



**Main office**  
Help and information  
01908 550700

**Advocacy**  
01908 557875

**Befriending**  
01908 240450

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

**Deep Clean Service**  
01908 557882

**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**  
01908 557874

**Handyperson Service**  
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

**Insurance enquiries**  
01908 201178

**LiveLife**  
01908 973720



**Lunch clubs**  
01908 557873

**Technology Help**  
01908 550700

Registered charity 1079773

# Getting On

## A short walk is prescribed



Nii and Chris both enjoy the fresh air, exercise and chat

If you could bottle the positive effects of a regular walk and a chat with a supportive, interested companion you'd make more money than Richard Branson. The benefit of non-medical "social prescribing" is being increasingly recognised and Age UK Milton Keynes is at the forefront of providing practical and social support that improves older people's wellbeing.

Funding from Sport England has enabled our Walking Befrienders

project to pair former schoolteacher Nii Kofi with volunteer Chris Dewey. Nii has been an energetic, sporty person all his life but memory problems mean he can no longer take part in organised activities. 59-year-old Nii and Chris meet up for a 45 minute walk on the Milton Keynes redways every week. One-time RAF navigator Chris jokes they have only got lost twice so far. He says they both relish noticing the changes in the trees and shrubs as they explore the local linear parks and usually chat about football and travel.

Nii and his wife came to Age UK Milton Keynes via the LiveLife project which enables GP surgeries to refer patients to a range of local, non-clinical services, often provided by the voluntary sector. Age UK Milton Keynes is the provider in the borough of Milton Keynes, helping people aged 18 and over. Some older people will be directed to existing Age UK Milton Keynes services and others, of all ages, will be signposted to other local organisations where appropriate. Find out more about how we can help on 01908 550700 or ring LiveLife on 01908 973720.

## Partner benefits local charity



Efficient, hardworking and a very nice person

We are grateful to John Lewis plc for lending us Julie Szczepaniak from their Customer Delivery Operation for two days a week for six months. Their Golden Jubilee Trust funds long-serving employees to volunteer for a charity and Julie has helped make a huge difference to local older people by steering 4,000 copies of the "Directory for later life" into print, being a powerhouse of activity at fundraising events and even spending a couple of sessions sorting clothes at our Kiln Farm furniture store.

## Hotter than July

Wednesday 25th July was a notable day for lunch club members at the Peartree Centre. Volunteer Andy James organised a delicious lunchtime treat by outside caterers Longrow Hog Roast. Soup, salad and pudding was provided by our Cook and musical entertainment by Marky Mark, all funded by takings from the weekly raffle and contributions from club members and the charity. It was also Robert Hempel's last day as a volunteer after six years of conscientiously ensuring that menu choices were met and patient reassurance was provided when necessary. He also volunteered for our Technology Help Service and we wish him all the best in his new job.



Volunteer Mary serves hot food on a hot afternoon

## Don't worry but be sensible

Your heart might sink when you learn that the Coventry Building Society will be coming to your lunch club to "raise awareness of fraud and scams", but advice from the helpful staff was designed to be reassuring, not unduly worrying. Naturally there are all manner of hi-tech protocols in place to prevent money going missing from customers' accounts but the best bit of advice on the day turns out to be "Read your bank statements".



Theresa [left] from the Coventry Building Society visits The Peartree Centre in July to talk to lunch club members

## Look out for Penny



Age UKs up and down the country are campaigning to raise awareness of the care crisis. Milton Keynes will be hosting the inflatable pig on Tuesday 18th September!

## A whole year of fun and activities

We celebrated the first anniversary of the Peartree Memory Club for people living independently with memory loss by going on a metaphoric round-the-world-cruise. Party food and exotic location-themed fun and games were laid on thanks to funding from Tesco's "Bags of Help", and we all had our photo taken in front of a Caribbean backdrop. The club tries to provide creative activities as well as physical exercise, always stimulating, always enjoyable. Find out more about the club on 01908 550700.



Adam and Mary, possibly wishing it really was the Caribbean



"Captain" Joe, with Hilary, gives a nautical greeting

## Knit, chat and also raise funds

The Knit & Knatter group meets every Monday and alternate Wednesdays at our Snack & Chat cafe in The Food Centre in Central Milton Keynes to indulge their shared passion for knitting and crotchet and yes, chatting and drinking tea.

Age UK and innocent's Big Knit is back for a fabulous, fundraising fourteenth year so we are grateful to everyone who is knitting little woolly hats to help us reach our target of 10,000 hats. The national campaign runs all the way to July 2019, with the hats appearing on bottles in stores in October 2019. Knitting patterns can be downloaded from our website or pick up a paper version from The Peartree Centre.



Janet, Harriet and Meg demonstrate the versatility of knitted triangles

## Fundraising round-up

We do our best to organise events that are cost-effective and fun, and like all charities are delighted to receive unexpected donations from well-wishers. If you'd like to put your creative talents or spare time to good use, fundraising for a local charity is a great way meet new people and be more involved in your local community. Please get in touch.



Alyson Laslett knits a few hundred hats every year.



