

IN PARTNERSHIP WITH



**SEE PAGES 3 & 4  
FOR 'AGE MATTERS'  
AGE UK NEWS**

For further information about this newsletter or the Older Persons' Forum, please contact Angela Hulston on 01249 466291 (angela.hulston@westlea.co.uk). Westlea Housing, Methuen Park, Chippenham SN14 0GU.



## Corsham in Bloom success

**As part of the Britain in Bloom campaign, Corsham has run its own competition, and Jargeau Court came second in the Best Flats (or Communal Residence) section.**

Jargeau Court resident Dennis Witt (pictured above) works extremely hard in the garden nearly every day, bedding plants,

weeding, and keeping everything up together. Claire Hughes from Neighbourhood Services said, "Dennis does a sterling job and the Jargeau social fund supports him with plans and anything he might need."

Pleased with this year's success, Dennis laughingly said, "I was third last year,

second this year, so watch out next year!" Dennis really enjoys the time he spends in the garden, and the results are magnificent.

Corsham in Bloom is a very sought after award by all Corsham residents, and standards are always very high to get this award. Well done Dennis – and we'll be watching out next year!

## Ted's Big Day Out

**On 12 October, Holton House residents hosted a Ted's Big Day Out event raising money for the Royal United Hospital appeal.**

Wiltshire Farm Foods kindly donated the cream teas, as well as accepting donations for a variety of other useful items.

There was a raffle and teddy bear tombola, with lots of teddies finding new homes! A total of £132.45 was raised and a good time was had by all!



## Christmas Spirit

We all have the Christmas spirit  
No matter what our belief  
At this time there is no class distinction  
Be you rich man, poor man or thief  
You can open your heart with a message  
Which will give you both joy and relief  
So remember your friends and your neighbour  
Even if just with a card  
And sending your love and best wishes  
Certainly can't be that hard

supplied by resident W.B. Jones

## Gilbert's progress

The Older Persons' Forum sponsored Guide Dog, Gilbert, has now started his advanced training, which means that he is nearly qualified as a fully-fledged Guide Dog for the Blind. He has now left Matti, his puppy walker, and has been placed with David, who is a Guide Dog Mobility Instructor. David's job is to bring together all the skills that Gilbert has learnt before he is matched with a blind or partially-sighted person.



When Gilbert is not training, he boards with Roy and Pearl, who have housed over 70 dogs in total at this stage in their training. When we next hear about Gilbert, we will have the exciting news of his new owner, so watch this space!

**If you have internet access and would like to see Gilbert in action, you can see him on YouTube! Go to YouTube and type in guidedogsukpups/gilbert, to see what a big boy he is.**

## A trip to Weston-Super-Mare

On arrival at Weston-Super-Mare the weather was dry but very windy. John, our driver, dropped us off on the seafront close to the Wheel of Weston. Unfortunately the sand sculptures was closed because it was the end of the season. A seafront stroll is one of the things you can do when the weather is good. Knowledgeable guides will lead you through 4,000 years of history, stories about some of the characters, and the part Weston played in WW11. The Wheel of Weston looked great, but we decided to attempt it another time as the day was wet and windy. We next went to the town where we enjoyed an early lunch and a spot of shopping.

If you enjoy murders and mysteries, the Murder and Ghost walk is a must. You can visit six Victorian crime scenes and listen to the gory details. The pier was nice and there is plenty to see for all ages.

When talking to most of the people on the coach, they said they had enjoyed the day out. It was well worth it. Thanks to Westlea and John our driver.

supplied by resident Barbara Carr

## SPOTLIGHT ON JARGEAU COURT

# Celebrating 25 years

Residents, friends, and family joined councillor Peter Davis to celebrate the 25th jubilee of Jargeau Court, Westlea's supported housing scheme for older people in Corsham.



Members of the Twinning Association, including their president Maurice Hancock and Treasurer Roger Fido, also attended. Jargeau Court was officially opened on 26 October 1986 by the Mayor of Jargeau, Francoise Landre. He planted a spruce tree to mark the occasion.

