



agewell
sharing experience

Agewell Magazine

Inside this issue:

Agewell's new shop at Sandwell Hospital opened earlier this year. Our team of volunteers has kept on growing and our new venture has gone from strength to strength.

Full story on page 11

Also inside:

Forums are flourishing! | Pages 4-5

Befriending service in action | Page 6

Get active with Agewell | Pages 7-10

News round-up | Pages 12-13

Sweet award for Clive | Page 14

WELCOME



It's eight months since our last magazine and there's so much news to share with you that we have increased the number of pages for this issue!

Our cover photo, featuring some of our staff and volunteers, was

taken at the new Agewell shop at Sandwell Hospital, which opened at the start of April.

Fifteen volunteers, aged from 17 to 86, have already stepped forward to help and we are always on the look out for more. Read the full story on page 11 and if you are interested in volunteering, please do get in touch.

April also saw the start of a new 12-month contract with Sandwell Council Public Health, which is enabling us to offer even more opportunities for local, older people to get active with Agewell.

We are currently running exercise sessions every day of the week in community venues across Sandwell, so there's no excuse for saying 'I can't get active'.

Even if you're not too steady on your feet, you can fully participate from a chair and you will see improvements in your physical and mental health.

Have a read of the 4-page feature on the centre pages to get inspired, then give us a call so we can help you decide which session would be best for you.

We're also delighted to report that our Local Forums for Agewell members are flourishing. Over 350 local, older people are registered forum members and enjoy coming together each month to have their say and to find out about issues on a local, regional and national level which may affect them and other older people. Find out more on pages 4-5.

There's lots more inside, including a delicious recipe for Bread Pudding, kindly supplied by Clive Atkins, Chair of Rowley Regis Local Forum who came third in this summer's Black Country Bread Pudding competition, as well as details of two new roles for our extremely hardworking Chair Edna Barker.

We have just launched a new Agewell Services Pack aimed at organisations who have a budget to provide services for older people. Whatever your focus - preventing falls, tackling social isolation, reducing hospital readmissions – we can help.

Finally, I do want to congratulate Board member, Steve Corton, for successfully completing the gruelling Snowdonia Marathon in October.

Now in his 50s, Steve hadn't run for nearly 18 years but he couldn't resist the challenge and we were delighted he chose to raise money for Agewell. You can still make a donation through Local Giving at <https://localgiving.org/fundraising/stevesnowdonia26mrun>



As a Community Interest Company (CIC), Agewell exists to benefit the community rather than private shareholders and any surplus that we make is reinvested to provide more services for local, older people, especially those who are isolated and vulnerable.

See back cover for details of how you can raise money for Agewell. If you'd like to know more please give us a call on 0121 796 9333.

Deborah Harrold

Deb Harrold, Agewell CEO ●

REDUCE YOUR RISK OF HAVING A FALL

Agewell's new self-help guide, *Staying Steady, Staying Safe*, has been flying off the shelves since its launch earlier this year.



Already, more than 170 people have either requested the guide for themselves or been referred to Agewell for help by a range of professionals working in the community.

The comprehensive guide has been designed to help older people reduce their risk of falling. It outlines 10 steps older people can take to start feeling safer while out and about and in the home, and includes a series of simple mobility, balance and strength exercises for individuals to follow.

The guide also provides some top tips for staying fit and healthy and advice about what to do if you have a fall.

Anyone who signs up to *Staying Steady, Staying Safe* is supported to work through the guide with phone calls from Agewell after five days, one month and three months.

Agewell's Pauline Withey explains: "Providing support is a key part of our *Staying Steady, Staying Safe* initiative. We go through what's in the booklet with individuals to make sure they are happy with the

exercises, to tick off what they have done and to answer any questions they may have.

"If we feel someone needs a bit more guidance about doing the exercises, we refer them to one of our qualified postural stability instructors, who may do a one-off home visit.

"During the final phone call, we also point people in the direction of our community-based exercise groups and classes, if appropriate."

Anyone aged 65 and over who lives in Sandwell, or is registered with a Sandwell GP, is eligible for a FREE copy of *Staying Steady, Staying Safe*. Call Agewell on 0121 796 9333 to request your copy or email info@agewelluk.org.uk ●

HAPPY TO TALK

Maureen Collins' voice is very familiar to everyone who receives Agewell's *Staying Steady, Staying Safe* guide.



