



Agewell Magazine

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Our weekly Kingfisher Buddies groups are a life-saver for Mick, whose wife Rita was diagnosed with dementia in 2014. Find out more on pages 7,8,9 and 10.

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WELCOME



It's been 9 months since our last magazine and, as ever, we've got lots to tell you starting with the fabulous news that our successful Sapphire Service has received funding for another two years.

Originally funded by the Your Trust charity, we are delighted to confirm that, thanks to funding from the Better Care Fund, the work we are doing in partnership with the West Bromwich African Caribbean Resource Centre at Sandwell Hospital will continue until January 2021 and will be extended to include Russells Hall Hospital too. Find out more on page 3.

There's news too of a new 3-year contract with Murray Hall Community Trust which sees us working together to support people aged over 65 across Sandwell to maintain their health and wellbeing and to reduce social isolation and loneliness. See pages 4 and 5 to find out more about this new service which was launched in September.

Also inside is the latest news from Kingfisher Buddies, our 3-year project funded by The National Lottery Community Fund, which supports older people in the early stages of dementia as well as their carers and families. Our weekly Kingfisher Buddies groups are proving popular. So too the music players we have purchased. Find out more on pages 7, 8, 9 and 10.

On page 12 we look back at some of the highlights from the 2017/18 financial year. You will see that we nearly doubled the number of referrals received across all our contracts. 2,216 older people were referred to us which is a massive 94% increase on last year and testament to the hard work of all our staff, sessional workers and volunteers.

We see on a daily basis the positive difference our services make to the lives of many older people

and thanks to our detailed monitoring we have the figures to prove it too. This year we have invested in a new cloud-based data management system which is now live and working well.

49 volunteers supported our work last year, contributing some 4,881 hours of their time, for which we are very grateful. We are always on the look-out for more volunteers and it may lead to paid employment, as is the case with Charlotte Wildman. Read her story on page 6.

Our community-based exercise classes continue to be very popular. 26 classes ran each week with 508 older people regularly attending. Why not start the New Year as you mean to go on and contact Agewell for details of a class close to you? See page 13 for more information.

Finally, I'd like to introduce you to Barbara Stephens who has joined the Agewell Board as a non-executive director. Currently co-founder and Chief Executive of fellow social enterprise Dementia Pathfinders, Barbara has worked for the Alzheimer's Society and as CEO of Dementia UK.

She also holds the position of Caregiver-in-Chief at Unforgettable, an on-line marketplace for products and services designed to enhance the lives of people with dementia and family carers. Find out more on page 15.

Agewell is now affiliated to Unforgettable which means we earn commission for any of their products ordered through us. Have a look at our website for more details.

OFFICE MOVE

Please be aware that by end February 2019, Agewell will have moved offices. Our new address is Rounds Green Library, Martley Road, Oldbury B69 1DZ. Only our address is changing - all other contact details remain the same.

Deb Harrold, Agewell CEO ●

NEW FUNDING SECURED FOR SAPPHIRE SERVICE



Agewell's hugely successful Sapphire Service at Sandwell Hospital will be funded until end January 2021, which is excellent news. And as its referrals reach the 900 mark, it is expanding to include Russells Hall Hospital so even more Sandwell residents benefit.

The Sapphire Service was launched in April 2017 in partnership with the West Bromwich African Caribbean Resource Centre to support older patients during their stay in Sandwell Hospital and help to prevent their readmission in the future.

As well as befriending patients on the wards, up to six home visits or telephone befriending once individuals have been discharged is also provided.

Sapphire Service workers, Jason Denny, Vivienne Allen and Charlotte Wildman from Agewell, and Veronica Howe, Sabrina Barzey and Sean Swaby from the West Bromwich African Caribbean Resource

Centre, are delighted that funding for an additional two years has been secured from the Better Care Fund which aims to join up health and care services so that people can live independently in their communities for as long as possible.

Jason says: "The Sapphire Service is getting stronger all the time. We've had so much success and have received lots of thank you cards from people we've helped. Hospital staff are regularly referring to us now, which is what we've been aiming for.

