

Agenda

Newsletter of Age Concern Kingston upon Thames – 2007 Issue 4

Age and Youth Project wins Queen's Award for Voluntary Service

Age Concern Kingston's Age and Youth Project has been chosen to receive the prestigious Queen's Award for Voluntary Service 2007. **This award recognises excellence in voluntary activities** carried out by groups in the community. Now in its sixth year, the Age and Youth project enables older people to volunteer their skills, knowledge and experience in order to support primary school children with their learning and the children to benefit from the expertise and positive role models provided by the older volunteers.

The project, which mainly involves The Mount Primary School, Knollmead Primary School, Tolworth Junior School and King Athelstan Primary School, also offers Learning Mentors, who provide invaluable help to children before and after their move to secondary school.

Mrs Diane Campbell, Headteacher of The Mount Primary School, nominated the project for the Queen's Award and the Minister for the Third Sector gave his recommendation, saying that 'winning a Queen's award for Voluntary Service is a great achievement ... the work [volunteers] do holds our society together by giving



everyone the chance to be included in their community. They are a great example to us all.'

Sheila Gent, co-ordinator of the project since its inception, is delighted by the Award, saying that it is a powerful recognition of the enormous contribution older volunteers make towards children's well-being and progress. The volunteers were always fully committed and in return gained much satisfaction from working with the children. She believes that concern for all ages is at the heart of Age Concern Kingston's work, and through its intergenerational work the true meaning of this philosophy is clearly demonstrated.

Continued on back page

Inside this issue:

- Advice, Advocacy and Support: new team member
- Springdown Bell Ringers at Raleigh Centre
- Richmond Park sponsored walk
- Volunteers' summer buffet
- Feel better for a walk? Try the Step-O-Meter Programme
- Calling all knitters...
- Be green and supportive!
- 500 Club winners
- Volunteer opportunities



Age Concern Kingston upon Thames
Raleigh Centre
14 Nelson Road
New Malden
KT3 5EA

Tel. 020 8942 8256

agenda@ageconcernkingston.org
www.ageconcernkingston.org

Registered Charity No. 299988



Advice, Advocacy and Support: New Team Member



Linda Needham, our new advisor

Linda Needham (pictured) joined the Advice, Advocacy and Support Service in April, and has quickly become an invaluable member of the team.

During Linda's first few weeks, she visited Raleigh and Newent Centres, as well as other statutory and voluntary organisations in the Borough to get a feel for the services RBK provides. She has also spent time shadowing other members of the team on home visits and has been on various training courses including advocacy skills and a welfare benefits overview.

Since then, Linda has wasted no time at all and has demonstrated a common-sense approach and the empathy needed to make a successful advice worker. She

has been instrumental in the team's push to advertise their service and the team now has the capacity to start a drop-in service at the Community Advice Shop (fortnightly on Thursdays) and advice sessions for members at Newent Centre.

Real people, real lives

Mrs X contacted Linda on the Advice Line when she started to receive threatening letters from a store card provider. She had sent a cheque for payment of goods but the company claimed never to have received it. Linda rang the company and explained the situation. As a direct result, the company agreed to write off £108.

Springdown Bell Ringers at Raleigh Centre



Left-right: members Margaret Gibson, May Butcher and Ethel Akers

A group of local bell ringers visited the Raleigh Centre on Monday 25th June. They take their name from the 'spring' in Ewell and the 'Downs' near Epsom. The ringers told us that some of the bells were hand-made and others were machine-

made and came from the USA. They played three tunes and then all the members and staff had a go at playing 'Sweet Bonnie Boat' on the bells. With more practice they could soon be appearing on a talent show!

Richmond Park sponsored walk: update

The Richmond Park Sponsored Walk raised £1160.50.

What a result! Thank you again to all who took part and for those

who did not – just think how much more we could have raised had you taken part!!! Never mind: there's always next year ...

Volunteers' summer buffet

Although the weather was a bit mixed on Thursday 14 June, this did nothing to dampen the spirits of the volunteers attending our annual summer event.

As usual we had a really good turnout of about 70 volunteers and guests. The staff were on hand to act as hosts and make sure all our fabulous volunteers were well looked after.

Also at the event was special guest Barbara Flower. CEO Shane Brennan explained that we would be unveiling the Terry Flower garden in memory of our much loved driver, who sadly passed away earlier this year. This courtyard garden looks spectacular thanks to generous donations given in Terry's

memory by his family, friends, centre members and colleagues and to a great deal of hard work from green-fingered volunteer Joyce Lodde. Barbara cut the ribbon and opened the garden. It was a very moving event for her, and she took time admiring the plants and water feature.

The buffet was served and everyone really enjoyed the different home-made dishes on offer. Thanks to our cooks Lin and Teresa for all the mouth-watering dishes.

