

**FREE!**

**AGE** Kingston upon Thames  
*Concern*

# agenda

Issue 5 • Summer 2010

Your view, your life, your news

**INSIDE:** Celebrating later life – page 4    Age Concern Kingston projects and services – page 7



## Working together...

*In the last issue of agenda, we set out what we would like to see the next government and local council do for older people, highlighting issues such as health and care; transport; housing; adult education and support for carers.*

*We also drew attention to the views of local people and the parliamentary candidates in the Borough. We now know the colours of both our local council and local and national government. Local MPs Ed Davey and Zac Goldsmith have both pledged to work more closely with Age Concern Kingston in order to help improve services for older people in the community, and we sincerely hope that they fulfil this commitment.*

We are living in uncertain times. The financial crisis has hit us all hard; the public sector is facing huge deficits and is being forced to make severe cuts in spending. But with ever increasing numbers of older people, lack of investment in low level support and preventative services, such as those provided by Age Concern, will have an even more detrimental knock on effect in the future, for older people's well-being as well as for public finances. Supporting people to remain safe and independent in their own homes, which is where the majority want to stay; preventing falls and minor accidents which lead to unnecessary hospital admissions; developing services to support people with early onset dementia before their condition deteriorates; funding low-level services such as day centres and lunch clubs, which help keep people active and independent in the

community – these are just some of the areas which need investment. In the longer term, if organisations such as Age Concern are supported to carry out this type of work, not only will older people benefit but there will be benefits to everyone through savings in public spending on hospital, nursing and residential care.

### Belief

We are also aware of the necessity and difficulty of 'building bridges' across community divides and feel that national and local government cannot afford to overlook the breakdown within communities, including across generations. Our award-winning intergenerational work demonstrates our belief that bringing the generations together is a force for social cohesion and key to promoting greater understanding and tolerance and tackling isolation and loneliness.

### Ed Davey

**Liberal Democrat MP for Kingston and Surbiton**

'I would of course wish to work with Kingston Age Concern... I am a strong supporter of Age Concern Kingston, and have always been keen to see them properly resourced, and involved closely in local projects, be those run by the council, the NHS or others. By involving them in projects early on, some of their objectives and work can be jointly or even fully funded by other agencies.'



### Zac Goldsmith

**Conservative MP for Richmond Park and North Kingston**

'Locally, we want to do more to enable elderly people to receive care in the home. We will actively support Age Concern and others to avoid duplicating their valuable work, and we will identify sites for community hubs that will provide a variety of services for the elderly, including recreational activities and day care. I'd like to see the Local Authority make more use of Age Concern Kingston as it is uniquely placed to deliver important services.'



There needs to be a fundamental readdressing of priorities so that older people are valued, invested in and kept safe from harm as much as younger generations.

We believe that partnership between ourselves, the local authority, health services and older people is the only way to achieve meaningful change and to tackle some of these issues. We all face challenging times ahead but, working together, we have a greater chance of creating a stronger and better community for all than if we go it alone.

### The Coalition Agreement – policies affecting you:

- Restoring the earnings link for the basic state pension from April 2011
- Phasing out the default retirement age and holding a review to set the date at which the state pension age starts to rise to 66, although it will not be sooner than 2016 for men and 2020 for women
- Protecting key benefits such as the winter allowance, free bus travel and free eye tests and prescriptions

## 514 bus service to continue

In the last issue of *agenda*, we included a letter from a local resident protesting against the proposed withdrawal of the 514 bus and responded that we had written to Surrey County Council urging them to reconsider. A consultation resulted in a total of 153 objections to the proposal, based on the impact on older residents, the loss of access to schools and the loss of services for Thames Ditton. As a result, the 514 service will continue for at least another year, to September 2011. This is excellent news, but we sincerely hope that this decision is not reversed come next year.



## New shopping bus for Kingston

Access to transport has been identified in the Borough as one of the major issues affecting the ability of older and disabled people to remain independent. Earlier this year, the local Accessible Transport Review recommended the setting up of a shopping and excursion bus to replace the Kingston Enterprise. As a result, Dial-a-Ride, in partnership with Richmond and Kingston Accessible Transport (RaKAT), is now running weekly shopping trips to designated local supermarkets for older and/or mobility impaired individuals. Call Len or Liz on **020 8549 6000** for more information.

