



**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

**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

## Independent Living Service



Sharon Kinge, Harriet Opalinski and Sarah O'Brien, part of the new team with Stephanie Timmins, Loraine Reilly and Lucy Barnard

and Footcare services into one Independent Living Service. This service is managed by Harriet Opalinski who reports to the Head of Hospital and Home Services, Laura Price. The Home Support Service carried out 8,424 appointments last year, helping 766 older people, illustrating what a fundamental difference reliable and practical support can make to older people living in Milton Keynes.

Chief Executive Jane Palmer said: "Over the years we have worked with so many caring and committed people and it is always difficult to see them go. Thank you to Celia Adams, Ken Antell, Marianne Cockburn, Nic Holmes and Michelle Turnbull for being just the kind of dedicated people we always love to work with. Our thanks go to each and every one of you for giving your time to the betterment of the older people in the community and we wish you the very, very best for the future."

To remain in business and stay effective all organisations, both commercial and charitable, must adapt to the changing times and the needs of their clients. Age UK Milton Keynes is no different so we have taken the decision to restructure part of our organisation in order to provide a better service to our clients and to address the financial pressures the charity is facing.

The main change is that we have amalgamated the Handyperson, Gardening, Home Support, Relief Care

## Books are most definitely our bag



Rick with a stack of "cheap entertainment for the masses" at 202 Stratford Road, above Tesco

Staff and volunteers at our bookshop in Wolverton love all things booky so were thrilled to join in the national Bookshop Day 2018 on 6th October, which is part of the annual "Books Are My Bag" campaign. Deputy Manager Rick Whyte had collected together a pile of 20th century pulp fiction, and Manager Carrie Bollom says there was a noticeable increase in trade on the Saturday. Every donation to our shop helps prevent waste and, importantly, raises vital funds that improve life for older people in Milton Keynes.

## 1918-2018

Most families in Britain today have been touched by the First World War. Some of us have detailed records and photographs of what happened to our forebears, some of us know very little. All of us at Age UK Milton Keynes wish to honour the memory of the men who fought 100 years ago, those who died too young and those who were fortunate to live to old age. These are some of our stories.

### Volunteer Diana Thomas

Diana says she decided to volunteer for Age UK Milton Keynes' Newport Pagnell shop because she loved the window display and she wanted "to be with people". Every week she looks forward to seeing what new stock has come in and she loves the friendly interaction with regular customers and her co-workers. She has researched the short life of her great uncle Percy John Beckingham Bowsher and has a precious a ringbinder of information about him. Percy joined the Royal Engineers in August 1914 and was awarded the Military Medal in 1917. On 17th April 1918 he told a comrade to "keep down, you're a family man" and was killed by a sniper in Dramsutre in France. He has no known grave but Diana has several photographs of him, at school and in uniform with his dear brother, Diana's grandfather. The letter informing his parents of his death contains the words "Let those who come after see to it that they be not forgotten."



Diana with a photo of Percy Bowsher aged 19

### Trustee Di Payne



My great uncle, Angus Ferens, served in the Horse Artillery in the Durham Light Infantry as he lived in Bishop Auckland. We have his diaries which only talk about the horses and very little

about the people. He was a horseman all his life and hunted hounds until his 80th birthday. He never married (we always said he was married to his horses) and died in 1962 aged 86. He was a major figure in my life as we used to ride together often. The picture shows us both on our horses.

### Volunteer fundraiser and Walking Befriender Simon Page



My grandfather, Sidney Page, joined up in 1915 whilst a civil servant. He spent the war in France and was wounded twice, including suffering from shellshock, and sent home twice to recuperate. Each time, he

returned to fight. He was awarded the Military Cross in September 1917 "for conspicuous gallantry and devotion to duty when in charge of a machine gun section." He was 25 years old. Sidney saw the war out and rejoined the Civil Service and had a distinguished career, dying peacefully in 1973 age 81.

My main thoughts revolve around how many of his friends he must have lost. He came from the Isle of Man so that was a close community. But overwhelmingly my feelings are ones of such gratitude that he survived as otherwise I wouldn't be here. That's what brings a tear to my eye.

### Volunteer Co-ordinator Tara Bell



My great grandfather, James Munn, went to France as a 19 year old and fought at Loos, Albert, Vimy Ridge, The Somme, Arras and Messines. He was wounded at Ypres and again at Cambrai and taken prisoner and interned in Germany until the end of the war. He was awarded the 1914-1918

Star, General Service Medal and the Victory Medal, which were commonly known as Pip, Squeak and Wilfred.

### Information & Advice Volunteer Phil May

My great uncle Harry Spain (Harry is my second Christian name) was an NCO and the family story, passed down the generations, was that he had died on Armistice Day in 1918. It became a family myth. When my son was researching for an 'A' level project in 2005 we visited the Imperial War Museum in Lambeth Road in London and looked him up. As a retired Systems Analyst, I am very much a numbers person. Two minutes of checking confirmed that he actually died in the last great German offensive in March 1918. Sadly, we have no photos of him.

