



October 2016

Main office
Help and information
01908 550700

Advocacy
01908 557875

Befriending
01908 240450

**Community Home Visiting
Service**
01908 557875

CMK offices
Snack & Chat cafe,
day excursions:
01908 240450

insurance enquiries
01908 201178

Footcare Service
toenail-cutting service
01908 557883

Fundraising team
01908 557891

Furniture store
6 Burners Lane
01908 263838

Gardening Service
01908 557890

Home Support Service
shopping & light housework
01908 557874

Handyperson Service
small electrical, plumbing,
carpentry jobs
01908 557885

Hospital Aftercare Services
01908 996073

Info & Advice,
incorporating community
home visiting

Bletchley 01908 647513

CMK 01908 240450

Olney 01234 712334

Peartree 01908 550700

Stony Stratford
01908 560822

Woburn Sands
01908 585774

**Wolverton Town Hall &
Wolverton Health Centre**
01908 557875

Lunch clubs
01908 557873

Technology Help
01908 550700

Registered charity 1079773

Age UK Milton Keynes,
The Peartree Centre, 1 Chadds
Lane, Milton Keynes MK6 3EB
www.ageukmiltonkeynes.org.uk

Getting On

Official charity of the 2017 MK50 Dragon Boat Festival - Sunday 25th June

Sitting in the right place



Meg and Margo talk about "everything".

A recurrent theme of this newsletter is the importance of realising how fortunate a community is to have older people, with their experience, memories and knowledge, living among us. Readers are likely to have seen Margo Stanyer's extraordinary story on the BBC News earlier this month, when she recorded a birthday message for renowned war correspondent Clare Hollingworth's 105 birthday.

As a four year old child Margo Drotar, as she then was, had to flee with her family from their home in Beregszasz, at that time in Hungary. As communists they were in mortal danger, desperately escaping the advance of Hitler through eastern Europe. She owes her life to Clare Hollingworth who, with the resistance in Katowice jail in Poland, where Margo and her mother had been imprisoned, helped them reach England in 1939 as refugees.

Despite experiencing such horror at a young age, Margo has made a success of her life, bringing up four children and making many friends. Indeed, Margo and her husband Paul moved to Milton Keynes in the 1970s because "it seemed a friendly place". Age UK Milton Keynes is proud to play a small role in ensuring Margo continues to feel Milton Keynes is a safe, welcoming place. Our volunteer befriender Meg Kesten has become good friends with Margo and visits on a regular basis for a chat and to provide support when needed.

Although blind and relying on daily carers, Margo appreciates every day as it comes. She uses Skype to keep in touch with family and friends scattered around the world. She takes pleasure from the simple things in life, such as the sounds and smells of her garden and reruns of the detective series "Columbo", creaky, familiar plotlines and all.

Please send a postcard



Jane Palmer shows off her favourites, so far

Whether it's in crayon, pencil, oil paints or watercolour, we are happy to receive your little pieces of original art the size of a postcard (6"x 4" or 7"x5"). You choose the subject matter and style, sign it only on the back and then we will gratefully exhibit it at Gallery 200 in Milton Keynes on Tuesday 8th and Wednesday 9th November.

All artworks sold at Postcards Anon, our annual fundraising exhibition and sale, help raise vital funds and spread a little artistic joy too!

Another annual general meeting

Age UK Milton Keynes's annual general meeting on Thursday 29th September was treated to a performance by "Something Like That" of their latest song: "We're not too old to feel young" (with obligatory joining in with the chorus) followed by a brief speech by the Mayor of Milton Keynes Cllr Steve Coventry. We were also honoured to have the former mayor Cllr Derek Eastman and the current Mayor of Newport Pagnell Cllr McLean and Cllr Edith Bald, Conservative Group Leader, in the audience.

Laura Price and Phil Warburton gave interesting presentations on our Hospital Aftercare Service and our Technology Help service respectively, followed by an illuminating address by Joe Harrison, chief executive of the Milton Keynes University Hospital NHS Foundation Trust.

It is particularly pertinent that the hospital chief should be addressing the AGM of a local charity when you consider that 750,000 people come through the hospital doors every year and 60% of all people being discharged are aged 70 or over.