The 66-year-old explains: "I make the calls to support individuals as they work through the self-help guide. I'm an older person myself so I can relate to what our clients are saying.

"I'm fortunate in that I can still get out and about, but others can't. My phone calls can really lift their day and help encourage them to continue to work through the guide."

FORUMS ARE FLOURISHING!

Offering a chance to get out and meet new friends, learn more about what's happening in your community and have your say on the issues which directly affect you – it's no wonder that Agewell's Local Forums are more popular than ever!

These friendly and informative meetings are held in each of the six Sandwell towns on a monthly basis and are free to attend.

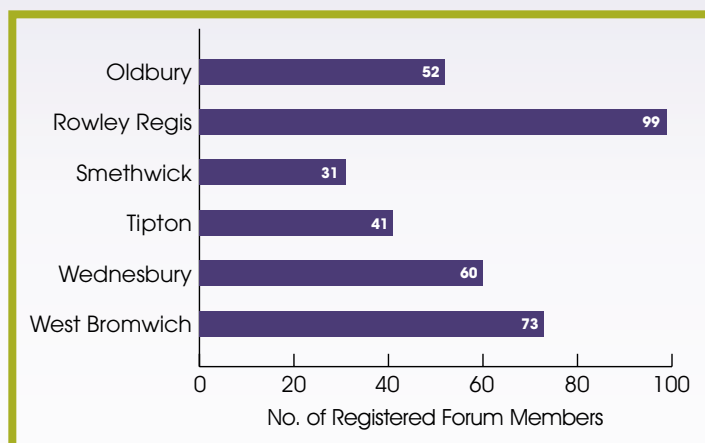
"We call them coffee mornings with a purpose," says Agewell Chief Executive, Deb Harrold. "They provide an opportunity for our members to come together and find out about issues on a local, regional and national level which may affect them and other older people."

All Agewell members are welcome to attend their Local Forum where they will hear key speakers discussing topical issues and encouraging healthy discussion.

Representatives from **Sandwell Council's Adult Social Care** have been visiting all our Forums recently to consult with our members and hear their views on the future of day care services across the borough.

The past few months have also seen a broad range of interesting speakers including:

- **Sue Cooper** from Sandwell and West Birmingham Hospitals NHS Trust talking about the changes being made to local Oncology services.



- **Loudeemy Productions** running an interactive drama called 'Starting Points' about the Mental Capacity Act and what we can do to protect our rights.
- **Yvonne Washbourne** from WM Asbestos Support Group which offers help and advice to people suffering from asbestos related diseases.
- **Chris Leech** from Groundwork West Midlands asking for feedback on the quality of local streets for the Sandwell Streets for People project report.
- **Caroline Greaney** from Swanswell talking about alcohol treatment options and support.

Members also enjoy a cuppa and a chat and the chance to find out the latest news from Agewell.

All the Chairs and Vice-Chairs of the Local Forums are Agewell members who volunteer their time to help others.

"It's very rewarding to see the change in people when they come along to a Local Forum," says Clive Atkins, Chair of Rowley Regis Local Forum. "They get away from the same four walls, meet new people and become more confident in themselves."

To find out more about your Local Forum, visit www.agewelluk.org.uk or call 0121 796 9333. ●

MORE THAN
350
OLDER
PEOPLE

are registered
to have their say
at monthly Agewell
Local Forums

LATEST FORUM NEWS

ROWLEY GETS FIT!

Rowley Regis Local Forum is delighted to have been awarded £8,900 from Awards for All.

The grant is being used to run a variety of sport, fitness and activity classes for older people in the local area including a group fitness class, short mat bowls, table tennis, dancing, a music group and craft classes.

"The classes will be held at local community venues such as Blackheath Conservative Club and Springfield Social Club in Rowley Regis," explains Forum Chair, Clive Atkins. "They'll be open to all older people and we'll encourage them to become Agewell members to discover how much the organisation has to offer."

ROYAL CELEBRATION

Tipton Local Forum enjoyed a right royal celebration when they organised an afternoon tea to celebrate The Queen's 90th birthday. Members sported Union Jack hats and raised a toast to The Queen!



FIRST OUTING

Smethwick Local Forum's first trip out was hailed "the best day of my life" by the coach driver!

