

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 557890

Technology Help
01908 550700

Registered charity 1079773

Getting On

Thank you Jane Palmer



Jane with former colleague Graham Harrison [left] and Steve McNay at her retirement party on 12th March.

We say goodbye to our chief executive who leaves after 12 years in the top job. Jane joined the charity in 1995 when it was Age Concern Milton Keynes, working as a Home Visiting Organiser in the north of the borough. She enjoyed being able to make a difference to lonely and isolated older people, taking on more responsibility until she was appointed chief executive in November 2006. Under Jane's guidance Age UK Milton Keynes has developed and improved its services, making them more

flexible and more suited to the way people wish to live now. Jane said: "I have enjoyed every minute working at Age UK Milton Keynes. I leave at a time when there are more people over the age of 60 than under 16 in the UK. There is less funding to pay for the support older people need and many people aged 65 plus don't receive vital social care. I am proud to have been a part of a terrific charity that has a hugely positive effect on many lives." Jane's colleagues will miss her supportive management style. As someone who knew the organisation inside out she had firsthand experience of the concerns and pressures felt by her workforce. She worked hard to build good relationships with other statutory and voluntary organisations in Milton Keynes, ensuring the welfare of older people remains a priority and their voices are heard.

Welcome Janet Doran



Jane hands over the reins "to someone who can bring fresh passion and new ideas to the charity".

Having spent the past 20 years in senior management in the public sector, Janet says she was becoming increasingly aware of the declining resources available for services that meet the needs of older people. She relished the opportunity to join Age UK Milton Keynes and have the chance to have a positive impact on many lives. "In only a few weeks I have met many capable and committed staff, and the fantastic volunteers whose contribution is essential. I look forward to enabling the charity to further develop its services."

Befriending and now moving on

Newsletter readers will know that Melissa Cooper has been a long-standing, much appreciated support and friend to many older people since she joined Age Concern Milton Keynes, as was, in 2003. As a Community Home Visitor she was dependable, resourceful, capable and above all kind. A visit from Melissa was also a lot of fun, and she represents the very best of what the charity does. Now that she has left to start a new chapter in her life we, and her clients, will miss her. The blow of her leaving is softened by the knowledge that the services she helped set up continue to thrive and we welcome Sam Snelus [pictured] as our new Befriending Co-ordinator. Sam has years of experience in the voluntary sector and is thrilled to have a job where she can match an enthusiastic, caring volunteer with a lonely older person, knowing that both will derive huge benefit from the arrangement. Sam will also co-ordinate the Walking Befrienders Service.



Melissa [left] hands over to Sam

Neither the Befriending Service nor the Walking Befriending Service, which is funded by Sport England and Big Lottery, could exist if it were not for the community-minded people who use their spare time to make a difference. We always need more volunteers. People like retired nurse Carol Walthew [pictured below] who can commit to visiting an older person on a regular basis. Carol visited her first client for years until she died at 95. She has been visiting her current client for about 18 months and says: "She's so lovely, so funny. She tells me her stories." Although she is retired and has plenty of interests Carol makes the time to be a befriender because she finds it so rewarding. You can find out more about becoming a befriender by calling Tara Bell on 01908 240450. For details of the befriending Services call Sam on 01908 550700.



Carol says: "Being a befriender keeps you going"

It's a busy time of the year for gardeners

As soon as the temperature outside hits 7°C the grass starts growing and the telephone starts ringing at The Peartree Centre. Our gardeners are now part of the Independent Living Service and can be reached on 01908 557874. If you are an existing client, like Barbara Overton [pictured], you have probably already been in touch with your regular gardener. If you are new to us we will need to visit you at home to carry out an assessment first. In some areas there is a waiting list and we are doing our best to recruit new staff. So please bear with us as it may take a few weeks to allocate a gardener to new clients.



Barbara has always been a keen gardener

Group pancake making and racing

On Monday 4th March we had great fun making pancakes (including tossing them) and eating the ones that didn't end up on the floor. Some of the volunteers held an impromptu pancake race, which we think Dick won, but it wasn't easy to tell.

A second Peartree Memory Club starts on Friday 5th April and there are still a few places available. The new club will run 1.30 - 4.30pm every week and costs £10 per person, which covers all activities and an afternoon tea. Please contact us on 01908 550700 if you are interested in attending either of the clubs at The Peartree Centre. The Monday afternoon club is currently full but we welcome enquiries. We also welcome volunteers if you are the patient sort and would enjoy chatting to people who live in the moment. You can enable them to take part in activities.



Slightly blurred volunteers move too fast for the camera

Fundraising round-up

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

Festive lights switch on for charity

We say an enormous thank you to the fantastic residents of Kennington Close in Newport Pagnell whose show-stopping Christmas lights have been raising thousands of pounds for local charities for over a decade. This year all proceeds went to us and Willen Hospice. We are hugely grateful to receive a cheque for £2,750 which will help us carry on providing free services such as information and advice, advocacy and befriending.