Phil Warburton, Jane Palmer and Joe Harrison at The Peartree Centre.

Expanding the Deep Clean Service

One of the reasons that people are not able to leave hospital when they are clinically fit to do so is that their home is not clean and safe. Thanks to a grant from the MK Community Foundation our Deep Clean Service has been able to buy more specialist cleaning materials and protective gear. This means we can expand the service, carrying out more "intensive home cleans" for more people.

Each request is dealt with on an individual basis. We carry out an assessment of the property and decide what is needed to reach an agreed level of cleanliness and tidiness to the satisfaction of the client. The needs and wishes of the householder are paramount - we aim to enable people to enjoy their home and live in it safely. Find out more on 01908 557874 or visit our website.



Chandni Folgheraiter, Julie Dunhill, Kim Bond and Adam Bond of the Deep Clean Service.

Tracking activity digitally

Age UK Milton Keynes has been taking part in an Open University project, funded by the Sir Halley Stewart Trust, to examine how older people get on with a mix of available devices, ranging from activity trackers to 'smart' watches.

Shailey Minocha, Professor of Learning Technologies and Social Computing, is leading the Open University research, along with co-investigators Dr Caroline Holland and Dr Duncan Banks, working with researchers Catherine McNulty and Alice Peasgood.

Professor Minocha says: "We want to try and understand what benefits these devices may bring in terms of helping older people to monitor their health, maintain their mobility, even improve their social interactions."

Volunteers, who have been wearing the devices since July, have attended a series of workshops and the academics will publish their findings around March 2017.



Fourteen mature volunteers who have signed up to try out the gizmos.

Toenail trimming in Newport Pagnell

A Footcare Agent will be at The Brooklands Centre in Newport Pagnell on the following dates:

Monday 5th December, Tuesday 6th December, Wednesday 7th December
Monday 16th January, Tuesday 17th January, Wednesday 18th January 2017
Monday 27th February, Tuesday 28th February, Wednesday 1st March
Monday 10th April, Tuesday 11th April, Wednesday 12th April
Monday 22nd May, Tuesday 23rd May, Wednesday 24th May
Monday 3rd July, Tuesday 4th July, Wednesday 5th July
Monday 14th August, Tuesday 15th August, Wednesday 16th August

We try to accommodate people who turn up on the day but it is usually best to make an appointment in advance. Ring The Brooklands Centre on 01908 614749.

Stuck for a Christmas present?

Buying a computer, tablet or smart phone for an older relative who lives in Milton Keynes? Will they need help setting it up or training to use it?



Why not buy your older friends or relatives a Technology Help gift voucher? Ring Phil Warburton on 01908 550700 for more details.

Fundraising round-up

Thank you to anyone and everyone who has raised funds for us or made a donation recently - some of you are pictured here.

Our latest annual report lists the many kind supporters who have donated to Age UK Milton Keynes in the past financial year, although some people ask not to be acknowledged.

Like all charities, we constantly need to raise money and are particularly grateful for legacies, which enable the charity to plan for the longer term, ensuring older people can count on our support.



Audrey James is pictured above with Paul Griffiths

Thank you **Wolverton Inner Wheel** for £1,800 from their President's Charity of the Year fund.



Marlene Lovell, Pearl Page and Christine Theobald are good friends who enjoy crafts and raising funds for local charities.

Thank you **Lovat Fields Beading Group** for £150 raised from the sale of their handmade jewellery and other beaded items.



Adrian Cooney [second from right] and his team from Network Rail.

Thank you **Network Rail** for donating a day's work, clearing, sorting and re-arranging the storage area at our Kiln Farm furniture store in September.



The weather was perfect - we sold more soft drinks than teas and coffees this year.

Thank you volunteers and customers who helped our tea tent at the Winslow Show raise a magnificent all-time record of £2,162.35.

Charity car raffle is back



The charity car raffle is supported by centre:mk and VW.

Michelle Turnbull and Paul Griffiths [in orange shirts] were delighted to attend the launch of MK Community Foundation's 28th charity car raffle. We'll be selling tickets from Thursday 17th November.