Around 20 members enjoyed a trip to Bridgnorth where they boarded a steam train.

"We had a lovely meal of fish and chips on the train before going to a garden centre with lots of shops to have a look around," says Doris Strange, Forum Chair. "It was the first trip we'd done and it was a wonderful day. I'm sure we'll be organising more!"

MEMBERS STEP UP

Agewell's governance structure provides a number of opportunities for individual members to get involved at a higher level.

in recent months several Agewell members have taken the next step in championing the cause for older people in Sandwell.

Kathleen Ebanks, Tony Williams and Val Hickenbottom volunteered to take on leadership roles in our Local Forums, becoming Chair and Vice Chair of West Bromwich Local Forum, and Vice Chair of Oldbury Local Forum respectively.



The Chair of Tipton Local Forum, Dot Abbey joined the Agewell Executive Board. An Agewell member for around three years Dot has worked to build the Forum from around eight members to more than 40 and is passionate about helping people who may be isolated or lonely to reconnect socially.

Unfortunately, Tony, who has been involved with Agewell for a number of years and has extensive knowledge of local housing issues, has decided to step down, creating a vacancy for the Vice Chair of West Bromwich Local Forum.

We'd like to thank Tony for his hard work. If you are interested in volunteering for this role, please contact us on 0121 796 9333. ●

BEFRIENDING SERVICE IN ACTION

Agewell offers a free home befriending service for older people in Sandwell and West Birmingham. Our aim is to provide support and encouragement to help isolated older people to re-connect socially, improving their physical and mental wellbeing.

We start by offering a weekly visit for six weeks which is ample for some clients. Those with more complex needs, however, often need support for longer.

Whatever level of service is required, we always go the extra mile to help brighten the lives of all our clients, as the following case study highlights.

82-year-old Margaret was referred to Agewell by her GP. Older People's Champion, Karen Allen, befriended her and has really helped to improve her day-to-day living.

"Margaret lives on her own and doesn't have anyone to call on to help her get things done," explained Karen. "She is very strong-minded and likes to be independent but was desperately in need of some help and some company.

"She still drives but was struggling to go shopping so I helped her to apply for a Blue Badge. I went with her to have the assessment and getting the badge has made a big difference. She can now park right outside the shops in Blackheath where some of the shop keepers have got to know her and even bring her shopping out to her car!"

On one of her visits, Karen discovered that one of Margaret's beloved cats had died. Margaret was heartbroken and struggling to cope. "I was able to take charge," said Karen. "I took the cat to the vets who disposed of the body and spent time comforting Margaret. I really don't know what she would have done if we hadn't been visiting her."

Karen also referred Margaret to Social Services and took her to the Independent Living Centre in Coleshill for an assessment. As a result, Margaret has been supplied with daily living aids including a perching stool, raised toilet seat and bed frame.

"Often it's the little things which mean a lot," continued Karen. "For example, Margaret's curtain pelmet had



fallen down and was blocking the window so I arranged for someone to come in and make it safe. Her carpet is also in a bad state so I've been speaking to people about having it removed.

"It's so important to build a relationship with individuals, which is what I've been doing. Margaret really listens to me now as she knows I can help. Some weeks I call in to see her and other times I just give her a phone call. Creating a good relationship means that I can step in to provide greater support if needed and bring other organisations in to help too."

“Creating a good relationship means that I can step in to provide greater support if needed and bring other organisations in to help too.”

Do you know someone who would benefit from our befriending service? Give us a call on 0121 796 9333 to find out more. ●

GET ACTIVE WITH AGEWELL

Agewell has run an active programme of weekly community-based exercise classes for a number of years now.

Thanks to a new contract with Sandwell Council Public Health, we are currently offering even more opportunities for local older people to get healthier, happier and much more active.

A range of initiatives are underway including one-to-one exercise sessions carried out at home and a rolling programme of weekly exercise groups in each Sandwell town including Gentle Exercise, Strength & Balance, Zumba Gold and Multi Activity groups.

There's something happening every day of the week and help is always on hand for anyone who needs a bit of extra support.

"We really are offering something for all older people in Sandwell, whatever their ability," says Agewell's Alison Pickering.