Information Services Co-ordinator Caroline Ramswell [sixth from left] with some of the residents and our friends at Willen Hospice.

Fabulous figures

- £185.12 was donated to us by The Christ the Cornerstone Appeal, gift-wrapping at intu:mk.
- £652.40 was donated by shoppers at our Christmas bag-pack in Waitrose on 22nd December.

Thank you!
This money makes a real difference

Well done Dick, well done Di

Thank you to everyone who took part in Di Payne's 2018 fundraising cryptic Christmas quiz. Nine people got 49/50 correct answers so Di held a tie-breaking draw to select a winner - Dick Evans! Thank you Di and all the quizzers for raising a magnificent £550.



Di presents Dick with the customary liquid prize.

Two teams total 224 lengths

We were delighted to take part in the annual MK Rotary Club Swimathon on Saturday 9th March as it's such a fun event. It also raises thousands for local charities, enabling us all in one way or another to improve life for local people. Our two teams, completed a respectable 111 and 113 lengths respectively of the Stantonbury Leisure Centre pool. They are collecting sponsorship money and you can still donate online by visiting <https://www.justgiving.com/rotaryclubmk>



Thank you fabulous supporters and swimmers

We really need your support

Whether you make a one-off donation, set up a monthly standing order or leave us 1% of your residual estate as a legacy, every penny we receive from donors is vital to the survival of the charity. In order to run our services and carry on providing the support that makes older people feel someone cares about them, we need a minimum of £1.6 million a year.

At the end of 2018 we received a payment of £12.50 from the AmazonSmile programme. This is real money that has made its way to our bank account simply because several online purchasers clicked on the AmazonSmile icon. Amazon donates 0.5% of the net purchase price (excluding VAT, returns and shipping fees) of eligible purchases to the charitable organisation of your choice. That could be us!

Run a half marathon and raise vital funds!

Monday 6th May, 10am

Sign up for a charity entry in the 2019 Milton Keynes half marathon to raise at least £200 and your entry is free. And we'll be handing out water at mile-3 so you can be sure of an extra loud cheer as you pass! Get in touch on 01908 550700.



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

Volunteering is a two-way street

Helping out at a lunch club can be one of the best ways to meet new friends and you'll feel useful. In January our volunteer Thuc Chau Tsang said goodbye to her friends at the Wednesday lunch club as she is moving away from Milton Keynes. We say a big thank you and wish her all the best.



Thuc Chau Tsang [third from left] with her colleagues

Special rates for beauty treatments

Angela and Alysha from Beauty Infusion can provide manicures and pedicures to Age UK Milton Keynes clients at The Peartree Centre or at home. Call 07512 422 159 for all enquiries and bookings.



Prepare to be pampered at The Peartree Centre

Rely on us for a thorough job

There are many reasons why a home becomes unsanitary or dangerously cluttered, but our workers do not judge and only want to do the best for their clients. The average charge for our Deep Clean Service in the past year was £420. The work we do enables older people to carry on living independently. We can also clear out a property if a person has moved into residential care and their home needs to be sold. Call 01908 550700 for details.



We can return a home to a clean and safe condition

We can set you up, explain how it works

Whether you're dithering over a laptop or tempted by a tablet, our Technology Help Service can talk you through the options and help you decide what's best for you. Robin Patching paid £25 for a Try4ubuy session at home and is thrilled with his tablet - it does everything a smart phone can do but on a bigger screen. "I take it everywhere", he says, "The best thing I've bought in the past three years."



Robin gets what he needs from a tablet

Switch online and save on bills

Free!

Funding from MK Community Foundation means we can help older people switch gas and electricity suppliers, even if they do not have access to the internet. By using comparison websites we can find the best deal for you. There is no obligation to switch supplier if you decide not to, and we do not have a commercial arrangement with any energy supplier, so our advice is unbiased. Find out more on 01908 550700.

Join our workforce

- **Admin Assistant** Independent Living Service: £8.48 per hour, 20 hours per week over five days. General office duties, based at The Peartree Centre
 - **Hospital Aftercare Service dual role:** £9.40 per hour (paid for a guaranteed seven hours per day) covering a rota.
 - **Part-time Handyperson/Gardener:** £9.50 per hour, flexible hours agreed with the manager.
 - **Independent Living Assistants:** £8.78 per hour, 15 hours preferred minimum per week, needed in central and north west areas of Milton Keynes.
 - **Befriending Volunteers** needed - weekly or monthly commitment.
- Visit our website for more details or call us.**

Contact *Getting On*

✉ Age UK Milton Keynes, The Peartree Centre,
1 Chadds Lane, Milton Keynes MK6 3EB

t: 01908 550700

e: info@ageukmiltonkeynes.org.uk

www.ageukmiltonkeynes.org.uk