"We are delighted the service is now expanding to include Sandwell residents at Russells Hall Hospital in Dudley too."

To contact the Sapphire Service please call 0121 507 3161 or 0121 796 9333 (between 8.30 am to 4.30 pm Monday to Friday) or email info@agewelluk.org.uk

A STAR Service



The impact the Sapphire Service is making was recognised by Sandwell and West Birmingham Hospitals NHS Trust when it shortlisted the team for a coveted Star Award 2018.

More than 500 nominations were received for the awards which celebrate the exceptional care, compassion, hard work and innovation shown by staff, volunteers and members of the community. The whole Sapphire team enjoyed a night at the

gala awards ceremony at Villa Park in October.

Toby Lewis, the NHS Trust's Chief Executive, said: "This year we received the largest number of nominations in the history of the Star Awards. Each nomination had a common thread – our organisation is made up of truly remarkable people."

Congratulations to worthy winner Janet Dearn from the League of Friends.

NEW PROJECT SPARCS SUCCESS



"It's the little things which make a big difference." That's how Community Navigator, Michael Sutton, sums up the new SPARCS project which has already received over 120 referrals across Sandwell.

Officially launched in September by the Mayor and Deputy Mayor of Sandwell, the project sees Agewell working in partnership with Murray Hall Community Trust to reduce social isolation and loneliness in the over 65s in the borough.

Both Agewell and Murray Hall ran successful Community Offer projects before putting in a joint bid to The National Lottery Community

Fund to launch the SPARCS project which stands for 'Social Prescribing for Active Resilient Communities in Sandwell'. Funding for three years was secured and the project has got off to an impressive start.

The SPARCS team is headed by Debbie Robinson, Health and Social Care Manager at Murray Hall, and comprises Community Development Worker, Paul Dodd, and two Navigators - Michael Sutton from Agewell and Julie Summer from Murray Hall. The Navigators receive referrals from a range of healthcare professionals, as well as self-referrals. They call every referral within three working days and arrange to visit every single one.

"When we visit our clients, we assess what they need, which services we can put them in touch with, and what else we can do to help," explains Michael. "We usually find they might ask for help with one issue, but there are several other issues we can also help with, such as claiming benefits, eating healthily, or staying safe at home.

"I helped a 98-year-old recently to claim extra money so she can now pay for cleaners to come in. It's a small thing in the scheme of things, but it's made such a difference to her.

"We also make referrals for aids and adaptations such as a raised toilet seat or a grab rail in the shower. A big part of our role is helping people to

get reconnected with community groups to help them feel less isolated. For many, we're just a friendly face – someone they know they can call and talk to if they need to."

If there are no groups in the local area, Community Development Worker, Paul Dodd, looks to

work with the community to set one up, tailored to local needs. He's also looking to recruit volunteers to become SPARCS befrienders to visit clients who are socially isolated.

Debbie Robinson adds: "We are so pleased to have been given the funding by the Big Lottery to deliver this much needed service.

"We offer access to services already available and help people to make links with others in a similar situation, helping them to make new friends and experience new things. This will certainly increase their health and wellbeing and, in lots of cases, will help people to become more confident.

To find out more, or to make a referral, please call SPARCS on 0121 557 5812 or email info@murrayhall.co.uk

Michael has recently moved onto pastures new and we are currently recruiting for his position. He has been a valued member of the Agewell team and we'd like to wish him well for the future.



"You can very easily get stuck inside and not be bothered to go out. We can see the difference it's made to all the people who've come along and joined in. You can learn such a lot from other older people."

Have you got some time to spare? SPARCS is looking for local people to become befrienders, visiting people in their homes and offering support and a listening ear. To find out more, call Murray Hall Community Trust on 0121 557 5812 or email info@murrayhall.co.uk

A word cloud of benefits of music therapy. The words are arranged in a circular pattern, with some words being larger and more prominent than others. The words include: Healthy Heart, Balance, Lose Weight, Reduces risk of diabetes, stroke, heart disease, Independence, Lowers Blood Pressure, Friends, Music, Socialise, Co-ordination, Strength, Feel Good, and Mobility. The words are in various shades of blue and green, and are set against a background of musical notes and a treble clef.