"So there's no excuse for saying 'I can't get active'. Even those who aren't too steady on their feet can fully participate from a chair and see improvements in their physical and mental health." ●

New Active Bingo sessions launched across Sandwell, see page 12 for details.

 **274**
OLDER PEOPLE
participated
in Agewell's
Community-
based Exercise
Classes last year





POPULAR AT PORTWAY

Our new Thursday morning class at Portway Lifestyle Centre in Oldbury is proving very popular, with more than 25 older people regularly attending each week.

Upbeat, sixties music gets everyone in a cheerful mood as they work through a warm-up session, a circuit of exercises including wall press-ups and knee lifts, a number of strength and balance exercises and some fun dance moves to finish, followed by a coffee and a chat.

More able participants can then have a go in the gym or on the outdoor Life Trail green gym, whilst others get more individual attention from class instructor, Alison Pickering.

A number of volunteers support Alison, including 74-year-old Ruth and 62-year-old Vivian who are Agewell members, as well as Martin and John from Sandwell Leisure Trust. They welcome everyone, get

the room and equipment ready and help support those who are less able.

78-year-old Douglas, who has Parkinson's, underwent what his wife Eileen calls 'an amazing transformation'.

"He joined in the class and then went into the gym - it was like he'd been given a pep pill!" she said. "I was also able to join in and we both really enjoyed the strength and balance work. It really cheered him up as he's not able to do much exercise. I couldn't believe the difference!"

Interested? The class at Portway takes place on a Thursday morning from 10am – 12noon and costs £2.20 per session. Anyone aged over 60 is welcome to come along. ●



64-year-old Judith from Blackheath is really enjoying coming to the class. "I love it," she enthused.

“ It challenges me. I get hot and sweaty and have such a laugh. Alison is fabulous. She's really clear and easy to hear which is great. ”



RON ENJOYS EXERCISING

Another Parkinson's Disease sufferer, 82-year-old Ron has also discovered a whole new lease of life as a result of exercising regularly.

He was referred to Agewell from the Parkinson's group at Rowley Regis hospital and began with some one-to-one sessions at home which focussed on improving his strength and balance.

By the end of these sessions, he felt able to continue exercising in a community setting and began attending the weekly class at Portway.

Now, he's enjoying exercising so much that he's purchased a concessionary Sandwell Leisure Trust pass so he can use all the facilities at discounted rates. As well as coming to the weekly exercise class,

he's enjoying bowls and the Life Trail, he also regularly attends the hydrotherapy pool sessions to relieve his back pain. And now that his walking has improved, he can walk his dog regularly around Leasowes Park.



COMMUNITY EXERCISE PROGRAMME

MONDAY

10.30am - 11.30am	Warley Baptist Church, Oldbury	Mixed Ability
12.45pm	St Luke's, Wednesbury	Mixed Ability
10am - 11am	St Bernards Church, Great Barr	Postural Stability Group
10am - 11am	Thimblemill Library	Gentle Exercise

TUESDAY

11.15am - 12.15pm	Holy Name Church Hall, Great Barr	Mixed Ability
10.30am - 12.30pm	Lodge Road Community Centre, West Bromwich	Postural Stability Group
1.30pm - 2.30pm	Hill Top Methodist Church, West Bromwich	Postural Stability Group

WEDNESDAY

10am - 12noon	Rowley Disability Centre	Postural Stability Group
2.30pm - 3.30pm	Holy Trinity Church, Old Hill	Mixed Ability
11am - 12noon	Wednesbury Town Hall	Zumba Gold

THURSDAY

10am - 12noon	Portway Lifestyle Centre, Oldbury	Multi-Activity Session (including Strength & Balance)
10.15am - 12.15pm	Cradley Heath Fire Station, Haden Hill	Osteoporosis Patients
10am - 11am	St Luke's, Wednesbury	Mixed Ability
12.15pm - 1.15pm	Holy Name Church Hall, Great Barr	Mixed Ability

FRIDAY

10am - 12noon	St David's Court, Oldbury	Postural Stability Group
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To find out which of these classes will suit you best, call Agewell on 0121 796 9333. There is a small charge for each session. ●