On this occasion, Maurice Hancock planted a commemorative silver rose bush.

June Witt led a team of residents in the planning of this enjoyable celebration. She also knitted a French teddy – complete with onions.

Corsham knitting and crochet group created wonderful red,

white, and blue penants to decorate the lounge. And residents and their guests enjoyed an excellent lunch that they'd prepared.

The residents meet up most afternoons for a cup of tea and a chat. There is a weekly coffee morning on a Tuesday and a bingo session on a Monday evening. A variety of clubs use the lounge for their meetings.



## Tea time

The Blooming Great Tea Party at Jargeau Court along with residents from Holton House in August helped raise £384.02 for the Marie

Curie cancer charity. There was tea and coffee and plenty of cakes, which the residents of Jargeau House had been busy baking.



**Pictured:** The Hips & Haws Morris along with Westlea's Claire Hughes.

## Have you heard of



Skype allows people to make voice and video calls over the internet. The IT Learning Co-ordinators at Westlea help people to understand and use the internet and they have helped a number of residents, all beginners, install and use the program.

- Skype is quick and free to download
- Computer-to-computer calls between members are completely free wherever you are in the world
- More than one of your Skype contacts can be involved in a call at any time – entire families can get together
- The video feature means that you can make video calls and actually see friends and family

**Free training is available. If you would like more information, please contact Chris Mahoney on 07770 310 853.**

## Older persons forum news:

The summer Forums were held at Chippenham and Calne. The main speakers were from Wiltshire Council who gave a presentation about the new waste and recycling. There was a lively discussion afterwards.

There was also an update from the Department of Works and Pensions about the new rates that were introduced in April, and information from Maria Margetts from the newly-formed Carer Support Wiltshire.



**On Friday 2 September the residents from Croft Court were invited for a late summer tea party at Heberden House in Cricklade.**

There were strawberries and cream, lemon drizzle cake, and as much tea as they could drink! Everyone had a great time. The residents from Croft Court are now hoping to invite their new friends from Heberden House down to Croft Court sometime before Christmas for tea.

## Why move to live in supported accommodation?

- Be part of a community of friends and neighbours.
- Have your own front door, with the security of a communal entrance and caller screening.
- You can join in social activities such as coffee mornings and afternoon teas.
- A place where you can continue to be independent, mix with others, and come and go as you please. You will often find the flat easier to maintain and heat.
- Purpose built accommodation suited, mainly, to single people in their retirement.
- Warm, secure, with maintenance issues speedily resolved.
- Access to a 24 hour, 365 days a year 'lifeline' centre.
- Other 'telecare' services can include door entry / exit sensors and assisted technology relating to sensory loss.

### HOW TO APPLY?

Register online with Homes4Wiltshire by completing an application form or phone 01380 734734 and requesting one through the post. You can make bids (not cash) online when property vacancies are advertised on [www.homes4wiltshire.co.uk](http://www.homes4wiltshire.co.uk)

### CURRENT VACANCIES

CRICKLADE	Heberden House, SN6 6AS
CORSHAM	Holton House, SN13 0HH
	Jargeau Court, SN13 9HJ
MALMESBURY	Glovers Court, SN16 0AT
PURTON	Hooks Hill, SN5 4AS

**Show flat available for viewing at Hooks Hill, Purton on Wednesday 16 and 23 November from 11am-3pm**



**If you would like to have any part of this document explained or translated, or in a different format such as in larger print, braille, or on audio tape, contact Westlea on 01249 465465 to discuss your needs.**



# Terrifying tandem

In October Jayne Lindh, an Age UK Wiltshire volunteer, did a tandem parachute jump to raise funds for Age UK Wiltshire. Jayne, who for many years, worked as cabin crew on aircrafts said "I have spent a lot of time in planes but never considered jumping out." Although she was terrified, Jayne overcame her fear and raised more than £1,500 for our work with older people.



# Day centre news

In August, Happy Circle Day Centre in Rowley Place, was able to have a second day out. They visited Self Unlimited (formerly CARE), Rowde thanks to a grant from Melksham Area Board.

