



**Main office**  
Help and information  
01908 550700

**Advocacy**  
01908 557875

**Befriending**  
01908 550700

**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

**Independent Living Service,**  
incorporating gardening,  
handyperson, home support  
01908 557884

**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 precious link to the past



As a 12 year old, Chick witnessed soldiers evacuated from Dunkirk arriving back at Margate railway station

community asset. Like his father, Chick, worked as a telephone engineer ("loved it") and later learnt that his father's "war work" had been training Wrens at Wormwood Scrubs (taken over by the War Department) in using the equipment they'd be operating at Bletchley Park. Chick has enjoyed sport and gardening ("loved it") all his life and says he only started slowing down in the last couple of years. His garden still gives him enormous pleasure thanks to John McPhee from our Independent Living Service. "You couldn't meet a nicer Scottish gardener", says Chick, "John is a gardener after my own heart and I look forward his visits. He's a good talker and whenever he suggests something, I'm always of the same opinion."

We at Age UK Milton Keynes are privileged to be in a position to support people whose lives have turned out well, or maybe not so well, and with your support we can carry on making a difference. We wish you all a Happy Christmas and all the best for 2019.

## Donating to charity?



Thank you Waitrose Community Matters for the tenth anniversary gift of £270.

Even in 2018, to reach one's 90th birthday depends on a happy combination of lifestyle choices, genes and good luck. Cyril Chetwynd, known as "Chick" since he was small, was the middle child of seven and was delighted to celebrate his landmark birthday this year with the 15 people closest to him. Now that the Second World War is becoming "ancient history" to people born in the 21st century, Chick forms part of an ever-dwindling but priceless

community asset. Like his father, Chick, worked as a telephone engineer ("loved it") and later learnt that his father's "war work" had been training Wrens at Wormwood Scrubs (taken over by the War Department) in using the equipment they'd be operating at Bletchley Park. Chick has enjoyed sport and gardening ("loved it") all his life and says he only started slowing down in the last couple of years. His garden still gives him enormous pleasure thanks to John McPhee from our Independent Living Service. "You couldn't meet a nicer Scottish gardener", says Chick, "John is a gardener after my own heart and I look forward his visits. He's a good talker and whenever he suggests something, I'm always of the same opinion."

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As a local, independent charity we get no funding from the government or local authority. The vital money raised in our shops, and financial donations from supporters, enables us to provide our free services. If you think older people should have someone to turn to all year round, not just at Christmas, or if you would like there to be more support for people who have been diagnosed with dementia, please enable us to provide it by making a donation to Age UK Milton Keynes.

## Activity at The Peartree Centre

Our resource centre is put to good use six days a week, sometimes seven. In December there are even more events than usual and we hope that our clients feel they are not left out of the festivities. We are grateful to the lovely team from Santander who came to put up our Christmas decorations on Friday 23rd November, making the building jolly for everyone who uses it.



The Hanslope Players kindly performed an illuminating First World War-themed show for our Peartree Memory Club on Monday 12th November. Their historically accurate show featured an eclectic mix of music, including traditional songs sung by soldiers in the trenches, but with their own jokey substitutes.



Thank you to the Salvation Army Band and Songsters for the heart warming, convivial carol singing and music (with tambourine spectacular) on Sunday 2nd December. Mince pies and refreshments were generously provided by Lloyds Bank and the event was so popular we had to fetch extra chairs from upstairs.



The two cracking gents pictured above are Ron and Jim (and photo bomber, Cathy), regular customers at our Snack & Chat cafe in The Food Centre (first floor, above Iceland). Our annual Christmas dinner for customers always sells out and was held on Tuesday 11th December. The delicious food was prepared by our fabulous chef Kris and his team of volunteers. The friendly waitress-service, crackers, fizzy, chocolates and mince pies were kindly provided by Partner & Community Liaison Coordinator Anne Dodds and a team of John Lewis Partners.



Club members Ken and Pat, with musician Catherine [centre], enjoyed an extra special Christmas Lunch at The Peartree Centre on Tuesday 4th December, generously funded by John Lewis Partners and hosted by Anne Dodds and partners from their warehouse.



The John Lewis Partners, including chef Sue [centre], were so supportive and patient that our more vulnerable clients felt encouraged to get up and dance, and had a whale of a time. The Rock 'n' Roll music provided by Dick Evans and daughter Catherine clearly struck a chord with people in their 70s and 80s.



Staff and volunteers Yulia, Ian, Mary, Santa, Alison, Tony and Karen work extra hard over the festive period to ensure that everyone at The Peartree Centre Lunch Clubs feels part of the Christmas celebrations.



Margaret and Frances say they enjoy making the effort to dress smartly for meeting their friends at our lunch club every week, and they made a special effort for the Christmas dinner on Wednesday 5th December. They also say you're never too old to humour Terry our Gardener when he wears his Santa costume!

## Fundraising round-up

If you have spare time, why not get involved with our fundraising activities. We're always looking for friendly volunteers. Call us on 01908 550700.