ST BERNARD'S EXERCISE CLASS

By Chris Nugent

Get up, get showered and comb my hair,
Monday morning is here now what shall I wear?
Nothing too tight a tracksuit would do,
It's our exercise class and I am one of the crew,
We get to the church Gwen and Les have arrived,
We all love this class that can't be denied,
Alison is here she's got her music blaster,
Oh goodness that means we will all have to go faster!
We all get on well together, and everyone is nice,
And our leader Alison gives us sound advice,
Gwen collects the money then we sit down on our chair,
In come all the others there's not a moment to spare,
Ann is passionate about ABBA she thinks they are ace,
She marches round to the music I can't believe the pace!
Next we have the hedgehogs we think that they are fun,
Hilary and Kay have the skill for it but I end up with a run!
Now it's time for Sit to Stand,
I don't like these at all,
If nobody was looking I would creep out of the door;
We do eight stand ups to see how it goes,
Now remember says Alison 'It's nose before toes!'
We do quite well just eight more to go,
Then Alison delivers her final blow,
'This time I want ten'
Oh what a bother, and just to make it harder 'I want you to add a hover!'
Next it's time to stretch we do all we are asked,
The men find this part harder because men can't multitask!
Let's stop now for refreshments,
Ernie says 'That's a good idea' 'How about tea and a biscuit?'
Stan says 'He prefers a beer!'
Stan produces 2 or 3 jokes we haven't heard before,
All of us are laughing as we go out of the door,
Some head off to the Hamstead dressed up and looking neat,
We wave goodbye to each other.
We will see you all next week!



HOSPITAL SHOP TAKES OFF

Following the launch of our brand new shop in the outpatients department at Sandwell Hospital earlier this year, our team of volunteers has kept on growing and our new venture has gone from strength to strength.

Run by Agewell staff and volunteers, it sells a range of items including sandwiches, snacks and newspapers. Twice a day, members of the team run a trolley service, taking a selection of products from the shop out to patients on the wards.

More than 15 volunteers of all ages from 17 to 86 have stepped forward to help with the new venture. They all wear distinctive purple t-shirts and are thoroughly enjoying working at the hospital.

Agewell's Pauline Withey explains: "It's been a steep learning curve, but we're fast becoming retail experts!"



"We started off selling just basic items but keep introducing new lines like children's colouring books, puzzle magazines, reading glasses and toiletries. We bought a freezer at the start of the summer to sell ice creams and have launched a second-hand book section.

"If someone requests an item, we do our best to start selling it. We now sell pot noodles as the hospital staff asked for them! One of our members makes greeting cards which are now on sale and are very popular."

The volunteers receive lots of positive feedback from patients and relatives and the trolley run has proved so popular that we're looking to purchase a second trolley with a chiller.

All the profits from the shop are ploughed back into Agewell so that more local older people can be supported.

The shop is also helping us to identify older people on the wards who are in need of support either during their hospital stay or when they return home. Several referrals have already been received and good relationships are being built with hospital staff.

Are you interested in volunteering? Give us a call on 0121 796 9333 or email info@agewelluk.org.uk



DID YOU KNOW?

...that helping out in our hospital shop can get you healthier and fitter?!

A complete trolley round results in walking just over a mile - 2154 steps to be precise - which is one fifth of the recommended 10,000 daily steps.



VOLUNTEER DRIVERS WANTED

If you enjoy driving and can spare some time to help older people in Cradley Heath, Old Hill and Rowley Regis, please get in touch.

Agewell is working with Community Transport to support older people who struggle to get to GP and hospital appointments, to go shopping or get to social activities.

Please call us on 0121 796 9333 if you are interested in volunteering or if you feel this service could be of use to you.

PARTNERSHIP WITH ICARES

Agewell and iCares, part of Sandwell and West Birmingham Hospitals NHS Trust, are working together to improve support for older people discharged from Rowley Regis Hospital.

Following discharge, Agewell visit them at home to do an assessment of their mobility. Ongoing support is then provided to help them get out to the local leisure centre, exercise classes, bowling or tea dances, or anything they want to do that keeps them moving. Another assessment is then carried out 12 weeks later.

Ruth Williams, Manager of iCares, says: "It's essential we work closely with Agewell as, in the NHS, we cannot provide rehabilitation and care long term.

"Yet we know the more people carry on with their exercises and return to everyday activities with their friends and family, the better they will be in the long run. The risk of falls and unnecessary admissions to hospital are reduced."

