like just the massaging every week!

What do you enjoy most about your job?

Being able to treat client feet and therefore improve their mobility and quality of life is the end result.

Have any interesting stories about being a nail cutter?

Customers come from a wide variety of backgrounds with many different experiences and life experiences. Many will relate tales of their younger days whilst having their feet done. We have some great chats.

What advice can you give to prospective others thinking about working within Age UK Reading services?

If someone is interested in working with older people, and they want to make a positive impact on their day to day living, this is an ideal job – as well as being able to learn quickly and work efficiently, whilst putting clients at ease.

Huge thanks to Matthew and the rest of our nail cutting staff and volunteers for delivering this popular and much needed service. If you'd like to find out more you can contact Happy Feet via our office

0118 950 2480

fcareadmin@ageukreading.org.uk



Age UK Reading
Thames House, 42 Portman Road
Reading RG 30 1EA
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Email : info@ageukreading.org.uk

Managing your future

Solicitors, Paul Lowery and Ruth Meyer, answer some of your questions.

Court of Protection

My partner is no longer able to look after their money. What can I do?

If they are mentally unable to manage their finances and have more than state benefits e.g. money in the bank or a house, you need to apply to the Court of Protection for a person known as a Deputy.

How long will this take?

Once the forms are completed, a Deputy should be appointed within 5-6 months.

How much does it cost?

The Court charge an application fee but there are other Court fees and legal fees to consider. We provide a free of charge discussion and no obligation estimate.

For Court of Protection help or advice, contact our specialist Ruth Meyer

**cop@boyesturner.com
0118 952 7219**

Wealth Protection

I made a Will 20 years ago, is it still valid?

You should check your Will regularly and after any major change in your life.

Can I do anything about inheritance tax?

You could pay too much if your Will is out of date. We can minimise the tax impact. We can also advise on mitigating inheritance tax by planning during your lifetime.

I am concerned about funding my residential care costs. Can you help?

Yes. We can advise you on your liability and funding arrangements.

Who will look after my affairs if I become unwell?

We can advise on the creation of Lasting Powers of Attorney for property, financial, health and welfare matters.

For Wealth Protection help or advice, contact our specialist Paul Lowery

**wealthprotection@boyesturner.com
0118 952 7227**



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