VOLUNTEERING FOR AGEWELL



Agewell is always on the lookout for new volunteers. There are lots of opportunities available and all ages are welcome.

24-year-old Charlotte Wildman has been giving up her time to support Agewell in a number of different ways, and says

volunteering has helped to boost her confidence and given her an insight into the caring professions.

Charlotte volunteers twice a week in the Agewell shop at Sandwell Hospital and also helps to staff the telephone befriending service.

She says: "I have a list of about 50 people I ring every Friday for a chat. I can tell that many of them really look forward to my call. They're often isolated and lonely and may not have any family. It helps to break the day up for them and let them know that someone cares.

"I check they are all right and, if needs be, I signpost

them to other Agewell services. One lady really needed a grab rail fitting outside her back door, for example, and I was able to point her in the right direction.

"The people I call all know me now and we have a really good chat."

Charlotte has recently secured a paid role with Agewell as a member of the Sapphire Service team, which is great news.

Charlotte adds: "I've been volunteering for Agewell for over 12 months now and I really enjoy it. I wasn't very well before that and I started volunteering as a way of getting myself out of the house and back into normal life again.

"I've always been interested in helping people and, since I've been volunteering for Agewell, everything has just slotted into place."

Volunteering for Agewell is a great way to meet new people and learn new skills. To find out more, call 0121 796 9333 or visit www.agewelluk.org.uk to download a copy of Agewell's volunteering leaflet and a Volunteer Registration form.

Volunteers Recognised

It was a great night for our wonderful Agewell volunteers at the Sandwell Volunteer Awards 2018.

Agewell Chair, Edna Barker, was awarded a Long Service Award to recognise more than 20 years of volunteering and contributing to the local community.

Volunteer David Lesyczynski and our hard-working shop volunteers were also awarded special Certificates of Recognition, which have been given pride of place on display in the Agewell shop at Sandwell Hospital.

The awards ceremony, organised by the Volunteer Centre Sandwell, was held at The Hawthorns in June and was attended by Agewell CEO, Deb Harrold, Community Navigator, Michael Sutton, and volunteers Lesley Haney, Shirley Gilkes, and Michael and Mary Bartlett.

Deb Harrold says: "It was wonderful to see our volunteers recognised. They do such an amazing job and we couldn't provide our services without them.

"Special mention must go to Edna whose Long Service Award was very well deserved. We are delighted that Edna's hard work and dedication to Agewell has been recognised in this way."

Edna is one of more than 50 volunteers who are vital to enabling the work of Agewell to continue. Volunteers are relied on to support many of Agewell's services, such as the hospital shop, exercise classes and the Kingfisher Buddies service for older people in the early stages of dementia.



HAVING FUN WITH KINGFISHER BUDDIES



Receiving a diagnosis of dementia can be a frightening time for the individual concerned, their carers and family members. Agewell's Kingfisher Buddies project provides information, guidance, help and support, as well as weekly groups where people can get together and have some fun.

Community Pathfinders Debra Pierson and Sandra Graham currently run three popular Kingfisher Buddies groups in Blackheath, Wednesbury and Oldbury, providing a lifeline for local people in the early stages of dementia, their carers and family members. In fact, the Blackheath group proved so popular that it had to relocate to a larger venue!

Sandra explains: "Our newest group is in Oldbury at the Portway Lifestyle Centre. We've had 24 new registrations here and the group is growing all the time.

It's working really well. We organise all sorts of different activities – all with an element of cognitive stimulation - such as pottery and crafts, painting, live music, sing-a-longs, talks, hand and arm massages, and lots of games.

"The activity room at Portway is a fantastic bright space with multi-coloured settees. Tables are set-up with different activities so people can choose what they want to do. In October we joined with the Wednesbury group and all went on a trip to the Black Country Living Museum.

"Our new Agewell volunteer, Frances Healy (pictured right), helps out. She's an ex-carer so we call her our 'expert by experience.' It's not just the individuals with dementia who benefit, their carers gain peer support and some excellent friendships have formed."

Several people who went to the Wednesbury group first, found they enjoyed it so much that they started going to Portway too. And four people now go to all three groups every week!

