

## Age UK North Craven

# Newsletter

## Enjoy the Summer and stay safe in the sun!



**Most of us look forward to the warmer weather and feeling some sun on our faces. But it's important to be prepared for hot weather as high temperatures can be dangerous to your health.**

We've all caught the sun before, either on holiday or at home. You might enjoy a tan or deliberately use the sun cream a bit sparingly. But getting sunburnt can be serious, and increase your risk of skin cancer. Anyone can develop skin cancer, so it's important to protect your skin, whatever your skin type.

### Protecting your skin

- Use sunscreen of at least SPF 30. Apply it generously and top up at least every two hours. If you've been in water, reapply when you are dry.
- Apply sunscreen to any uncovered parts of your body. A hat will protect your head, face, ears and eyes.
- Choose sunglasses that have a CE mark, UV400 label or a statement that they offer 100 per cent UV (ultraviolet) protection.
- When the weather is hot, your skin may also feel drier than usual. Using moisturiser can help keep your skin healthy.
- If you have moles or brown patches on your skin, they usually remain harmless. But if they bleed, or change size, shape or colour, show them to your doctor without delay. For more information visit the Cancer Research UK website (<https://www.cancerresearchuk.org>)

### Sun exposure and vitamin D

Although it's important to protect your skin, some direct exposure to the sun is essential for the

production of vitamin D. Vitamin D deficiency is linked to cognitive impairment, cardiovascular disease and bone problems such as osteoporosis.

- There are some food sources of vitamin D – salmon, sardines and other oily fish, eggs and fortified spreads – but sunshine is the major source.
- Don't let your skin burn, but try to go outside once or twice every day without sunscreen for short periods from March to October. The more of your skin that is exposed, the better your chance of making enough vitamin D.

**It's easy to become dehydrated or overheat when it's hot outside.**

### How to avoid dehydration

- Make sure you're drinking plenty of fluids. Aim to drink 6 – 8 glasses of liquid a day, and more if it's hot. Eat a balanced diet to help your body replace any salt you lose by sweating.

### Symptoms of overheating

Extreme heat and dry conditions can cause you to dehydrate and your body to overheat.

Continued inside...



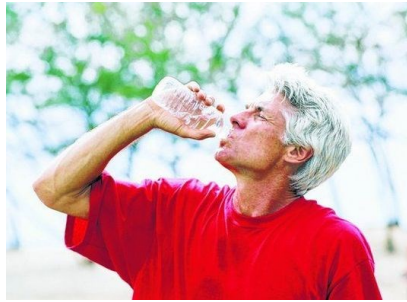
### INSIDE THIS ISSUE

- Clubs and activities
- Our eBay Champion!
- A dose of digital fun!

Watch out for certain signs – particularly for muscle cramps in your arms, legs or stomach, mild confusion, weakness or sleep problems. If you have any of these, rest in a cool place and drink plenty of fluids. Seek medical advice if your symptoms persist or worsen.

### Heat exhaustion

Heat exhaustion is fatigue resulting from prolonged exposure to excessive heat.



#### *Symptoms of heat exhaustion*

The symptoms of heat exhaustion include headaches, dizziness, nausea or vomiting, intense thirst, heavy sweating and a fast pulse.

#### *What to do*

If you have any of these symptoms you must, if at all possible:

- find a cool place and loosen tight clothes
- drink plenty of water or fruit juice
- sponge yourself with cool water or have a cool shower.

Your symptoms should improve within 30 minutes. If

you're feeling better but still have any concerns, call your doctor or NHS 111 for advice.

### Heatstroke

Heatstroke can develop if heat exhaustion is left untreated – it can also develop suddenly and without warning.



#### *Symptoms of heatstroke*

The symptoms of heatstroke include:

- confusion
- disorientation
- seizures
- loss of consciousness.

#### *What to do*

Heatstroke is a life-threatening condition. If you or someone else shows symptoms:

- call 999 immediately, or 112 if you are in the European Union (you can call 112 from a mobile for free)
- if you have a community alarm, press the button on your pendant to call for help while waiting for the ambulance, follow the advice given for heat exhaustion but do not try to give fluids to anyone who is unconscious.