## Mayor of London's Transport Strategy

The Mayor's Transport Strategy was published in May following a consultation process which ended earlier this year. It includes the following proposals of relevance to older people:

- Improving accessibility through a 'whole journey approach'
- Increasing step-free access at tube and railway stations
- Enhancing information provision
- Improving staff service and attitudes of customers through disability awareness campaigns and increased availability and training of staff
- Reducing crime, fear of crime and antisocial behaviour on public transport
- Keeping the range of concessionary fares under review
- Improving door-to-door and community transport

## Raleigh Saturday Club

On Saturday 8 May, Age Concern Kingston held its first Saturday Club at Raleigh House for people living with dementia and their carers. We are currently consulting on what people would like from a Saturday Club and are piloting the idea. Provisionally, the club will meet on the second Saturday of each month from 11.00am to 2.00pm and will include a light lunch, for a small fee. If you would like to find out more, or if you have any suggestions, please contact us. See page 7 for details.

How to contact us:

**Age Concern Kingston upon Thames**

14 Nelson Road, New Malden, KT3 5EA

Telephone: 020 8942 8256

Email: [admin@ageconcernkingston.org](mailto:admin@ageconcernkingston.org)

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*agenda* email: [agenda@ageconcernkingston.org](mailto:agenda@ageconcernkingston.org)

You can now view *agenda* on our website: [www.ageconcernkingston.org](http://www.ageconcernkingston.org) and follow the links.

The views expressed in *agenda* are not necessarily those of the trustees, staff or volunteers.

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You may have seen the TV adverts and leaflets publicising the launch of Age UK, the new charity formed from the merger between the national charities Age Concern England and Help the Aged. Age Concern Kingston upon Thames remains an independent local charity and at present, has no plans to change its name. We receive no direct funding from the national organisation.



## Sustainable living and the older community

Since 2009, Kingston University has been working with Age Concern and other organisations across London to develop a dialogue with older people on the issue of sustainable living. Through sessions held locally, including at Age Concern Kingston centres, church groups and the Kingston Pensioners' Forum, the project has involved over 300 people in the Borough, as well as a further 1700 across London and the south east.

Researchers found that 61% of people who engaged with the project have made changes as a result, from simply using a lower energy light bulb, to installing loft insulation or looking into renewable power generation. 59% have also encouraged someone they know to make a change.

The project has been shortlisted for several awards and received a 'Highly Commended' certificate at the Green Guardian Awards in 2009. The current work has now come to an end and the coordinators would like to thank everyone who participated.

One of the project leaders will give a talk about sustainable living at the Bradbury Centre on Thursday 17 June at 11.00am. For more information about the programme, see

[www.sustainablelivingandtheoldercommunity.co.uk](http://www.sustainablelivingandtheoldercommunity.co.uk).



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## 'Putting You First' – Have Your Say

Whether you use Adult Social Care Services or not, the changes and improvements happening in Kingston at the moment, could affect you or someone you know. We would really like to know what you think.

Many people have asked us why these changes are happening. The government has said we need to change the way we support people with social care needs so they have more choice and control and services that individually suit. So this is a national programme which is happening in Kingston now!

There are 4 main areas changing, and these are:

- Information & Advice: Kingston i:  
A 'first stop' service for local people and their families looking for information, advice and support on social care services for adults.
- Reablement:  
A service which offers people short term and intensive support to regain their confidence and skills to live independently in their own home.
- Personal Budgets:  
An amount of money given to those who need long term support to choose which services they prefer.
- Shaping Places:  
Making sure people know what is available in their own communities to support them.

Lots of people are already receiving Personal Budgets in Kingston and we know, from their feedback, that this is having a positive effect on their lives.

However, if you are already receiving services organised by the Council and you don't want anything to change, you can stick with what you've got.