Charity of the Year



Kevin Duffy, centre director at centre:mk says: "centre:mk is proud of its record of working with

local charities. By working with one named charity every year on a programme of high impact activities we will be able to help them increase their profile and ultimately raise far more money. The chosen charity for 2016-2017 is Age UK Milton Keynes." Watch this space.

Dates for the diary:

Tuesday 8th November, 5 - 8pm

Postcards Anon

At Gallery 200, Silbury Boulevard, central Milton Keynes MK9 1LT



Wednesday 9th November, 12 noon - 8pm

Postcards Anon

Friday 11th November, 5pm

Santa's parade at centre:mk

Sunday 27th November, 2pm

Christmas Carols at The Peartree Centre (free event)

Monday 28th November, 11am

Christmas Gift Wrapping starts at intu:miltonkeynes

Tuesday 6th December, 11.30am

John Lewis Christmas Party at The Peartree Centre

Thursday 15th December, 11am - 3pm

Charity bag pack at Tesco, Kingston

Get in touch and help raise vital funds in 2016
t 01908 557891
events@ageukmiltonkeynes.org.uk

Thank you (again!) Fran



Appreciation is not obligatory, but always nice!

A consistently large proportion of enquiries to our Information & Advice Service is about welfare benefits. In the last financial year our team of paid staff and volunteers helped their clients successfully claim an estimated £3,434,814 - money that would quite possibly have gone unclaimed without our involvement. It is understandable, therefore, that clients are often extremely grateful and like to thank our team personally. This is not the

first time Fran Harnett has been presented with a bunch of flowers - which she, naturally, accepts on behalf of the entire Information & Advice team who make such a difference to so many people.

Freda Tibbit 2.4.1927 - 26.8.2016

Freda was a volunteer befriender for Age Concern Milton Keynes and later Age UK Milton Keynes, for many years and will be much missed by her many friends in Milton Keynes.



Younger Freda

Community Home Visitor Caroline Prestidge says Freda was one of those people who was always busy and determined to make a difference to her community, as a young woman and later well into her eighties. London girl Freda moved to Milton Keynes because of her husband's job and was loved by her fellow volunteers as a fun person who enjoyed life. We send our condolences to her family.



Older Freda

Volunteers of all ages needed



Irene Cursley and Hilary McCoy get more out of life by volunteering

Age UK Milton Keynes relies on over 500 volunteers, people who enjoy giving something back to their community and making new friends. At the moment around 11% of volunteers are aged under 24 years, 23% are aged 35 to 54 and the largest group is in the 65 to 74 age range, 32%. Get in touch with Tara Bell on 01908 240450 if you're interested in volunteering for Age UK Milton Keynes.

À bientôt, Madame Lark

Having assured friends and colleagues that she fully expected to be typical of her generation and carry on working well past pension age, Head of Operational Services Ann Lark dropped her bombshell in May: she was retiring to France in August.

Her extravagant, French-themed leaving do (organised by colleagues) was attended by many former work colleagues, as well as current ones, and other wellwishers who have got to know and respect Ann for her warmth, energy and commitment to doing the best for older people. An understandably emotional Ann claimed to have "just been doing my job" but anyone who came into contact with her during her working life knows this to be slightly short of the mark.

Her departure leaves a huge gap in the day-to-day running of Age UK Milton Keynes, as well as overall understanding of "the vision thing". We will miss her wealth of experience and intuitive grasp of "the decent thing to do", and maybe a few dodgy stories of the "characters" she has met during a long career working with older people and adults with learning difficulties. We wish her and husband Bob (whose financial acumen as a volunteer has saved the charity a small fortune) every happiness in retirement.



Ann [seventh from left] with colleagues helping her acclimatise

Staff changes since June 2016

Welcome aboard:

Danika Evans Asst Shop Manager Wolverton

Thank you and goodbye:

Claire Crofts Community Home Visitor
Colin Haddon Gardener
Helen Hawkins Bletchley Shop Manager
Teresa Watson Gardener

Job vacancies

Home Support Workers

Salary: £8.00 per hour, zero hour contract

See our website for details or Sue Wallbank on 01908 557887 for more information.

Contact *Getting On*



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