Both Sandra and Debra also do home visits for people with a new diagnosis of dementia or any other memory loss. They make up to six visits and



get involved with their family, offering advice about benefits and planning ahead, as well as signposting them to the groups to help avoid social isolation.

Referrals are received through local doctors' surgeries and occupational health workers, and Debra has built a close relationship with Regis Medical Centre where she runs a six week information programme for people with memory loss.

At the end of each programme, she encourages the participants to come along to the groups.

Debra says: "We're here to provide the support which people need to keep enjoying life. It's lovely to see how popular the groups are and what a good time everyone has at them. They're the highlight of the week for many people, which shows Kingfisher Buddies is working!"

If you would like to find out more, or arrange a home visit, call Agewell on 0121 796 9333 or email info@agewelluk.org.uk

Groups are a life-saver

For Mick Hill, the Kingfisher Buddies groups are literally a life-saver.

Mick's wife, Rita, aged 68, was diagnosed with dementia in 2014. "I first took Rita to the Wednesbury group," he explains. "We both enjoyed it so I decided we'd try the ones in Blackheath and Oldbury too.

"The groups are good for Rita as she comes out of herself more when she's there. If it's just the two of us at home, she just sits in a chair all the time and does nothing. She's had a go at pottery and enjoyed the singers. Sandra and Debra ask us what we'd like to do and then arrange it for us.

"I enjoy everything about the groups because I'd be by myself without them. I have to do everything for Rita and she can't communicate very well. Sometimes she asks me who I am. Without the groups I'd crack up to be honest and I don't think I'd be here now.

"I've made a lot of friends through Kingfisher Buddies and people help me with Rita.



Without the groups I'd crack up to be honest and I don't think I'd be here now.

After the Portway group each week about eight of us now go out for a meal. It takes me a long time to get Rita up and ready to go to the groups but I'd do anything to get there."

Come along & join in

Our Kingfisher Buddies groups are open to anyone with a diagnosis of dementia and their carers. Come along and enjoy a range of activities, a cuppa and a chat at any of the following:

- Mondays 2pm to 4pm
Elizabeth Prout Gardens,
Blackheath
- Tuesdays 10.30am to 12.30pm
The Old Post Office, Holyhead
Road, Wednesbury
- Wednesdays 2pm to 4pm
The Activity Room at Portway
Lifestyle Centre, Oldbury

There is a small charge to attend each week.



Music players spark memories

Agewell has recently teamed up with national organisation, Unforgettable, to spark special memories for local people with dementia.

Unforgettable was launched by James Ashwell whose mother was diagnosed with dementia. He created the company to offer products and services which can really help people with memory loss and their carers.

Through its Kingfisher Buddies project, Agewell has purchased 50 of Unforgettable's top-selling music players and they're creating quite a stir.

"We talk to the individual and their family members to create a playlist," explains Debra Pierson. "This might be music from their childhood, their school or church, or songs they remember their mum singing to them. We download it onto the music player which is operated simply by lifting the lid.



"Some people have asked for theme tunes from old TV shows or favourite sounds. The music helps them remember things so it's like a memory toolkit. I've had someone who wanted a peel of bells and another who wanted the dawn chorus. It's like their life story through music."

Memorable tunes

Margaret Merris was one of the first Kingfisher Buddies clients to receive a music player. The 86-year-old from Tividale was diagnosed with dementia in 2017 and desperately wanted to go out but was too nervous to do so.

Having accompanied her to Tesco a couple of times, Debra offered her a music player to give her some company at home.



Debra worked with Margaret to create a playlist which included the theme tune from the 1960s soap opera, Peyton Place, and Match of the Day, as well as Singing in the Rain and music from Doctor Zhivago.

When Debra presented the music player to her, Margaret

was quite emotional. "I'm absolutely thrilled with it," she said.

Other happy clients include:

- Bryone "Bing" Crosbie who attends the Elizabeth Prout group and was in the paratroopers. He requested a five minute track of a Lancaster bomber, as well as plenty of Annie Lennox as he hails from Scotland.