If you would like to find out more and view the results of the public consultation, then please visit our website for full details: <http://tinyurl.com/rbktellus> or contact Nicole Marcangelo on 0208 547 4646 / [nicole.marcangelo@rbk.kingston.gov.uk](mailto:nicole.marcangelo@rbk.kingston.gov.uk)



Content provided by RBK



# Letters

Please send your comments and feedback to *agenda*  
Age Concern Kingston upon Thames  
14 Nelson Road, New Malden, KT3 5EA  
or send an email to [agenda@ageconcernkingston.org](mailto:agenda@ageconcernkingston.org)

This is the second *agenda* I've seen thanks to Old Malden library, and think it excellent. I've been a supporter of Age Concern for years. The reason I'm writing is:

1. I've been trying for years to get the public toilets re-opened at The Plough, near the bus stop. The council told me they could not afford to do so as they'd been vandalised.
2. The 213 bus drivers ... I've been on to London Transport twice about this. The women drivers are A1, always let down the suspension when they see any person elderly, lame and struggling like myself. Very few of the male drivers do – they just watch you struggle up the huge step, not even pulling into the kerb which would help. Also, I have tried to get London Transport to put a seat in the bus shelter there. The ground is filthy so one stands with heavy shopping, often for 20 minutes or more.

Sorry to let off steam but Age Concern is powerful enough to help – please.  
*Jane Hutchinson*

We agree that there is a need for more public toilets and were under the impression that the council was paying public houses and shops to offer these facilities, but if this is not the case, we urge them to do so. As regards the behaviour of some bus drivers – this is something highlighted in the Mayor of London's Transport Strategy (see opposite) and we hope that this will result in the issue being tackled seriously and comprehensively.

### A member of the Bradbury Centre replies to a comment in a recent edition of the Kingston Guardian:

*What has happened to looking after the elderly? First we lost Kingston Enterprise [bus] because nobody wanted to sponsor it. Now we have lost our bingo hall. They have sold up as I see it and there is not much else for old people. You tell me where we can go for a bit of social life?*  
*H Jennings, Kingston*

### There's a place waiting just for you

May I enlighten Mr Jennings that there is a place in Kingston where he and any other elderly residents can go for as much social life as he needs. It is the Bradbury Centre, run by Kingston Age Concern, which is only five minutes' walk from the town centre in Grange Road.

You will find much going on, from activities such as line dancing, tai chi and art to languages or computer skills. You can also make new friends in discussion groups, join the swimming or walkers' group or have a game of bridge or Scrabble. You can drop in any time for a coffee, homemade cake or hot food at lunchtime.

Whatever your needs you will be welcomed and yes, there are outings and quizzes as well. Many elderly people said they had found a new lease of life there. Do go along, Mr Jennings, and see for yourself.

*Pauline Lindsay, Surbiton*

Our Raleigh House Day Centre in New Malden is another welcoming place, with regular bingo. See page 6 for details about both centres.

## Vision needed...

We now know that Kingston has returned local MPs representing both sides of our new national coalition government and a Liberal Democrat council which has a clear majority. The government has pledged to tackle the deficit without affecting the quality of key frontline services, but has announced a cut in grants to local authorities.

The cost of adult social care locally is £45m; which represents nearly 40% of council spending. The future presents us with a predicament: less and less money is available, whilst at the same time increasing numbers of us are older. In the next 15 years, there will be twice as many 85 year olds than there are today. For those who work in social care, the implications of this are obvious: Kingston needs to develop a vision and a plan for the shape of social care services in 5, 10, 15 years' time.

In order to successfully meet the challenges ahead, there needs to be a genuine partnership between those of us who work with and support older people. As we said in the last edition of *agenda*, we want Kingston to be a great place in which people thrive as they age, where people live healthier, fuller and happier lives.

All of this is possible, but only if the Borough develops a clear vision for the future of social care.

## Feedback

### One year on...you tell us what you think

This issue marks the first anniversary of *agenda* in its current format. We've had some great feedback on it so far, highlighted in the results of the questionnaire we included with the last issue. Over 80% of respondents think *agenda* is good or excellent and over 90% believe that it helps to promote older people's issues in the community. Here is some of the feedback we received:

'Absolutely marvellous.'

'It presents the view that older people have value in the community.'

'It gives us a voice and draws attention to the contribution made in the community. It also highlights our needs.'

One respondent also kindly made a donation towards the costs of *agenda*. Many thanks to everyone who took the time to participate and congratulations to the winner of the prize draw, M.Z. Ghavri, who won a £25 M&S voucher!