## Wednesdays are no longer the same!

Wednesdays have taken on a new approach at Age UK North Craven.

Our Age UK North Craven **Cheapside** charity shop now offers a full day shopping experience for those wishing to seek a bargain throughout the day!

The shop is now open from **10-4pm** on **Wednesday** instead of the old open hours of 10-1pm.

The new hours have been trialled for a couple weeks and are proving successful.

So what are you waiting for? Come along on **Wednesday** afternoons we are here for you!

For shopping or dropping off donations (please call **01729 823066** to check our yellow bins are out and we are collecting ).

**Thank you for continuing to support us, all money raised stays within our local area to help support older people in later life.**



# Meet Sheryl who will champion online sales

## QUESTION-AND-ANSWER



Sheryl Stow at Age UKNC

### **1/ Have you worked for a charity or an organisation like Age UK North Craven before?**

Yes I have worked for Pioneer Projects (based in Bentham) leading an art group which was so much fun. I loved being able to work with volunteers, staff and members of the public to create some amazing artwork.

I have also worked for the council on contract to delivery baby massage and pre school classes in the local area for the past six years. Hearing about all the amazing work Age UK North Craven does in our community makes me feel very proud and excited to work here!

### **2/ How did you get involved in selling online?**

Aside from selling my own unwanted items on platforms such as eBay, I also run my own shop on etsy, selling products I have created from my artwork. Through doing this I have realised the massive benefits of using social media to engage with my audience and for them to take interest in my work. I hope to bring some of these ideas, particularly with social media, into my work at Age UK North Craven.

### **3/ How easy is it to buy on E-Bay?**

***Ebay is one of the platforms we will be selling on, mainly because of the wide audience it attracts but also because of the ease of use.***

Once we are up and running you will be able to buy from us, just as you do anyone else on Ebay. EBay items are usually listed as either an auction (where you bid for an item) or as a 'buy it now' which gives a cost which is what you would pay.

As another added bonus we would really love

you to add our eBay shop as a 'favourite' this will mean it's really easy to give donations, however small, whenever you like. More details about our eBay shop will follow very soon!

### **4/ What is the most interesting item that you have to sell?**

I have lots of amazing items to find new homes for, and as I have only just started in this role I am currently making my way through researching and categorising the items ready to decide which platform would suit them best to sell from.

***But we have first edition books, good quality vintage toys and so much more. I have just sold around 60 vintage dresses to a vintage shop down in Essex.***

I love that these clothes will find new owners as well as raising lots of money for our local area.

### **5/ Are there any constraints to what Age UK can sell online (ie size, whether it can be posted etc).**

We want to be able to sell as much as we can online and as long as it can be posted or collected locally then we would love your good quality donations. I am particularly interested in good quality, high priced donations.

I would love our online platforms to be a place people come to for excellent quality bargains, whilst raising lots of money for our community.

#### **Facebook:**

**Age UK NC Main:** <https://fb.me/AgeUKNCmain>

**Age UK NC Sales:** <https://fb.me/ageuknc>



# Five Online Favourites

**Learn my Way** is a website full of **free online courses to help people develop their digital skills**. It covers the basics from how to switch your device on and how to stay safe online, to finding a job and managing your money and health. We can help you create a login or complete courses through our Organisation ID 8008101, and you can pick and choose the elements that interest you most.  
[www.learnmyway.com/](http://www.learnmyway.com/)

**Make the most of your money** with a range of guides, hints and tips on all sorts of financial topics, from cutting household bills, to shopping secrets and budgeting advice. You can browse the website, or sign up

for a weekly newsletter at [www.moneysavingexpert.com/](http://www.moneysavingexpert.com/)

**Qwell** is a free, safe, anonymous **online mental health service** is available to adults (aged 18+) living in Bradford, Craven, Airedale and Wharfedale. Qwell is accessible from any device that can access wifi, allowing you to seek help and support at a time and location that is suitable for you. [www.qwell.io](http://www.qwell.io)