14 National Citizen Service students held a fun day for residents and locals, raising an awesome £70 for us at Castlemead Care Home in Newport Pagnell Friday 3rd August. #WayToGoDudes!



Huge thanks to Dick Evans and Stampede and 51 [mainly female!] game Ceilidh dancers who had a whale of a time in an extremely hot sports hall on Thursday 5th July, raising £371. We can't wait to do the Gay Gordons again!



Our Chief Executive Jane Palmer shows off the lovely new, replacement pull-up banners, kindly paid for by Andrew Hall of Haywood Mann. They are enormously useful and it is such a relief not having to tie our banners to chairs so that they stand up.



Thank you to all volunteers, including our friends at MK Lightning and Starship Technologies, who joined our mascot Doris in the Newport Pagnell Carnival Parade on Saturday 7th July to raise awareness of the support we provide in Milton Keynes.



The Winslow Show is always a great day for Age UK Milton Keynes, a heartwarming synergy of generosity and community activism, and on a bank holiday Monday! Many people donate cakes, drinks, money and their time and we are very grateful to them.

Thank you to Marianne, Michelle, Caroline, Harriet, Julie, Danny, Dick, Maggie, Di, Marg, Anne, Sue, Bob, Simon, Jan, Helen, Mary, Veronika, Diane and Ian. With your support, and that of Blum UK, Waitrose and VWFS, we raised £2,193.02 at the show on Monday 27th August. We served a lot of coffee and cake. Thank you also to the organisers of The Winslow Show for inviting us back every year.

## Forthcoming events



**Tuesday 23rd October, 7pm**

Halloween Quiz: £12 per person, includes hot dinner and pudding, at The Peartree Centre. Cash bar.



**Sunday 25th November, 10am - 3.30pm**

Christmas Market: over 20 stalls selling delicious festive food and original handmade items, at The Peartree Centre. Free entry and parking.



**Sunday 2nd December, 2pm**

Christmas carol singing with the Salvation Army Band and Songsters, at The Peartree Centre. Free entry, all welcome.

Interested in joining our friendly, enthusiastic team of fundraising volunteers? You could help us raise vital funds. Ring for an informal chat 01908 557891. [events@ageukmiltonkeynes.org.uk](mailto:events@ageukmiltonkeynes.org.uk)

## Actively monitoring with the OU

We are delighted to have taken part in research which investigated how wearable monitoring technologies can contribute towards supporting active and healthy ageing and which has won The Outstanding Impact of Research and Prosperity category in the Open University Research Excellence Awards 2018.



Professor Shailey Minocha [third from left] with the award and some of the participants in the research, and colleague Dr Duncan Banks [far right] Director of Work-Based Learning (Health Sciences)

## Hospitality in action

50 lunch club members enjoyed a change of scenery and cuisine when they were invited to St Paul's Roman Catholic School to give Year 9 -13 students studying Health & Social Care the opportunity to put the theory into practice. Many older people do not have grandchildren and not every young person has living grandparents, so a meeting between the generations in such a positive environment was a mutually beneficial experience. Margaret said she'd "had one of the best days ever" because one young girl had made it easy for her to hold a conversation by considerately writing little notes for her to read.



Harry Hogben enjoyed the shepherd's pie, apple crumble and a chance to chat to friendly young people

## News in brief



- Come to Eastbourne with us on Wednesday 12th September. Tickets £28 per person, available from our CMK drop-in offices in The Food Centre, above Iceland.
- Have your toenails trimmed at The Peartree Centre, for £20, by our Footcare Agent Lisa King. She will be in the hairdressing room every Wednesday 10am to 2pm. No need to book.
- Please like us on Facebook - we're called @ageukmiltonkeynes. If we get 1,000 likes (currently 863) we can apply for a £5,000 Facebook grant.

## New shop in West Bletchley

As our annual accounts show, over 50% of our income comes from our charity shops, so money raised by our trading activities is crucial to the survival of the charity and its ability to provide services to local older people. And our new shop at 3 Melrose Avenue joins the "charity shop" virtuous circle of donations - volunteers - happy customers - supported older people - happier community - donations etc. Please visit our new shop and help make it a success.



New manager Anna Pankovics has plenty of retail experience

## Ping pong at the Peartree

National Table Tennis Day on Wednesday 18th July kick started Table Tennis England's Ping! Festival which encourages people to get out over the summer and use table tennis tables placed strategically around Milton Keynes. We borrowed a full-size table for three days so that visitors to The Peartree Centre could knock about a few balls and rediscover the joys of ping pong. Unsurprisingly, many older people played the sport as teenagers and, a bit like riding a bike, those carefully honed skills built up during an active adolescence never leave you. It just takes a little while to "get your eye in", to quote lunch club volunteer Ian.



Ian impresses Anna and Mary with his killerspin serve

## Please come to our AGM

Thursday 27th September, 5.30pm

At The Peartree Centre

**Guest speaker: Dr Maria P Panourgia**

Consultant Geriatrician MK University Trust Hospital

Book on eventbrite or ring 01908 550700 to RSVP

### Contact *Getting On*



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