Knowing that you value *agenda* means a lot to us and that's why we want to keep producing it, to continue to voice the issues that are important to you. However, in the current economic climate, we have to find ways of cutting costs in order to be able to continue our work supporting local older people. As a result, we've decided to reduce the number of pages from 12 to 8 in order to save money. We welcome any comments and feedback on the changes and of course more generally on *agenda* and any issues of concern to you. If you would like to support us, please see the back page for details.

### Volunteers for *agenda*

Do you enjoy writing, people contact or taking photographs? We are looking for volunteers with creativity and enthusiasm and good writing, research and/or photography skills to help produce *agenda*. Time commitment is flexible. If you can help with any of these things, please get in touch with Natasha on 020 8942 8256 or email [natasha@ageconcernkingston.org](mailto:natasha@ageconcernkingston.org).

## The Mayor awards 57 years of volunteering

Three of our volunteers recently received the prestigious Mayor's Community Awards in recognition of their outstanding service to the Borough. Congratulations to Joyce Lodde and Ena Bussy, volunteers at Raleigh House Day Centre, and Wendy Woods, a former trustee who continues to be involved in the organisation's work. We thank them for their dedication to the local community and to Age Concern Kingston.



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# Celebrating later life

**Older age is frequently portrayed in a negative light by the media, whether it's the 'problem' of an ageing population, the 'burden' of paying for care, the pensions 'crisis' or physical and mental 'decline'.** Later life is a time of change, but it does not have to be all doom and gloom. In a recent discussion with a group of local older people, Age Concern asked what would be 'a good life' for them. Their responses (see box) revealed that what makes a good life for an older person is not so very different from the things that make a good life for people of a younger age.

With continual improvements in health care and people living longer, 60 could soon become the new middle age. For some, life may simply carry on as before, with more and more people continuing to work past retirement age. For others, it may signify a new beginning, a turning point and an opportunity to do

*Age is opportunity no less,  
Than youth itself, though in another dress,  
And as the evening twilight fades away,  
The sky is filled with stars, invisible by day*

Henry Wadsworth Longfellow, *Morituri Salutamus*

something different, whether that's a second career, devoting time to an interest or passion which they didn't have time for during their working life, or volunteering and giving something back to the community.

### Growing older, growing happier

According to new research, the second half of our lives is more likely to be the happier, thanks to fewer financial worries, less responsibility and perhaps a greater appreciation of life. A study based on data from the British Household Panel Survey found that happiness declines from the

teens until the 40s, then picks up until it peaks at around the age of 74.

Researchers believe this is because older people are more conscious of the need to make the most of life and are less likely to take things for granted, as well as tending to value the emotional aspects of social interactions and experiences more than younger people. It may also be because people are more aware of what's important to them, and therefore if they make good use of what they have discovered about themselves in the first half of their lives, find that the second half can be the most fulfilling.

## What makes 'a good life'?

- Doing as much as you can with your life, within any limitations you have, as you would at any other age
- Meeting people, making new friends, because some of your old friends die as you get older
- Opportunities to do new things
- Intellectual stimulation
- Financial security
- Health – physical and mental
- Support from others to do things
- Self respect and respect from others
- Having family around
- A decent place to live
- Good memories



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**Jim was a key player in the creation of the intergenerational mural at the Bradbury centre – pictured here with Mayor Yogan Yoganathan, and some of the local school children involved with the project, at the unveiling of the mural.**

### Jim Woodman Local artist, age 65

'The arrival of the freedom pass and the winter fuel allowance, though very welcome, are timely reminders of getting older. But they don't have to mean carpet slippers and long hours in front of the TV. I was lucky, but my luck came out of difficult times. When I was in my early fifties, a life changing event happened to me. I took stock and decided that my life as a director of a large distribution company had to take a radically new course. I had always loved art and had painted whenever I could get the time. My decision was to try to find a way into the world of art. My passion for painting surfaced very rapidly such that I cannot imagine how I had not seen it before. Now I am a full time painter exhibiting and selling my work throughout the country. I am in my mid-sixties and will continue to paint for as long as I can. I mix with other artists who are generally much

younger than me but who treat me as a fellow artist, not as an older person who paints. I am lucky to have found my passion in life. It has given me the energy and sense of self that I barely knew when I was younger.

I know many never discover their passion or cannot see a way to pursue it. Only they can find the way, so advice from others is of limited value. If I had taken heed of the comments I received from my family, quite justifiably, on my early paintings, I would have given up there and then.