## Fundraising round-up

Regular readers will know that we are not called Age UK - we are a local independent charity called Age UK Milton Keynes and money raised in Milton Keynes stays in Milton Keynes. We rely on donations and legacies from local supporters and the good people who join in our fundraising events. Our latest annual report is now available on our website or pick up a paper copy from any of our shops or the Peartree Centre.

## Thank you Mr and Mrs Jones

We are hugely grateful to Helen and Stewart (our trustee) who used the occasion of their Golden Wedding Anniversary to raise a marvellous total of £1,347.09 including Gift Aid for us. Thank you to them and their guests and we wish the couple many more happy years together.



Stewart and Helen celebrating 50 years together

## 17 quiz teams raise a magnificent £1,528

We enjoyed another fabulous Halloween quiz night on Tuesday 23rd October, only made possible because of the hard work and generosity of many people. Special thanks again to quizmasters Pat and Neil Hodges.



Thank you to Jason Kenney and his colleagues from Santander for paying for, preparing, cooking and serving the delicious food



Sue Graham [far right] congratulates the winning team

## More thanks to Dick Evans

Unbeknown to us, our superstar supporter and volunteer Dick Evans had set himself the goal of performing 40 fundraising gigs during our 40th anniversary year. And he achieved this just in time to present Chairman Sue Graham with a magnificent cheque for £1,325.92 at our AGM.



Di, Harriet, Dick and Catherine at our AGM

## Thank you Kuehne + Nagel

The Milton Keynes based distribution company raises thousands of pounds for local charities every year. We were delighted to be nominated by their employee Alan Kinge to receive a cheque for £4,500 at a special presentation organised by Lyn Carter and Kevin Deakin at Magna Park. The money will support the Peartree Memory Club which receives no external funding.



Alan, Di, Catherine, Hilary, Iris and Carol at Magna Park

## Forthcoming events



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

Christmas Market: over 20 stalls selling quirky gifts and original handmade items, at The Peartree Centre. Free entry and parking - all welcome.



### Sunday 2nd December, 2pm

Christmas carol singing with the Salvation Army Band and Songsters, at The Peartree Centre. Mince pies, tea and coffee. Free entry, plenty of free parking - 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)

## Improving later life since 1978

We were delighted to welcome the Mayor of Milton Keynes Cllr Martin Petchey to our 40th annual general meeting, as he had kindly attended our 39th last year as Deputy Mayor. He said that he had arrived in Milton Keynes “the same year as Age Concern Milton Keynes” and it was his experience that local charities kept Milton Keynes going and “volunteers made it the wonderful place that it is.”

Chairman Sue Graham kept matters moving briskly, introducing an informative presentation on the LiveLife Service by Co-ordinator Tony Villiers and a fabulous performance of a specially composed song by Dick Evans and his daughter Catherine. After the business part of the evening was concluded we were treated to an illuminating lecture by Consultant Geriatrician Dr Maria Panourgia, illustrating how “frailty” is a syndrome characterised by falls, incontinence, dementia, pressure ulcers, functional decline and fragility fractures. Not all these are a feature of old age and we can do a lot to protect ourselves by taking regular exercise throughout our lives.



Trustee Stewart Jones and the Mayor of Milton Keynes examine the paperwork

## Campaigning to improve social care

Age UK's 'Penny the inflatable piggy bank' came to the Central Milton Keynes railway station on Tuesday 18th September to highlight the urgent need for more funding for social care. With the latest data suggesting nationally 1.4m older people go without the care and support they need, and that the social care crisis is costing the NHS over £500 per minute, there is an urgent need for change. Visitors and commuters were asked to fill in postcards which will be sent to local MPs, asking them to treat social care as a priority and ensure that the Government's Green paper is published in the autumn as previously announced.



Many people had personal experience of the current lack of social care provision and were happy to support the campaign

## A therapeutic visit by small animals

We're all unique so it is no surprise that dementia affects people differently, but spending time with friendly, patient volunteers at The Peartree Memory Club seems to suit everyone. The activities vary from week to week but the chat and laughter is a constant. On Monday 1st October Di Broadbent and her team “managed” a hugely enjoyable visit by some small animals (under the supervision of a trained wrangler). Anyone who wanted could hold a [surprisingly calm] furry animal on their lap and enjoy gently stroking it. Amazingly the two Labradors were more interested in the carrots than the rabbits and guinea pigs.

The club, which is for people with a diagnosis of dementia and able to live independently, has space for more members. Please call us on 01908 550700 for more information about the fortnightly club.



Hal, Beryl and Irene enjoyed the visit by small animals



### Elsie Dodds 1925 - 2018

Many of us remember Elsie as a tireless fundraiser and friendly lunch club volunteer who was active in her community well into her 80s. She was always up for a bit of fun, whether that involved being a passenger on a three wheel motorbike or performing in a line dancing group for the Queen.



### Joan Walker MBE 1933 - 2018

Longstanding volunteer Joan was Age Concern Milton Keynes' first ever Information & Advice volunteer and was a passionate and effective advocate for her clients. She was also a mainstay of Senior Voice MK and her community activism was recognised in the New Year's Honours List.

Both Elsie and Joan died in September and will be much missed, not just for the huge, positive contribution they made to improving the lives of others.

### Contact *Getting On*

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