## Wolverton & Greenleys fireworks

Our thanks to Wolverton and Greenleys Town Council for choosing us as the benefiting charity of 50% of donations by local residents at their annual fireworks display on Monday 5th November. Our 21 keen volunteers (including volunteers from John Lewis Partners, Santander, Institute of Chartered Accountants of England and Wales and St Paul's School) enjoyed the fabulous fireworks and collected a magnificent £2,135.86. Most people like dropping coins and notes into collecting buckets - several brave souls used the contactless gadgets supplied by W&GTC to make their donation.



Paul and Gaye accepted contactless donations

## Peartree Christmas Market shines

Thank you to everyone who supported our fundraising Christmas Market on Sunday 25th November. Your hard work (21 stalls, tombola and mince pies) helped raise a magnificent £999.27 (including £149 donated by our Gardener, Jackie Matthews, from her festive green stall).



Most items were handmade and unique



Our knitters have sent us 7,530 little woolly hats so far, well on the way to our 12,000 target. So huge thanks to all our knitters whose tireless knitting has helped raise £1,882.50 already. Volunteer Sheila MacDonal [pictured] counts the hats and sends them off to innocent's headquarters at Fruit Towers in London.

## Christmas wrapped up for charity

This year the charity Christmas Gift Wrapping Service, run by the Christ the Cornerstone Church, is based in a more centrally located Gingerbread house in the intu:mk shopping centre. We are delighted to have provided a team of nimble-fingered volunteers for two gift-wrapping sessions. Oh, and Harriet and colleague Lucy Barnard also wrapped a Tesla car for a photo-opportunity. The service runs until 5pm on Christmas Eve so there's plenty of time to get your gifts beautifully wrapped.



Yep, there is a real electric car under that wrapping paper

## Stop us and buy one, again!

You only need to spend £1 to win the shiny new VW car. We know, we've met previous winners. The MK Community Foundation, centre:mk and VW joint operation raises thousands of pounds for local charities every year and tickets are on sale until 17th January 2019. The odds of 1: 21,000 compare favourably with the chances of winning the National Lottery. A ticket makes the perfect Christmas gift.



Look out for the stand near Monsoon in centre:mk

## Forthcoming events 2019



### Saturday 9th March, 10am - 5pm

The Rotary Club of Milton Keynes' annual Swimathon at Stantonbury Leisure Centre raises funds for eight local charities, including us. Join our swimming team or sponsor a swimmer - you can help.



### Monday 6th May, 10am

Look out for us at the mile-3 water station. Why not enter as a runner and raise funds for us - we have five charity entries. Get in touch!

Interested in joining our friendly, enthusiastic team of fundraising volunteers? You could help us raise vital funds. Ring for an informal chat 01908 550700. [events@ageukmiltonkeynes.org.uk](mailto:events@ageukmiltonkeynes.org.uk)

## Safe and not broken, then yes!

We appreciate all offers of saleable items. If you've ever wondered what happens to props after a photoshoot you will be pleased to learn that the items are often donated to charity. We are grateful to Gillon Quinn and the kind people at T M Lewin, of Jermyn Street, who donated this washing machine to us after putting it to work in their latest shoot.



Trustees Di Payne and Janet Deeley with the valuable item

## Spreading joy in your community

There is a lot of goodwill in Milton Keynes at Christmas and Age UK Milton Keynes is always pleased to play a role in channelling it to a good home. We do know vulnerable older people who expect to be alone at Christmas or who are going through a rough patch or have been ill or bereaved. Knowing that their community wishes them well and has put those thoughts into action is guaranteed to lift the spirits. So we say thank you to the individuals and businesses, some mentioned here, and the Daisy Chain Children's Centre, and some wishing to remain anonymous, who have asked us to pass on a gift to someone in need.



Volunteer receptionist Irene and ILS manager Harriet with some of the gifts from New Era Cap's "Giving Tree". Harriet's team provides support to older people all year round and they have been busy, tactfully and appropriately, distributing Christmas hampers and small parcels to older people throughout Milton Keynes.



Thank you students (and their families) from Stantonbury International School for the 12 wonderful Christmas hampers delivered to us by their teachers [pictured].



Gary and Helen from Tollers Solicitors [with Laura Price, Head of Hospital & Home Services] brought in huge bags of Christmas goodies, kindly donated and wrapped by staff at their Milton Keynes office.



Amye and Dagmara [with Rachel Bell, Head of Information & Wellbeing Services] with some of the luxurious gift boxes generously donated by Geoffrey Ieaver Solicitors.

**One anonymous Independent Living Service client speaks for every delighted older person we have surprised with an unexpected gift:**  
**"How wonderful, I am quite choked up."**



**A Happy Christmas and a Prosperous New Year from all of us at Age UK Milton Keynes**

### Contact *Getting On*

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[www.ageukmiltonkeynes.org.uk](http://www.ageukmiltonkeynes.org.uk)