Members enjoyed a home cooked meal, quizzes and a film show (with real popcorn made by organiser, Tracy Hague). "We really appreciate the financial support the club received," said chairman Margaret White. "For some members, coming to this club may be the only contact they have all week. Our club offers company, a meal together and a range of fun activities. We enjoy coming to Rowde as the catering department do us proud with everything freshly made. Members are also able to buy jams, chutneys, cakes and biscuits, and craft goods made on the premises."



# Talks to groups

**Are you a member of a group? Would you like to find out more about some of the issues that affect older people and the help that is available?**

**A member of our 'Talk Team' is ready and willing to visit your group for a chat or presentation in return for a cup of tea. Contact Hazel at Age UK Wiltshire (details overleaf) to arrange a date.**

# T'ai Chi – is it for me?

During the summer our 'Fit as a Fiddle' project ran 10 week courses in Bratton and in Westbury Leigh. The project aimed to enable older people to have a go at this form of gentle exercise and judge for themselves if it would be beneficial for them. Both courses turned out to be far more successful than we had ever hoped and at the end of the 10 weeks the numbers of people participating were more than enough for the class to continue as a self-funding activity in both the villages. Many thanks to all those who supported the courses and special thanks also to Sue and Ian the tutors who have done a great deal to inspire people.

We have just started another 10 week course in Broughton Gifford and are looking into the possibility of future courses in Purton, Burbage, Wilton and Great Bedwyn among others. Each course is subsidised so that every participant gets to attend their first two sessions for free and the additional eight weeks are charged at £2 per session. If the class continues on a self-funding basis after that then the weekly charge may rise slightly to cover the costs of the tutor and the venue. **Details of all these and many other classes and activities can be found on our website (details overleaf).**

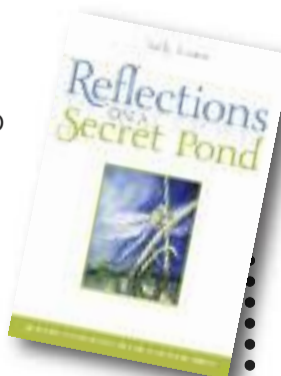


# Age UK staff are amazing!

We have always known that our staff do amazing things away from the office, but were surprised recently at the coincidence that two of them have books that have just been published.

Sally Evans has written and beautifully illustrated 'Reflections on a Secret Pond: A Short Reflection on Life, Death and Rebirth' which is available now. Dina La Varera has co-written with Charles Waite, 'Survivor of the Long March: Five Years as a PoW 1940-1945' which can be pre-ordered for its release in January 2012.

Congratulations to them both on this achievement.



# Service reminder

Our nail cutting service now operates in 14 different locations as far apart as Warminster and Cricklade. It is a basic toe nail cutting service; if you have other problems with your feet you should consult a qualified chiropodist. The cost of the service is £10 per visit and a one off payment for the clippers and file which then must be brought to each appointment. Those people who

previously had their appointments subsidised by the Royal British Legion will be pleased to know that this will continue until the end of March 2012. We cannot offer the service to people who are diabetic or taking certain types of medication. Application packs are available through our main office. You may be interested to know that last year we ran 239 clinics and cut nearly 1,600 sets of toe nails – that's an awful lot of toes.

# Stay safe this winter

As the clocks go back and the nights begin drawing in, people naturally start to stay in to avoid the cold and dark nights. This can increase feelings of being cut-off and concern about what might happen in an emergency.

Age UK is reminding those who feel they need additional peace of mind that a personal alarm system can make them feel safer and still able to live their lives as normal.

Age UK Personal Alarms provide reassurance to over 40,000 people every year and the 24 hour emergency response system can be installed at homes in the

UK, where possible within 48 hours of the initial enquiry.