**Web of the Week FREE AGE FRIENDLY CREATIVE IDEAS** Thank you to Age UK Enfield for highlighting this joyous website. 'Whatever your background, whatever your age, whatever your level of expertise, Web of the Week is there to help you. It is your trustworthy door to the wonder of

the World Wide Web.' Every Sunday publishing 10 uplifting things that people can view, do or share or follow over the next week. [www.weboftheweek.com/](http://www.weboftheweek.com/)

**I don't know about you** but sometimes the news can be quite doom and gloomy. Positive News is a publication dedicated to quality, independent **reporting about what is going right in the world**. You can buy a subscription to a printed quarterly magazine, or read articles for free on their website or weekly email newsletter. [www.positive.news/](http://www.positive.news/)

**Our Digital Inclusion Officer Sophie Wild offers some brilliant sites to seek out!**

## Going Wild for Digital Drop in!

### New Digital Drop In sessions

Settle Hub and Age UK North Craven are working in partnership on an in-person weekly 'digital drop in', every Tuesday morning from 10am to 12 noon at Settle Victoria Hall Refreshment Gardens (weather permitting of course!).

Would you like to learn how to get more out of being online? Bring your device or just come along for a chat, and together let's make technology work for you. The group is based on a 'peer support' approach supported by volunteers from Settle Hub and Age UK North Craven; everyone has different skills and interests and may be able to offer support to others as well as learn something new.



**Our Digital Inclusion Officer Sophie Wild**

The wonderful environs of Miss Victoria's Refreshment Gardens offer a Covid Secure space with internet availability, and there is the added bonus of coffee and cake!

We've had people 'Zooming' for the first time, uninstalling apps on their smartphone that they didn't dare do on their own, signing up to Learn My Way for free bitesize courses and chatting through options for getting a new tablet (a computer one, not a medical one...).

For more information just come along, or contact Age UK North Craven on:

**01729 823066** or [info@ageuknorthcraven.org](mailto:info@ageuknorthcraven.org)

or

**Settle Hub** on **07977 040329** or [hub@settlecommunityandbusinesshub.org.uk](mailto:hub@settlecommunityandbusinesshub.org.uk).



**Harold and Sam learning how to Zoom!**

# Ten-minute stroll can boost memory power

RESEARCH has shown that just ten minutes of light physical activity is enough to boost brain connectivity.

Exercise can also help the brain to distinguish between similar memories, which could be an important boost to stave off cognitive decline.

## California study establishes exercise link

In the study, a group of 36 volunteers in their early 20s did 10 minutes of light exercise at 30 per cent of their peak oxygen intake before assessing their memory ability.

A repeat memory test done without the volunteers exercising then took place later.

Those who exercised were better at separating or distinguishing between different memories of objects.

The exercise appeared to enhance communication



WALK THE TALK: The great outdoors...lives up to its name.

between the hippocampus (important in memory storage) and the cortical brain regions (involved in vivid brain memory).

“An evening stroll is sufficient to get some benefit,” commented the chief University of California neuroscientist in charge of the study.

He explained that the

frequency and exact amount of exercise required depended on age, mobility, disability and other lifestyle factors.

So, get up and out of doors in the garden, go for that stroll down the road, take up tai chi or yoga – outside the better.

**It could be just what you need to keep your brain working better for you.**

## Simple pleasures—top 25 revealed in 2021 survey

- |                                      |   |                                    |
|--------------------------------------|---|------------------------------------|
| 1. Feeling of sun on your face       | 11. Going to the beach                                      | 19. A roaring fire                 |
| 2. Sleeping in a freshly made bed    | 12. Dining out  | 20. Getting a delivery in the post |
| 3. Stunning views                    | 13. Hearing nothing but birds tweeting                      | 21. Finishing a really good book   |
| 4. Waking up to sun                  | 14. Cake  | 22. Watching your favourite movie  |
| 5. A nice dinner                     | 15. Sleeping in a big incredibly comfy bed                  | 23. Discovering new places         |
| 6. Being in the countryside          | 16. Finding money in a purse/wallet you had forgotten about | 24. Payday                         |
| 7. Seeing flowers and trees blossom  | 17. Sitting in a pub beer garden                            | 25. Home cooking                   |
| 8. Listening to your favourite songs | 18. Having dinner made for you                              |                                    |
| 9. Making someone smile or laugh     |   |                                    |
| 10. Long walks                       |   |                                    |

## Social gatherings post lockdown

Since the country has left lockdown and with government restrictions slowly starting to lift Age UK North Craven have been looking at ways to safely reintroduce its many clubs and groups.