- An African Caribbean lady who asked for all Motown tracks and was almost in tears when she received her music player.

- A lady who was a saxophonist on the cruise liners in her twenties and chose music from this era to remind her of those good times.

Kingfisher Buddies in action...

“ My Aunty Kath was diagnosed with dementia in May and during a visit from Social Services, I was handed a leaflet for Kingfisher Buddies. I rang and left my details and Sandra contacted me. She arranged to visit my Aunty with me the following week and goodness me, did she make a difference to my Aunty's life!

She greeted my Aunty as if she had known her all her life and within minutes, they were laughing and joking like old friends! Sandra even managed to get her to walk up the garden, something she hadn't done for a long time. I was absolutely amazed how she gelled with Aunty Kath!

She visited her several times but then Aunty Kath had a fall on August 6th and was taken to hospital with a suspected broken hip. It turned out not to be broken but the doctors made the decision that she was a danger to herself living on her own and said that she needed to go into a care home.

I contacted Sandra because she was due to visit and she kindly went to the hospital to visit her instead. When I visited, Aunty Kath told me Sandra had been. She couldn't remember things usually, but she always told me when she'd seen Sandra!

She was transferred to Rowley Hospital on August 13th and spent two weeks in there. Sandra still kept in contact with me. She was then transferred to a Care Home in Tipton until a permanent placement could be found for her.

Unfortunately, on October 11th, she fell out of bed and when admitted to hospital, they found she had broken her hip. They told me they couldn't operate because she wouldn't survive the anaesthetic. They began end of life treatment a couple of days after that and she passed away on October 16th.

I contacted Sandra to let her know of Aunty Kath's passing and she rang me back. We were both crying and she talked to me for almost an hour. Both my life and my Aunty's have been made better for meeting Sandra.

She was like a bright light in my life when I was going down as far as I could go. I was trying to cope with everything almost single-handedly and Sandra gave me hope and encouragement. ”



Sharing Your Recipes

Judy Francis, who attends the Kingfisher Buddies groups in Wednesbury and Oldbury with her husband, Harry, who has dementia, has shared two of her favourite, simple recipes for a tasty meal for two.

When members of the Kingfisher Buddies group have enjoyed toast with their cuppa, Judy takes home the leftover bread and uses Clive Atkins' recipe from the Winter 2017 Agewell Magazine to make a huge bread pudding. She brings it for the group to enjoy the following week and even provides bags for them to take some home. What a star!



Quick Tomato Soup / Pasta Sauce

This makes a cheap, delicious soup or sauce for pasta. Vegetables can be added – just adjust the cooking time.

Ingredients

- 1 onion finely chopped
- ½ tsp lazy garlic
- Vegetable stock cube
- 150ml / 6 fl oz water
- 2 tins of chopped tomatoes
- 1 tsp sugar
- Salt and pepper to taste

Method

1. Soften the onion in oil or a small amount of water until soft but not brown.
2. Add the tomatoes, garlic and half the vegetable stock.
3. Bring to the boil then simmer for 5 mins with the lid on, stirring occasionally.
4. Season to taste and add the remainder of the stock until you get the required consistency.
5. Cool slightly and liquidise. Reheat when required.

Cheat's Steamed Sponge Pudding

For this quick and easy pudding, you will need a greased 2 pint / 1.2 litre pudding basin.

Ingredients

- 4oz / 100g margarine
- 4oz / 100g caster sugar
- 2 medium eggs
- 4oz / 100g self raising flour
- 2 tablespoons of milk

Method

1. Cream the margarine and sugar together.
2. Beat in the eggs and flour until well mixed but not over beaten.
3. Cover with clingfilm and microwave on full power for 4 mins (650 watt microwave) or 3½ mins (800 watt microwave). The pudding is cooked when it is firm and dry on the surface.
4. Leave to cool in the dish then tip onto a plate.
5. If required, warm a little jam or golden syrup in a pan and pour over.

For a fruit sponge, add 4oz / 100g dried fruit to the basic sponge mixture. For a chocolate sponge, replace 1oz / 25g of flour with cocoa powder. For a cherry sponge, add 3oz / 75g glace cherries to the basic mixture.