One touch of the button connects to a dedicated Response Centre, which is staffed by professionally trained operators 24 hours a day, every day of the year. The alarm system operates a two-way speech link to enable the person who has raised the alarm to talk to an operator within seconds. The operator can then contact the chosen key holder – a friend, neighbour or relative – who will visit and offer assistance. If there is no contact available, the emergency services will be contacted.



The alarm is lightweight and can be worn around the neck or on the wrist. It is waterproof so can be worn whether in the bathroom, kitchen or garden.

**Please contact Age UK Wiltshire (details overleaf) to find out more about the personal alarm or to arrange a no obligation demonstration in your own home.**

## More money in your pocket

**Every year up to £5 billion in Pension Credit, Housing Benefit and Council Tax Benefits is going unclaimed by older people.**



Other entitlements are also unclaimed – especially Attendance Allowance and Disability Living Allowance. Many people assume they're not eligible because they have some savings or own a house. Nearly half of families who get Pension Credit own their own home. Don't rule yourself out. You can have savings and still get Pension Credit. In fact, if you're aged 65 or over you might be entitled to extra money for having saved some money towards your retirement.

Last year our small information and advice team, supported by trained volunteers, increased the annual income of people over 50 by over £500,000.



**If you would like to find out more about what you could claim contact Age UK Wiltshire (details below) for a full and confidential benefit check.**

## Keeping physically active – How are you doing?

During the winter it is even more important to keep yourself physically active. The government recommends people over 60 are active for a minimum of 150 minutes a week. This could be everyday activities such as walking (briskly), dancing, cycling and gardening. In addition, people over 60 should think about participating in an activity that will help to develop and maintain strength and balance. The government suggested activities like T'ai Chi, chair-based exercise or another form of gentle exercise such as an EXTEND class. So how do you measure up?

## Knitting for Wiltshire

We have been overjoyed with our supporters response to our request to get involved in this year's Big Knit.



I'm pleased to announce that we have well exceeded our target to knit 22,150 hats. These hats will be displayed on innocent smoothie bottles in larger Sainsbury stores and Boots stores during November. For every smoothie sold wearing an Age UK Wiltshire hat, we will receive 25p. This means we will receive in excess of £5,500

Supporters have also raised an extra £835 by raising sponsorship for their knitting efforts. 88 year old Mrs Clarebout (below) from Rowde knitted an amazing 386 hats and raised £100 sponsorship.



All the proceeds of the Big Knit will be used to help make winter warmer for hundreds of older people across Wiltshire. One of the ways the money will be used is supporting our

befriending service. In the winter our befriending volunteers provide a valuable role, not only providing regular companionship but also assisting with a variety of practical tasks. This is particularly important in the winter in rural areas, when poor weather and shorter daylight hours mean that some of our service users might otherwise become increasingly socially isolated and find it even more difficult to access the help they need.

The money raised will also help to support our information and advice service. This assists older

people to claim the welfare benefits to which they are entitled and provides a range of advice on related issues such as housing, access to

winter fuel grants etc, help at home and staying warm, fit and healthy. We also have an emergency supply of electric heaters which we loan out in the winter months.

## Welcome!

Autumn is a time when many charities hold their Annual General Meeting and reflect



on the achievements of the past year. Trustees at Age UK Wiltshire are also concerned to look forward and face the challenges of continuing to support those people in Wiltshire who need our help.

Although later life for older people can now be a time of activity and engagement, our ageing society and, in particular, the rising numbers of people in later old age, poses some real challenges too. There will be extra pressure on health and social care provision and families will be faced with providing increasing support. Many people may suffer ill-health for longer and thousands will be lonely, isolated and cut off from the mainstream.

Much of Wiltshire's retired population will hopefully live active and healthy lives, but it must be recognised that the fastest population increase will be people aged 85 and over, which makes it even more important that we can continue to deliver the range of services we offer.

At the same time we must not see ageing as a burden but rather as a contribution to our society of our accumulated knowledge and experience. At AUKW we very much agree, we must work together if we are going to make our country a better place to grow old. We are all living longer; let's make the most of it together.

**Mike Weston  
(Chair)**

### CONTACT AGE UK WILTSHIRE

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