Below is currently some of what Age UK North Craven are offering subject to government guidelines and restrictions.

- **Social gatherings at 'The Place'** - we are bringing together small groups of people who wish to get out and about and back to socialising. Come and meet up with old friends and perhaps make new ones along the way! The sessions run at two times every Wednesday (10.30-11.30am & 2-3.00pm). The sessions are taking part at **'The Place'** in **Settle** which can be found in the **Commercial Courtyard** opposite 'The Ruchee'. Please note that currently this is **not** a drop in group and if you wish to attend or are interested in hearing more contact **Age UK North Craven on 01729 823066** and ask to speak to **Caroline Wilson**.



The First Walking rugby session was a hit!

- **Walking Rugby** –Come join in with our new 'Walking Rugby' taking place at North Ribblesdale RUFC Grove Park Gardens in Settle. Everyone is welcome whether you have played before or never even picked up a rugby ball! The sessions start Friday 11th June and run for 6 weeks (initially) and then every Friday following. The cost is £3.00 per session. For more info contact **Caroline Wilson on 01729 823066**.
- **Digital Drop Ins!** -Please take a look at the previous page for details on our **Digital Drop In** sessions. They run on **Tuesdays at Victoria Hall Gardens in Settle** and **one Wednesday (TBC) of the month at The Place**.






A snippet from the inside of our social gathering at 'The Place'

## Help Age UK North Craven when you shop at Amazon

### What is Amazon Smile?

Amazon Smile is a way to shop using Amazon (at [smile.amazon.co.uk](https://smile.amazon.co.uk)) and they will donate to your favourite charitable organisation, at no cost to you. This means you can treat yourself and help Age UK North Craven out at no further expense!

### How to:

- First you need to select Age UK North Craven as your chosen Amazon Smile charity.
- To do this, open a web browser (such as Chrome or Safari) on your computer or tablet. Type [smile.amazon.co.uk](https://smile.amazon.co.uk) into the address bar at the top and press or tap Enter.
- Sign in to your Amazon account, if you aren't already, and then click or tap on .
- The first time you do this, you will be asked to select a charitable organisation. Simply type 'Age UK North Craven' into the search box, click the Search button and then select next to our details.
- If you shop via the Amazon App on your Smartphone, you also need to switch Amazon Smile on via the App. To do this, open the App, find the Settings menu (which might look like three dots  or lines  depending on what sort of phone you have), scroll down and under Programmes and Features tap on 'AmazonSmile' and then 'Turn On Amazon Smile'. Read the information about how it works and follow the on screen instructions.
- As long as you then use [smile.amazon.co.uk](https://smile.amazon.co.uk) or the App to buy from Amazon with Smile switched On, it will then remember your selected charity for any future purchases.



# We are nothing without YOU!

## Volunteers Week 1<sup>st</sup> – 7<sup>th</sup> June 2021

Every Year **June 1<sup>st</sup> – 7<sup>th</sup>** is Volunteers Week where we celebrate volunteers and the difference they make in our community.

In Volunteers Week 2021, after the year we have just endured, it feels more important than ever to recognise the vital role that volunteers play in helping our community.

In Age UK North Craven we had many volunteers who, due to age or health conditions, had to shield for a while. However, we had other volunteers who were able to carry on and turned their hand to the many new demands. In addition we had new people coming forward and offering to help too. Volunteers throughout the North Craven villages worked hard to ensure that no-one was left without help. It was a

magnificent effort!

All these volunteers give their time gladly and deserve a huge **Thank You** from us all!

Many research studies confirm that volunteering is good for you and increases your sense of wellbeing. As we look to reopen all our services and lunch clubs why not come and have a go – you would be very welcome!