If you have any recipes to share please contact us as follows:

- 1 Hand your recipes to us at the Agewell Shop in the Outpatients Department at Sandwell Hospital or at any of the groups we run across Sandwell
- 2 Post them to Agewell, Rounds Green Library, Martley Road, Oldbury B69 1DZ
- 3 Email us at: info@agewelluk.org.uk

The 2017/18 financial year was our fifth as an independent social enterprise and the first year of two new contracts: (i) the Sapphire Service at Sandwell Hospital and (ii) Kingfisher Buddies for older people with a diagnosis of dementia and their families and carers.

It was also the second year of our shop at Sandwell Hospital which continued to thrive with 17 volunteers supporting Agewell staff. During the year we also received funding for a one year project in Smethwick from the Connected Care Partnership.

We began the year by saying goodbye to two long-standing members of our staff team, Geraldine Child and Kuldip Bahia (who also retired as a director

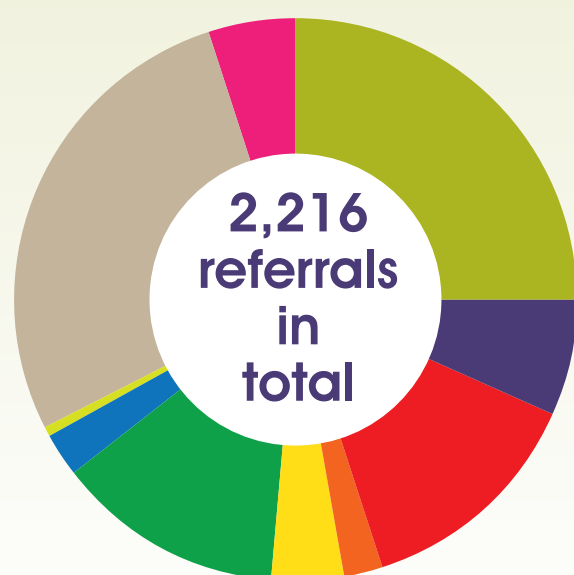
of Agewell). Karen Allen moved on to pastures new and we welcomed Sandra Graham on secondment from Dementia Pathfinders. Wendy Garcarz retired as a non-executive Board Director and was replaced by Susan Dunbar.

Throughout the year we continued to network and seek out opportunities for new contracts, as well as securing funds for existing services to continue.

A big thank you, as always, to all our staff, sessional workers and volunteers (including Forum Chairs, Vice Chairs and Board members) for helping us to make such a difference to the lives of so many local, older people.

Highlights included...

- Nearly doubling the number of referrals received across all our contracts. 2,216 older people were referred to us in total, which is a massive 94% increase on last year and testament to the hard work of all our staff, sessional workers and volunteers.
- 49 volunteers supported our work, contributing some 4,881 hours of their time, which is an increase of 16% from last year. We are very grateful for their hard work and are always on the look-out for more volunteers of all ages.
- We ran 26 community-based exercise classes each week with 508 older people regularly attending.
- 291 older people regularly attended one of our six monthly forums held across Sandwell.
- 108 older people signed up for our Staying Steady Staying Safe self-help guide.
- 53 older people received a telephone befriending call each week, resulting in 2,544 calls over the year.



Agewell Contracts	No. of referrals
● Getting Active	555
● Home Based Exercise	152
● Community Based Exercise	291
● Telephone Befriending	53
● Kingfisher Buddies	90
● Agewell Forums	291
● Connected Core Partnership	57
● Own Bed Instead	8
● Sapphire Service	611
● Bridging the Gap	108

Across all our contracts

 **2,216**
OLDER PEOPLE
were referred to Agewell
↑ **94%** on last year

 **53**

older people received a telephone
befriending call each week,
resulting in 2544 calls over the year.

291
OLDER PEOPLE

are registered
AGEWELL LOCAL FORUM
members

We ran
26
COMMUNITY-BASED
EXERCISE CLASSES
each week, which
508
OLDER PEOPLE regularly attended



108
OLDER PEOPLE
signed up for
STAYING STEADY
STAYING SAFE
self-help guide



49+ volunteers contributed

4,881
HOURS IN TOTAL

↑ **16%** on last year



GET ACTIVE WITH AGEWELL



Why not start the new year as you mean to go on and join an exercise class close to you?