ACTIVE BINGO LAUNCHED

Eyes down for Agewell's brand new bingo with a difference!

We successfully applied for Awards for All funding and have launched Active Bingo sessions for older people across Sandwell.

Combining gentle exercise with bingo, the weekly sessions encourage participants to do different movements for certain numbers!

The aim is for individuals to get physically active to improve their stability and muscle strength, while getting out, meeting others and having a laugh.

The sessions are being delivered by Sandwell Leisure Trust Physical Activity Development Officers. Call us on 0121 796 9333 to find out more.

WALK LEADERS

Agewell members who have lost their confidence in leaving the house, are being offered one-to-one support in enjoying their local community once again.

Our Older People's Champions, Karen Allen and Deb Pierson, have become qualified walk leaders with Mytime Active



Sandwell Stride. The pair first had to undergo training and were then observed while shadowing a Sandwell Stride walk leader.

Now they're supporting older people in walking from home, as well as organising health walks in local parks.

To find out more, call Agewell on 0121 796 9333.

VOLUNTEER THANK YOU

A big thank you to all our amazing volunteers who've clocked up a staggering 2,446 hours of volunteering during the past financial year!

This is a massive 90 per cent increase on the previous year. All our volunteers make a huge difference to the services and support we're able to provide for older people.

If you are interested in volunteering, call us on 0121 796 9333 for a copy of our volunteering leaflet and application form.

SIGN UP FOR NEW LUNCHEON CLUB

A new luncheon club is set to be launched in Dudley and Agewell members are being urged to sign up with their friends to make it a success.

Agewell Chair, Edna Barker, is keen to start the club which would meet one lunchtime a week at the Quality Inn in Dudley.

She says: "We've negotiated a good price for a decent lunch and now we need to get about 20 people interested so we can get it off the ground. It's not just for members – any older people are welcome."

Anyone interested can let Agewell or Edna know.



WINNER!

Well done to Joan Bridges who was the lucky winner in our Good Neighbour Questionnaire prize draw.

Joan, who attends our Oldbury Local Forum, has won herself a £50 voucher.

The questionnaire was sent out with the last issue of the Agewell Magazine as part of our research into how we support our elderly neighbours.

BEST PRACTICE

Agewell teamed up with iCares to showcase how integrated community care really works.

Ruth Williams, Manager of iCares, invited Agewell Chief Executive, Deb Harrold, to join her in presenting at a Kings Fund event. The Kings Fund is a charitable think tank which looks at best practice in improving health care in England.

"We explained to a workshop forum how Agewell and iCares are working in partnership to prevent avoidable hospital admissions," explained Ruth. "We were pleased to be invited as an example of best practice and, since then, have had a lot of enquiries from other people wanting to redesign the services they provide."

NEW SERVICES PACK LAUNCHED

A new Agewell Services Pack is now available.

It details all the services Agewell has to offer including consultation and engagement, falls prevention, and hospital and home befriending, with outline budgets for each of the service packages available.

If you have a budget to provide services for older people, please get in touch. ●



SWEET AWARD FOR CLIVE!

Clive Atkins, Chair of Rowley Regis Local Forum, cooked up a real treat to scoop third place in the Black Country Bread Pudding Competition.

As part of the Black Country Festival in July, Sandwell Libraries and Museums staged the competition to find the best bread pudding in the borough.

"I've inherited the love of cooking from my mother," says Clive, "so I decided to enter the heat at Blackheath Library and ended up coming third overall. All the ladies in Agewell love my bread pudding!"

Here's Clive's recipe for you to try!



BREAD PUDDING

INGREDIENTS:

3/4 OF A LARGE LOAF
5OZ SUGAR
500G MIXED DRIED FRUIT
2TSP MIXED SPICE
2 EGGS
1/2 PINT MILK
4OZ MARGARINE

METHOD:

1. Soak bread in cold water for 2 hours.
2. Mix sugar, spices and dried fruit in a large bowl.
3. Drain and squeeze bread of excess water in a clean tea towel.
4. Add bread to the bowl with the sugar, spices and fruit.
5. Mix eggs with milk and pour into the bowl.
6. Grease tin with margarine, melt the remainder and mix in the bowl.
7. Cook in oven Gas Mark 4 for apporximately 1 hour 50 mins.



