

Main office
Help and information
01908 550700

Advocacy
01908 557875

Befriending & Walking
Befriending
01908 557885

CMK offices
and **Snack & Chat cafe**
01908 240450

Deep Clean Service
01908 557882

Footcare Service
toenail-cutting and more
01908 557883

Fundraising team
01908 557891

Furniture store
6 Burners Lane MK11 3HB
01908 263838

Independent Living Service
incorporating gardening,
handyperson, home support,
relief care sitting-service
01908 557874

Hospital Aftercare Service
01908 996073/4

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 557890

Peartree Memory Clubs
01908 550700

Technology Help
01908 550700

Registered charity 1079773

Age UK Milton Keynes,
The Peartree Centre, 1 Chadds
Lane, Milton Keynes MK6 3EB
www.ageukmiltonkeynes.org.uk

Getting On

Summer Trade/DIY Event



Scott gets stock ready for the first weekend sale



Some of the items that will on sale on 27th and 28th July

Furniture Store at 6 Burners Lane, Kiln Farm MK11 3HB is open to everyone and relies on your custom as well as your kind donations. Whether you're a builder, a plumber or just someone who needs a hedge-trimmer, please come along for a browse.

On any day of the week our huge 3,000 sq ft furniture store in Kiln Farm is an Aladdin's cave of beds, sofas, tables, chairs and other households items. Every sale raises vital funds that enable Age UK Milton Keynes to provide support to local older people.

On Saturday 27th and Sunday 28th July our Retail Operations Manager Scott Whitbread and his team are holding the first of three Summer clearance events where customers can be sure of picking up some fantastic bargains. Many items will be "as new" or actually new and the July event will focus on power tools, baths, washbasins, radiators and other items particularly suited to traders or DIY enthusiasts.

Everything is being sold on a first come first served basis, so be sure to mark the dates in your diary. The

Insurance and other products



Roger is based in Northampton, with colleagues Claire and Taz, but visits Milton Keynes every month for appointments

We work with Age UK and our neighbour Age UK Northamptonshire to offer a range of insurance and other products designed for people over 50. You can choose to buy the products online or at our CMK offices in The Food Centre in Milton Keynes. Thanks to our arrangement with Age UK Northamptonshire you can ring 01604 631030 for a quote or to renew your insurance over the telephone. To arrange a face-to-face appointment in Milton Keynes please call 01908 240450.

Take your feet to Newport Pagnell

Usually our Footcare Agents visit clients at home but if you prefer you can have your toenails trimmed every six weeks at The Brooklands Centre. 90-year old Connie volunteers once a week at the centre and says she loves laying the tables for lunch and being part of a friendly team. She views her visits to the treatment room to have her feet attended to by Footcare Health Practitioner Liz Morris as a special treat. Liz has been looking after her feet for nearly seven years and she wouldn't miss the regular sessions for the world. Find out more about our Footcare Service on 01908 557883.



Liz and Connie feel more like old friends

Walking with a friend feels better

After suffering a mild stroke last year Frankie says she wants to keep active and doesn't like staying in all the time, so the opportunity to go out for a gentle walk with volunteer Margaret suits her down to the ground. For Margaret, the opportunity to put her spare time to good use and feel she is making a difference "gives me a boost." If you or someone you know is lonely, and would benefit from this support, please get in touch on 01908 557885.



Frankie and Margaret enjoy a chat as well as the fresh air

Thank you for signing the petition

If you signed our paper copy or Age UK's online petition you can be sure that your signature has been counted in the 608,848 that are currently calling for the Government to save free TV licences for the over 75s. We posted our copies to Age UK in London last week and you can still sign online at www.ageuk.org.uk

Because it's not just a licence, it's a lifeline.



Raising awareness every year

As a local charity that supports carers all year round we were pleased to be able to join other organisations in promoting Carers Week 2019. We welcomed carers to an informal information drop-in event at The Peartree Centre on 10th June and say a warm thank you to Sainsbury's in Central Milton Keynes who gave us opportunity to set up an information stand in their store on 11th June. This year the national charities Carers UK, Age UK, Carers Trust, Motor Neurone Disease Association, MS Society, Rethink Mental Illness and Sense met the Minister of State for Care, Caroline Dinéage MP to discuss ways of getting unpaid carers better connected to vital support in the community.



Caroline and Laura spoke to carers doing their shopping

Have a cup of tea and save £££s

Most weeks Jeff Noble in our Technology Help Service debugs, uninstalls or uploads something on to a device in the knowledge that he will be saving his client a small fortune over the year. Jeff is available to answer questions at our CMK office in The Food Centre, above Iceland in Central Milton Keynes every Friday 10am to 12 noon. He can also give advice on setting up broadband and mobile phone contracts and if he doesn't know the answer, he will find it out for you. And while you're there, why not enjoy a cup of tea and a delicious piece of cake for only £1.55. Call us on 01908 550700 to find out more about the Technology Help Service and how we can help.



Jeff installs some software on a client's laptop

Fundraising round-up

Fundraisers are vital to our charity. If you have spare time and want to make a difference to your local community, please get in touch!