If you wish to discuss volunteering with Age UK North Craven please contact **Barbara Harrison** on **01729 823066** or email at:

[bharrison@ageuknorthcraven.org](mailto:bharrison@ageuknorthcraven.org)

## Age UK North Craven Classifieds

- **Second Time Around– Delivery Van driver** (Needed a full up to date clean license. Days will be subject to need of deliveries or pickups)
- **Second Time Around -Van courier/ furniture mover/lifter** (Need to be able to lift and move heavy furniture for delivery drop offs or collections. Preferably would be available upon need the same as the above volunteer position).
- **Cheapside– Shop volunteer** Most days for the shop and sorting (There is a need for Saturday mornings on the Till to help with customers and process sales).
- **Digital Drop in volunteer** (Tuesdays 10-12 @ Victoria Hall Gardens, Settle and/or one Wednesday (TBC) of the month 2-4pm at The Place, Settle Commercial Courtyard. Any knowledge you have is welcome, enthusiasm to learn and help others is a must!).



For more information on any of the volunteer roles above please call **Age UK North Craven** and ask to speak to **Barbara Harrison** our **volunteer coordinator**:

**Tel: 01729 823066**

**Email: [bharrison@ageuknorthcraven.org](mailto:bharrison@ageuknorthcraven.org)**

If you wish to volunteer in any other areas of **Age UK North Craven**, please feel free to get in touch and enquire about how you might be able to help today!



One of our wonderful shop volunteers,  
**Carmen.**

## Think Attendance Allowance

Attendance Allowance is available to everyone who needs it and is not means tested. It helps with costs if you have disabilities that means that you **should** need someone to help look after you or your home inside or out.

Many people really should have some help but soldier on and cope. Often people adapt so that they can cope and have got used to their situation.

It does not matter if you actually get extra help, it just matters that you can show you need it. It's paid at to different rates and how much you get depends on the level of care.

The money is yours to chose how to spend and doesn't need to be spent on help.

You could get £60.00 or £89.60 a week to help. For more details contact  
**Age UK North Craven on 01729 823066**

### **RECIPE CORNER:**

#### Saucy bean baked eggs



Make these five-ingredient baked eggs with tomatoes and beans using store cupboard staples. It's a quick, easy, tasty and healthy dish.

#### **Serves 2**

- 2 x 400g cans cherry tomatoes
- 400g can mixed bean salad , drained
- 200g baby spinach
- 4 medium eggs
- 50g thinly sliced smoked ham , torn

- wholemeal rye bread , to serve (optional)

### Method

#### **STEP 1:**

Tip the tomatoes and bean salad into an ovenproof frying pan or shallow flameproof casserole dish. Simmer for 10 mins, or until reduced. Stir in the spinach and cook for 5 mins more until wilted.

#### **STEP 2:**

Heat the grill to medium. Make four indentations in the mixture using the back of a spoon, then crack one egg in each. Nestle the ham in the mixture, then grill for 4-5 mins, or until the whites are set and the yolks runny.

Serve with rye bread, if you like.

**Get in touch:** Age UK North Craven, Cheapside, Settle, BD24 9EW.

**t :**01729 823066 **e** [info@ageuknorthcraven.org](mailto:info@ageuknorthcraven.org)

**Facebook:** <https://fb.me/AgeUKNCmain> (Main Facebook) OR <https://fb.me/ageuknc> (AUK NC Sales page)

**[www.ageuknorthcraven.org](http://www.ageuknorthcraven.org)** Registered Charity No. 1141867

## ***Useful Numbers***

**NHS Helpline**

**NHS ring 111**

**Townhead Surgery**

**01729 822611**

**Ingleton Surgery**

**015242 61202**

**Benefits Agency**

**0345 606 0265**

**Airedale Hospital**

**01535 652511**

**Skipton General**

**01756 792233**

**North Yorkshire CC**

**01609 780780**

**Age UK advice**

**0800 678 1602**

**Craven D Council**

**01756 700600**

**Citizens Advice**

**0344 411 1444**