NEW ROLES FOR EDNA

Edna Barker, Chair of Agewell, has taken on two new roles to further help to improve the quality of life for older people.



As well as becoming Chair of Sandwell Dementia Action Alliance, Edna has also joined the Steering Board for the Palliative and End of Life Service.

Edna, who has been involved with Sandwell

Dementia Action Alliance for some time, said: "With people living longer, there's more chance of individuals getting some sort of dementia. We're working with local businesses, such as supermarkets, so they can become more dementia friendly. The focus is on raising awareness - you don't wear a badge if you have dementia and it's difficult for others to know you have the condition."

The Palliative and End of Life Service offers care, support and treatment for adults across Sandwell and West Birmingham within the last 12 months of life. The aim is for individuals to remain in their own homes at the end of life, with the support they require and their symptoms controlled.

“ We want to make sure people end their days with dignity and the care they rightly should get. ”

A new single point of access co-ordination hub is now operational which can be contacted by patients, carers and professionals on 0121 507 3611. ●

HAPPY TO TALK!

For Agewell volunteer, Pauline Wheeler, our new shop at Sandwell Hospital has become the perfect office base.

80-year-old Pauline has been a telephone befriender for the past two years, regularly phoning 60 older people who are lonely or isolated and who really welcome a chat. During the past year she made an incredible 1549 calls!

Pauline now works out of the shop store room every Friday and is making a huge difference.

"I'm a real people person," says Pauline. "I live alone so I know how the people I'm calling feel. It's nice to know someone's thinking about you and wants to chat to you. When you're on your own and you don't hear from anyone, you start to wonder if you've been forgotten."

"Being a telephone befriender is something I enjoy so much."

Louise Jones, Agewell Operations Manager, says: "Pauline does a great job for us. All the people who receive a call look forward to speaking to Pauline and miss her if she's off! We're so grateful for all Pauline's help and appreciate all the hard work she does."



older people receive a telephone befriending call from Agewell each week

RAISING FUNDS FOR AGEWELL

Agewell's mission is to help older people to 'age well'. Our work enables them to live happier and healthier lives, remaining independent for as long as possible.

There are many ways you can raise much-needed funds for Agewell including:

- Organising a fundraising event or activity
- Making a one-off or monthly donation online through **Local Giving**
- Shopping online through **Easyfundraising**
- Purchasing travel insurance, equity release, stairlifts, personal alarms, pre-paid funeral plans and flowers and gifts through **Advant-age**
- Making a donation to Agewell in memory of a loved one
- Leaving a gift to Agewell in your will

Any support you can provide will help us to deliver more services to local, older people. Contact us on 0121 796 9333 to find out more.

WHAT YOUR GIFT COULD PROVIDE

£80 will enable us to support an older person to reduce their risk of falling by completing our self-help guide 'Staying Steady, Staying Safe' and providing one bespoke exercise session at home.

£150 will enable us to undertake 6 x one hour home befriending visits to support an isolated and vulnerable older person to re-connect socially.

£300 will enable us to visit an older person during their stay in hospital and undertake a comprehensive pre-discharge assessment to better manage the transition back home.

easyfundraising
.org.uk

Raise funds for Agewell when you shop online

Did you know you can raise money for Agewell just by shopping online through Easyfundraising?

- It's **100% free**
- There's over **2,700 retailers** to choose from including Amazon, M&S and Tesco
- Over **500,000 supporters** already use easyfundraising.org.uk

Visit **www.easyfundraising.org.uk** to find out how easy it is. Don't forget to select Agewell as the good cause you wish to support.

You can also click the '**Fundraise for Us**' button on **www.agewelluk.org.uk** to find the easyfundraising link or call us on **0121 796 9333** to find out more.

Contact Details

For more information about Agewell and our services, contact us as follows:-

T: 0121 796 9333

F: 0121 227 1978

E: info@agewelluk.org.uk

W: www.agewelluk.org.uk

get social:  |  | 

Partnership working



NHS
Sandwell and West Birmingham
Clinical Commissioning Group



Sandwell
Metropolitan Borough Council

DAA Dementia
Action Alliance



SOCIAL ENTERPRISE
WE'RE A
BUSINESS WHERE SOCIETY PROFITS

Sandwell and West Birmingham Hospitals **NHS**
NHS Trust