Our volunteers commented how they enjoyed this opportunity to socialise and meet other volunteers, getting to know the parts everyone plays in this diverse organisation.



Barbara Flower cuts the ribbon opening the garden while Shane Brennan, Chief Executive, looks on

Feel better for a walk? Try the Step-O-Meter Programme!

Meet Molly Woolaston, who has recently completed this three-month walking programme and says, "It made me realise I needed to do more walking and I have increased my daily steps."

Organised in partnership with the NHS, the programme aims to get people walking more, and offers the help of a Step-O-Meter (a type of pedometer) which measures their progress week by week.

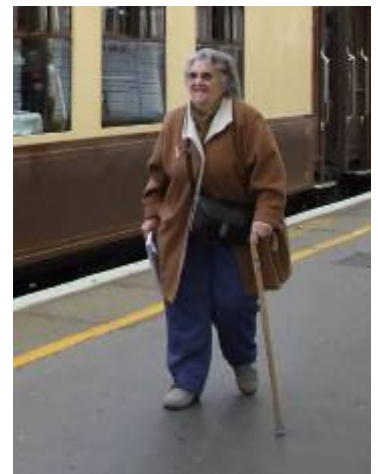
The Step-O-Meter gives you an idea of how much you are currently walking and helps to set realistic goals to walk more. It is easy to use: you simply clip it to your waistband and go. It helps you monitor your progress and shows when you reach your target.

The experts say that walking 10,000 steps a day is an ideal target but **any walking is better than none. No matter how many steps you**

walk, the most important message is to aim for small regular increases in your daily step count.

Project Coordinator Pratibha Tavinandi has been involved with the programme since March and currently has 45 walkers. She has had some good results and is urging them on to beat their own records. At the end of each user's programme, she evaluates whether using the Step-O-Meter made them take more steps or motivated them to get more active.

Walking can make you feel good, manage your weight and give you more energy. In the long term, it can reduce your blood pressure, help to reduce stress and keep your heart healthy—so what have you got to lose: come on, everyone, join this programme and take **your own** steps to a healthy lifestyle!



Molly Woolaston, a member of Raleigh centre, who has completed her three-month programme

Queen's Award for Voluntary Service

Continued from front page

Shane Brennan, Chief Executive, is very pleased and proud that the work of the organisation had merited this award. It was also an acknowledgment of Age Concern Kingston's ongoing

commitment to promoting an equal society for all ages – one in which older people are empowered and valued.

The award will be presented on behalf of the Queen by

Col. Geoffrey Godbold, OBE, TD, DL, the Representative Deputy Lieutenant for the London Borough of Kingston upon Thames, in September.

Calling all knitters ...

Age Concern Kingston is once again joining forces with 'Innocent' smoothie drink company in the 'Big Knit' campaign. We get paid to knit little hats that fit onto the top of the smoothie bottles plus we raise awareness of the dangers of the cold to older people .

If you can knit—or even if you can't! - and would like to help us in our campaign by knitting a hat or three, please contact Femina Makkar on 0208 942 8256 for more information.

Knitting starts from now until 15th September!!



Can you help us reduce our costs by viewing Agenda on line?

Reading the newsletter on our website would save us printing and postage costs, as well as helping the environment, so if you are interested please send an email to agenda@ageconcernkingston.org. We will notify you by email when the latest issue can be downloaded from the site.

500 Club winners

Congratulations to our May and June winners.

May:

- Richard Exworthy
- Frances Leifer
- John Wingfield

June:

- J McClune
- Audrey Lyons
- Trudie Wingfield

The results of future draws will be carried in this newsletter and on our website.

Join the club: you can't win unless you're in!

Volunteers wanted!

Do you have some spare time?

-Minibus escorts

Do you like to have a chat and a laugh? Help our drivers as they pick up and drop off clients.

-Handyman

Can you come and help us around our centres?

-Lunch club organiser

Serve the food and provide good company at our lunch clubs!

We have many opportunities for volunteers, so tell us where your interests lie and what you would like to do. Call Femina Makkar and find out more!

Be green and supportive!



Age Concern Kingston has had textile recycling facilities on site at the Raleigh Centre in New Malden for about a year. We hope that by offering the facility for people to bring in old clothes and shoes we can encourage people to recycle items that would otherwise go into landfill sites or incineration - a definite environmental advantage - plus we can raise some funds for Age Concern Kingston.

We encourage anyone who would like to be green and support us to visit our site in New Malden to drop off unwanted textiles AND shoes. If Kingston is more convenient for you, we can now offering the same facility at the Bradbury Active Age Centre.

So come on: de-clutter your house, save the environment and support a local charity all at the same time! What a win-win situation!!

For these activities, contact Femina Makkar on 020 8942 8256.