I am lucky, too, in enjoying good health, and I recently tore myself away from the studio to do the 200 mile Coast to Coast walk for the second time, but this is something none of us can determine, so follow the dream.'



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## Growing older doesn't come with a manual

**Age Concern First Contact is your way to find out the answers.** We are here to make it simple, friendly and free. If you need information or advice on anything from health to housing, please give us a call on the above number. We can help you:

- claim the benefits you're entitled to
- find a care home
- find help so you can stay in your own home
- make sure you're paying the right tax
- stay fit and healthy
- get the most out of healthcare services
- find out what to do when someone dies

### Bereavement and the death of a loved one: a personal view

The one certainty in our lives is that one day we are going to die. Death can occur at any age, at any time. It can be sudden and unexpected or at other times following a prolonged and painful illness when death may bring an end to suffering. When we lose someone dear to us, there is a gap in our lives that may never be filled and one, perhaps, that we do not want to be filled.

The death of a loved one evokes many emotions, such as denial, guilt, isolation, anger, deep sadness, loss, emptiness and depression. Life changing decisions should not be made at this time, when the mind is having to cope with a number of emotions as well as dealing with practicalities such as arranging the funeral and sorting out the deceased's effects.

On a personal level, I was a social worker for most of my working life and had dealt with the effect of death on others, but nothing prepared me for the sudden and unexpected death of my partner, N, in March 2005. After 37 years together, I was devastated and almost in denial. I hoped I was in a dream from which I would awake to find N still alive. I wanted to die as my purpose in life was no longer there, so what was the point of living?

I have been through a whole range of emotions and even after nearly five years, I find myself suddenly crying. Apart from the loss of N, I also grieve for the things we shared, such as making decisions about our home, going on holiday, to the theatre or a restaurant; even to the supermarket.

There is no right or wrong way to grieve. We all deal with death in different ways and the grieving process is not the same for everyone. There is no timescale; perhaps we get more used to the loss but some of us may never fully recover. One thing that helped me was keeping busy and occupied, yet at other times I wanted to be on my own.

I want to thank Age Concern Kingston for their support. I had some involvement with Raleigh House prior to N's death but it was not until a year later, in 2006, that I became involved as a volunteer at the Bradbury Centre. This has been a lifeline for me, as I know it has for others. I have been able to empathise and share feelings with others who have experienced a loss similar to mine.

The final words spoken at N's funeral are very true for me – 'the dead do not reside in graves or urns; they live within our hearts and minds.'

**Keith** (Bradbury member & volunteer)

### Age Concern adviser at the Guildhall

An adviser from Age Concern will be available at the new Information and Advice Centre in Guildhall 2 in Kingston between 9.30am and 11.30am on the following Wednesdays: 9 and 23 June, 7 and 21 July and 4 and 18 August. If you have any concerns you would like to talk about, why not come and along and meet the adviser?



### New pension and benefit rates for this tax year

The following are basic pension and benefit rates for April 2010 to April 2011. Rules and rates can change depending on your circumstances, so if you are not sure what you can claim please call us on the First Contact number above.

Even if you have not been able to claim money in the past, you might be able to now. You have nothing to lose and everything to gain. Our service is free and completely confidential.

#### State Retirement Pension

Cat A	£97.65
Cat B	£58.50
Cat D	£58.50
(non contributory, aged 80 or over)	

#### Pension Credit

Minimum Guarantee	
– Single Person	£132.60
Minimum Guarantee	
– Couple	£202.40

#### Attendance Allowance

Lower rate	£47.80
Higher rate	£71.40

#### Disability Living Allowance

Care component	
Lower rate	£18.95
Middle rate	£47.80
Higher rate	£71.40
Mobility component	
Lower rate	£18.95
Higher rate	£49.85

#### Carer's Allowance

£53.90
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#### Housing and Council Tax benefit

Personal Allowances	
Single under 65	£132.60
Single over 65	£153.15
Couple under 65	£202.40
One or both over 65	£229.50

**Keith is involved in the bereavement support group at the Bradbury Centre, which takes place on the first Thursday of every month between 12.00pm and 1.00pm. Non-members are welcome. Call the Centre for more information (see page 6). Kingston Bereavement Service also offers counselling and support – contact them on 020 8547 1552.**

# Raleigh House

**Raleigh House** is a warm and friendly environment for those over 60 who are seeking friendship and daily activity.

You can choose to attend for a full day or half day. A two course hot lunch is available. Transport is available to and from the centre for those who need it every day except

Wednesday, or we can help you access alternative transport.