Swimathon funds presented by Mayor

We are hugely grateful to be one of the eight local charities to receive funds raised by the Rotary Clubs of Milton Keynes' 2019 Swimathon. On Monday 17th June our volunteers Dick Evans and Rose Evans represented the charity at the cheque presentation at Holiday Inn Milton Keynes Central.



Dick receives the cheque for £2,500 from the Mayor of Milton Keynes Cllr Sam Crooks

Local business supports local charity

We are grateful to John and the team at Changes Hair Salons who have chosen Age UK Milton Keynes as their Charity of the Year 2019. Get in touch if you'd like a collection goblet for your business premises or if you're holding an event.



Our volunteer Teresa [centre] is a regular customer

This symbol raises funds

In common with many charities we are signed up to AmazonSmile, so that our supporters can shop online with Amazon in the usual way and raise money for Age UK Milton Keynes. When you use AmazonSmile the AmazonSmile Foundation will donate 0.5% of the purchase price of eligible products to the charitable organisation of your choice, at no cost to you.



Radcliffe serve tea to the community

A group of older people who attend our lunch clubs enjoyed a delicious afternoon tea and some fabulous hospitality from Year 8 students at The Radcliffe School in Wolverton on Thursday 18th July. No effort was spared to ensure our comfort at the community event and we were treated to some fantastic live musical performances, a magician and even a tap dancing routine. Peartree Memory Clubs Co-ordinator Di Broadbent says a massive thank you to all the students [and staff] who are "an absolute credit to their school."



Alan and Linda say "Yes please, more tea"

Thank you John Lewis Magna Park

Age UK Milton Keynes' Development Manager Paula Ayers was delighted to attend a special cheque presentation event at Magna Park on Monday 22nd July to accept a fabulous donation of £2,400 from Mark Hirst and his team. The money has been raised by the Content Production Warehouse who work with samples and items of stock that appear in the John Lewis catalogue or on their website. Mark explains that all proceeds are given to local charities, with John Lewis partners nominating a local charity that is close to their heart. "This way", Mark says, "the money is given to organisations that mean something to people and it is good to see it spent locally."



Paula [back row, six from left] with representatives of other local charities and John Lewis partners, including Julie Szczepaniak [second left] who nominated Age UK Milton Keynes

We need fundraising volunteers

You could help us raise vital funds.
Ring Paula Ayers for an informal chat
01908 550700
events@ageukmiltonkeynes.org.uk

Bon voyage Mary and thank you!

The message on the cake says it all. At the end of May one of our longstanding volunteers, Mary Rouessart, said goodbye to her many friends at The Peartree Centre lunch club as she has decided the time was right to move nearer her family. We wish her all the best and say thank you for her hard work in the kitchen over the years.



Mary [second from left] at The Peartree Centre lunch club

Creative display wins Champagne

Assistant shop manager Sue Evans' magnificent knitted creations are legendary in Newport Pagnell, so no one can have been surprised by the highly commended 3rd prize awarded to our marvellous shop window display for the Newport Pagnell & Allies Vintage Wartime Event. The prize was awarded by The Bury Commoners' Association on Saturday 8th June and reflects well on our whole team of staff and volunteers. Not only do they raise thousands of pounds for Age UK Milton Keynes but their community spirit makes us proud.



Sir Winston in 1940s costume stands next to a little allotment of knitted vegetables and even knitted chickens.

This is feedback from an Employment Development Worker at Equality Works at Milton Keynes Council. Please contact Tara Bell on 01908 240450 if you have an enquiry about volunteering in our shops.

Thanks for offering X the opportunity to volunteer at Kiln Farm. This definitely built his self-esteem and encouraged him to consider paid employment. He is now working two days a week using skills gained at Age UK Milton Keynes

Olney beats all targets

Our shops and furniture store volunteers help raise money that supports services for thousands of older people in Milton Keynes. Volunteers, by definition, are unpaid but we try to ensure they are not unappreciated. Olney Shop Manager Paul Regan sends a photo of most of his team at Alban Hill Nursery in Sherington, celebrating their award for the best performance by any of our shops in the financial year 2018 - 2019. The award is based on the percentage by which a shop beats its monthly target. In fact, says Paul, Olney beat its monthly target every month and their reward from Retail management was a free meal. The photo shows 26 staff and volunteers on Sunday 23rd June, Sunday being the day when the shop is closed and the highest number of people could attend. "It was a lovely venue. We had the tearoom to ourselves, service was good, chat plentiful, (in fact at times deafening) and most importantly", says Paul, "the food was delicious".



Well done to our Olney team for a fabulous result

Big knit, little hats



The deadline for getting your little knitted hats to us in Milton Keynes is Friday 26th July. Please drop them off at The Peartree Centre or any of our shops so that we can get them to innocent (the smoothie makers at Fruit Towers) in time. The national Big Knit target for all 130 local Age UKs is 1.6 million hats, our target is 12,000.

Join our workforce

- **Seasonal Gardeners:** Flexible hours with no guaranteed minimum: £9.92 per hour
- **Independent Living Assistant Cover:** £9.22 per hour, to provide cover in all areas of Milton Keynes.

Visit our website or call 01908 550700 for more details.

Contact *Getting On*



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