One of the activities most in demand is Tai Chi. Sessions are held in Smethwick at Lightwoods House (Tuesdays, 1 to 2pm and 2.15 to 3.15pm) and at Thimblemill Library (Wednesdays, 11.15am to 12.15pm), at Bleakhouse Library in Oldbury (Thursdays 6-7pm) and at The Old Post Office in Wednesbury (Thursdays 11am-12pm).

Originally developed as a martial art in 13th-century China, Tai Chi can be particularly helpful for people aged 65 and over to reduce stress, improve posture, balance and general mobility, and increase muscle strength in the legs.

Alongside Tai Chi, Agewell also offers Strength & Balance, Zumba Gold, Yoga, Gentle Pilates and Gentle Exercise sessions, with some 25 classes running throughout the week. Sessions take place at a range of community venues and last between one and two hours. There is a small charge per session.

**Call 0121 796 9333 or
email info@agewelluk.org.uk for a full
programme.**





FALLS PREVENTION

Agewell shared valuable information about staying steady and safe at Edward Street Hospital's Falls Prevention event in September.

Staff handed out Agewell's comprehensive self-help guide, *Staying Steady Staying Safe*, which outlines 10 steps older people can take to start feeling safer at home, as well as when out and about. Attendees were also invited to come along to one of our community-based exercise classes.

If you have had a fall in the last 12 months, or are worried about falling, call 0121 796 9333 to find out how Agewell can help.

ROOMS FOR HIRE IN WEDNESBURY

Looking for somewhere to hold a regular club, a one-off meeting or a special event?

The Old Post Office on Holyhead Road, Wednesbury has a choice of facilities available for local groups and organisations at reasonable rates.

Agewell secured a Big Lottery grant for new flooring in the main hall and has funded better broadband throughout.

Call Agewell on 0121 796 9333 to find out more.

NATIONAL RECOGNITION FOR SAPPHIRE SERVICE



Our award-winning Sapphire Service received national recognition in November by winning a Helpforce Champions award for health volunteers.

The Inclusion & Diversity Award celebrates inclusion and diversity in volunteering and was presented to Shane Ward, CEO of the West Bromwich African Caribbean Resource Centre.

OLDER PEOPLE AND DOMESTIC ABUSE

Domestic abuse means an incident or pattern of incidents of controlling, coercive or threatening behaviour, violence or abuse by a partner, ex-partner or family member. It is based on one person having power or control over another, and it often gets worse over time.

If you feel scared of your partner, adult family member, or someone at home because of things that they say or do, or are forced to change your behaviour because you are frightened of their reaction, you might be experiencing domestic abuse.

For an older person with health problems or loss of mobility, or other disabilities it can be even worse. If they are being abused by someone they rely on to take care of them, they may feel even more trapped.

The individual being cared for can also become the abuser if their medical condition exacerbates aggression. In this situation the victim can feel isolated and a lot of guilt about considering leaving them – especially if adult children are expecting them to stay and continue the role of carer.

Black Country Women's Aid can help you get the support that you need with their service 'Ask Val'. The service has a dedicated Independent Domestic Violence Advisor, Gurpreet Samra, who will be working with anyone aged over 50.

If you live in Sandwell and need help please call 0121 553 0090. We can meet you at your local GP practice if necessary.

BARBARA JOINS THE BOARD



Agewell is pleased to welcome Barbara Stephens, co-founder and Chief Executive of Dementia Pathfinders, to our Executive Board.

Barbara has extensive professional experience in the dementia field, having worked for the Alzheimer's

Society and as CEO of Dementia UK. As well as leading Dementia Pathfinders, Barbara holds the position of Caregiver-in-Chief at Unforgettable, an on-line marketplace for products and services designed to enhance the lives of people with dementia and family carers.

Barbara is a firm believer in solution-focused approaches to supporting people and is constantly looking for opportunities to work in partnership with local communities to enhance the wellbeing and health of people affected by dementia and their families.