The centre is spacious, with a large lounge and dining room; an arts & crafts room; a coffee lounge and a pleasant courtyard garden and terrace.

**Opening times:** Monday – Friday: 10.00am – 4.00pm

For more information, please contact:

**Raleigh House, 14 Nelson Road, New Malden KT3 5EA**

Telephone: **020 8949 4244**

Email: **dcadmin@ageconcernkingston.org**

Centre Manager: **Cathy Weight**



# The Bradbury

**The Bradbury** offers an exciting range of affordable social, keep-fit, health related and learning activities for the over 50s in a friendly, lively and welcoming environment. It is a 10 minute walk away from Kingston town centre and works on a drop-in basis.

There is also a café serving drinks, snacks, lunches and homemade cakes, as well as a patio area.

**Summer opening times:** Monday – Friday: 10.00am – 4.00pm

For more information please contact:

**Bradbury, 37b Grange Road, Kingston KT1 2RA**

Telephone: **020 8549 1230** Email: **bradbury@ageconcernkingston.org**

Centre Manager: **Wendy Reid**



## Bradbury Bentalls Event

On Saturday 15 May, members of staff and volunteers from the Bradbury held an event at the Bentalls Centre in Kingston to fundraise and promote the centre. Almost £500 was raised for Age Concern Kingston and much fun was had by all. Many thanks to all the volunteers who helped make the day such a great success.



## UPCOMING EVENTS

Wednesday 16 June, 3.00 – 5.00

### Cook and Eat

(free 6 week courses in small, friendly groups, supervised by a trained cook)

Saturday 11 September, 11.00 – 3.00

### Age Concern Kingston Summer Fair

## UPCOMING OUTINGS AND EVENTS

DATE	TIME	EVENT
Thursday 17 June	11.00	Sustainable Living Talk
Thursday 17 June	3.00 – 5.00	Cook and Eat (free 6 week courses run by a trained cook)
Tuesday 22 June	12.00 – 1.00	Falls Awareness Talk
Tuesday 29 June	11.15 – 3.00	Pub Lunch Trip – The Anchor, Wisley
Thursday 8 July	2.00 – 4.00	New Members' Afternoon Tea
Thursday 15 July	9.30 – 4.30	Leeds Castle Trip
Thursday 12 August	9.30 – 4.00	Living Rainforest Trip
Tuesday 17 August	12.30 – 1.30	Members' Plus Meeting
Friday 20 August	4.00 – 9.00	Summer BBQ/Bradbury 5th Birthday Party

## ACTIVITIES ON OFFER

Exercise groups

Tai Chi

Book club

Poetry reading

Discussion group

Quizzes

Snooker

Bingo

Cards and board games

Computer classes

Arts and craft

Gardening

Podiatry

Music appreciation and singing

Indoor games – skittles, boules, quoits

Hairdresser and manicure service

Social Eyes – a local group for people with sight impairment

We also organise talks, events and trips.



## WEEKLY ACTIVITIES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>10.30 – 11.30</b> Hypnotherapy Beginners' computer courses	<b>10.30 – 11.30</b> Line dancing	<b>10.30 – 11.30</b> Weekly discussion group	<b>10.00 – 1.30</b> Massage treatments	<b>10.00 – 12.00</b> Computer tuition
The Monday Forum (topical discussion)	<b>1.00 – 2.00</b> Gentle seated exercise	<b>11.15 – 12.15</b> Bradbury bathers (swimming group)	<b>12.00 – 1.00</b> Bereavement Support Group (first Thursday of the month)	<b>10.15 – 11.15</b> Bradbury book club (first Friday of the month)
The Bradbury weekly walk	<b>1.30 – 2.30</b> Spanish class	<b>2.00 – 3.30</b> Art class Chess French conversation	<b>12.00 – 1.00</b> RNID Clinic (third Thursday of the month)	<b>10.30 – 12.00</b> Art
<b>1.00 – 2.00</b> Gentle exercise to music	<b>2.00 – 4.00</b> Bridge		<b>12.00 – 4.00</b> Handicrafts	<b>10.00 – 3.30</b> Massage treatments
<b>1.30 – 4.00</b> Podiatry				<b>2.00 – 3.00</b> Tai Chi
<b>2.00 – 4.00</b> Scrabble				
<b>3.30 – 4.30</b> Yoga				

For more information, including prices, please contact the centres or see our website [www.ageconcernkingston.org](http://www.ageconcernkingston.org)

## In Touch

Telephone support and befriending service.

## Home Response

Providing short term practical help to older people during a period of ill health to enable them to remain at home and to prevent unnecessary admission to hospital.

Volunteers work with an older person for up to six weeks and help with tasks including shopping, laundry, prescription collection, meal preparation, clearing space to avoid falls, taking rubbish out and dog walking.

Due to increased demand, we are looking for more volunteers. Service Coordinator Alison Wakefield says: 'Volunteers don't need a qualification as all training will be provided. You just need to have patience and a smile!'

## Advice, Advocacy and Information

First Contact telephone advice line and one-to-one advice and advocacy service – see page 5 for more information.

## Handyperson

Supporting independence through practical help at home. This service has now been running for three months and is proving to be very popular.

**Wanted!** Volunteers to retune DVDs/TVs/video players and/or set up modems, computers and laptops.

If you can help or would like to find out more about the service, please contact the Handyperson Co-ordinator, Heather Bruneau, on **020 8408 8177**



## Stay Well

A preventative service working with GPs and individual older people, which aims to prevent and reduce the number of hospital admissions caused by illness, isolation, falls or accidents.

## Adult Protection and Safeguarding

Working to improved the lives of the isolated and vulnerable in residential care.

## Intergenerational

School-based projects using the skills of older people.

## Housing Choices

We have recently gained funding from First Stop to develop a service giving people the information and advice they need to make informed decisions about their housing. This service will be starting shortly. More information will be provided in the next issue of *agenda*.

## Fit as a Fiddle

A new project funded by the Big Lottery, which aims to help people over 65 lose weight and get fit and healthy.



The first of a series of free six week programmes will commence in June 2010 and involve weekly sessions of Nordic walking in Bushy Park in small, friendly groups supervised by a trained instructor. The walks will be accompanied by group sessions on weight loss and healthy lifestyles.

Further courses are planned for 2010 and 2011 and will include dancing, swimming and Keep Fit.

There are still places available on the course starting in June. If you are interested please contact Grace on the number below.

For more information about any of our services, or if you would like to volunteer for us, please contact **020 8942 8256** or email **admin@ageconcernkingston.org**. Also see our website **www.ageconcernkingston.org**

# DIARY DATES

## Upcoming activities and events in Kingston upon Thames

### Age Concern training and events

#### Raleigh Saturday Club

Second Saturday of the month, 11.00am – 2.00pm at Raleigh House  
Next dates: 12 June, 10 July, 14 August, 11 September (summer fair)  
A service for people living with dementia and their carers. £3 per person including refreshments and a light lunch (served at 12 noon). Contact Natasha on **020 8942 8256** or email **natasha@ageconcernkingston.org** if you would like to attend and for more information.

#### Safeguarding Adult Awareness half day workshop

Wednesday 14 July, 10.00am – 1.00pm at Raleigh House  
To give people who work or volunteer in care the confidence to be able to recognise an adult who may be vulnerable to being abused, and how to respond to this kind of situation. Anyone wishing to attend please call Sharon Fleming on **020 8408 8179**.

#### Summer party for volunteers, supporters and friends

Thursday 10 June, 6.00pm at Raleigh House

#### Age Concern lunch clubs

**The Fountain Court lunch club** Tuesdays (12.00pm – 2.00pm)  
Fountain Court, New Malden

**The Charles Lesser lunch club** Wednesdays (12.00pm – 2.00pm)  
Charles Lesser House, Chessington

For information call **020 8942 8256**.

### What's on in Kingston

#### Kingston Pensioners' Forum

Second Monday of the month at the Richard Mayo Hall, United Reformed Church, Eden Street, Kingston  
For more information call the Secretary on **020 8241 9913**.