She writes a weekly blog for Unforgettable which focuses on issues surrounding dementia. Her blog featuring Wednesbury Museum and Art Gallery's 1970s nostalgia rooms was even reproduced in Countryman Magazine.

"Never underestimate the power of social media," says Agewell Chief Executive, Deb Harrold. "Barbara and I always say our work started with a tweet! Following that first contact we sat down to discuss the work of both Agewell and Dementia Pathfinders and how our organisations could work together to support people with dementia and their carers.

"It's been a successful partnership with our Big Lottery funded project Kingfisher Buddies and dementia training programme now fully underway in Sandwell. There are also several other ideas being developed which goes to show the strength of partnership working.

"It was a natural next step to invite Barbara to join the Agewell Executive Board which we are delighted she accepted."

If you'd like to read Barbara's weekly blog for Unforgettable, go online at www.unforgettable.org/blog/category/barbaras-blog/

QUIT SMOKING

Everyone knows about the negative effects of smoking, but that doesn't mean it's any easier to quit. Did you know that Stop Smoking Services can make you up to four times more likely to succeed?

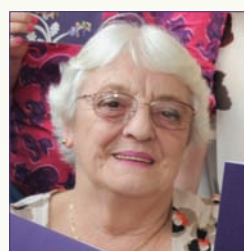
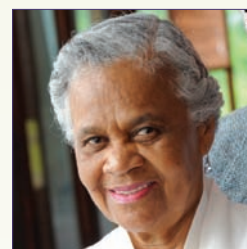
The service is available in all six towns in Sandwell, with drop-in clinics from Monday to Saturday in the morning, afternoon and evening. Smokers are offered a supportive programme which will help them quit for good. This involves one to one support from a qualified Stop Smoking advisor and access to Nicotine Replacement Therapy.

For a full list of clinic locations and times, visit www.qssupport.co.uk/find-your-area

GOODBYE AND THANK YOU

Three of our Local Forums have recently closed down and we'd like to take a moment to thank the Chairs and Vice Chairs for all their hard work.

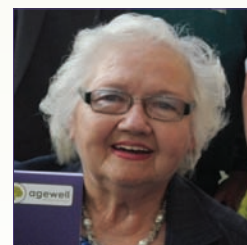
Kathleen Ebanks (West Bromwich), Dorothy Nemedi and Val Hickenbottom (Oldbury) and Doris Strange and Richard Weaver (Smethwick) have all volunteered their time for a



number of years to run the Forums, but have had to call it a day due to ill health.

All Forum members have been given the option to attend one of our

three remaining Local Forums in Rowley, Tipton or Wednesbury and the good news is we are looking into the possibility of setting up some new Forums – so watch this space!



We received the sad news that Richard Weaver passed away in December. Our thoughts and best wishes are with his family and friends.

Having a fall **IS NOT** an inevitable part of ageing.

With the right knowledge and support, you can help yourself to stay steady on your feet and protect your health and independence.

Whether you're 65 or 95, there are many positive and easy steps you can take to age well and reduce your risk of falling.



Call Agewell today for your **FREE** copy of our 'Staying Steady, Staying Safe' self-help guide for older people.

Available for everyone aged 65 and over, who lives in Sandwell, or is registered with a Sandwell GP.



0121 796 9333



info@agewelluk.org.uk

**STAYING
STEADY
STAYING
SAFE**



Balance Exercises

These exercises will help improve balance regularly.



Heel Raises

Stand tall, feet hip width apart and flat on the floor, holding the back of a sturdy chair or the kitchen sink. Lift your heels off the floor to a slow count of 5, taking your weight onto your big toes. Then lower with control to a slow count of 5. Repeat 10 to 20 times.

Toe Raises

Sit tall on the chair, feet hip flat on the floor to a slow count of 5, taking your weight on your with control to a slow count of 5. Repeat 10 to 20 times.

www.agewelluk.org.uk

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.

Contact Details

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

T: 0121 796 9333

F: 0121 217 0025

E: info@agewelluk.org.uk

W: www.agewelluk.org.uk

get social:



Partnership working



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