#### U3A Kingston

First Monday of the month, 1.15pm at the Richard Mayo Hall.  
For more information see the website **www.kingstonu3a.org.uk** or call **020 8399 0163**.

#### The Amy Woodgate Dementia Café

Last Wednesday of the month, 6.00pm – 8.00pm  
Nigel Fisher Way, Chessington (next to the Merritt Medical Centre)  
A meeting place for carers of those with dementia.  
For more information call **07535 964435**.

#### Carers' Week 2010

Sunday 13 June – Saturday 19 June. For more information about events taking place contact Carers' Development Officer Kirstie Cochrane on **020 8547 6124** or Kingston Carers' Network on **020 3031 2751**.

#### Malden Fortnight

Saturday 3 July – Sunday 18 July, New Malden High Street  
We hope to have a stall at the Craft Fair on Saturday 10 July.  
See **www.maldenfortnight.co.uk** for more information.

# We need your support!

**As an independent local charity**, founded and run by local people with local interests at heart, Age Concern Kingston upon Thames is always in need of support from the community to help us continue the positive work we do, especially with the heightened challenges we are facing as a result of the recession.

Here are two of the many ways in which you can support us:

## Making a Donation

It doesn't matter how little or how often, every gift, large or small, helps ensure that the people of Kingston upon Thames have greater opportunities to lead happy, healthy and positive later lives. If you are able to support us, we would be very grateful. You can make a one-off donation or give regularly by standing order.



## Leaving a gift in your Will

**This is a great way of ensuring our work continues at Raleigh House, Bradbury and in the community.**

We have been working for older people in the local community for over 60 years. The work we do today is built upon the generosity of those who have given in the past. Leaving a gift to Age Concern Kingston in your Will is a positive and special way to make a difference to future generations.

A Will is the only way to make sure you leave your money and property to the people or causes you care about. If you would like to benefit Age Concern Kingston or another charity, you need to make that clear in your Will. Leaving a legacy is a tax efficient way to support us as your estate will pay no Inheritance Tax or Capital Gains Tax on the value of your gift.

To make sure that we receive the legacy you leave us, please ensure that your solicitor or Will drafter includes our full name and Charity Number in your will – Age Concern Kingston Upon Thames, Charity Number 299988.

**Above all, ensure you receive independent, professional advice when making your Will.**



## Donation Form

### Step 1. Deciding how you want to donate:

There are a number of ways of making a donation. Please tick below, the method you would like to use:

1.  A single cheque/cash donation (cheques payable to Age Concern Kingston upon Thames)
2.  A regular donation by Standing Order (please contact us or visit our website for more information)
3.  I would like more information on making a Will or leaving a legacy  
 I do not want my name to appear on any published list of donors

### Step 2. Making a single donation by cheque or by cash:

Your title and first name: \_\_\_\_\_

Your surname (please print): \_\_\_\_\_

Address: \_\_\_\_\_

Postcode: \_\_\_\_\_

Tel No: \_\_\_\_\_

Email: \_\_\_\_\_

Cash or cheque donation enclosed for: £ \_\_\_\_\_

### Step 3. Are you a UK taxpayer?

If you are you can make your gift worth more – we gain 28p for every £1 donated!

If you Gift Aid your donation, Age Concern Kingston as a charity benefits from tax relief of 25p on every pound you give. Additionally, HMRC (Government) through transitional provisions for Gift Aid donations made from 6 April 2008 – 5 April 2011, gives a supplement of 3p on every pound you give. 28p in total!

To qualify for Gift Aid, you must pay an amount of UK Income Tax and/or Capital Gains Tax at least equal to the tax that the charity reclaims on your donations in the appropriate tax year (currently 25p for each £1 given). Tax year is 6 April one year to 5 April the next. If you are unsure about this, please ask.

I would like to Gift Aid this donation

*giftaid it*

**Thank you!** Your support is extremely valuable to us. We would like to write to you from time to time to give you news of our latest events and activities, and to tell you about the different ways you could help.

If you would rather not be contacted, please tick this box

### Return to:

The Operations Coordinator, Age Concern Kingston upon Thames, 14 Nelson Road, New Malden, KT3 5EA

Please contact **020 8942 8256** or visit our website **www.ageconcernkingston.org** for more information.