

### Silver Surfers' Day, Friday 21 May 2010

Silver Surfers' Day is the biggest, national campaign to promote use of digital technologies by older people.



Silver Surfers' Day Events involve digital skills and digital technology and older people giving local older people a

taste of what the digital world has to offer them.

**SILVER SURFERS  
WEEK  
WATCH LIVE  
BROADCAST HERE  
ON THE 21 MAY  
AT 2PM**

Age Concern in Brighton Hove & Portslade is holding a live broadcast. Here is the link; take a look.

<http://www.livestream.com/ageconcernbhp>

**Age Concern Computer Drop in Centre** is open to anyone over 50 on Mondays, Wednesdays and Thursdays from 10am to 1pm. Our team of volunteers are here to support you, guide you and to enjoy the experience. Tuesday mornings are reserved specialised training (CLAIT) for people who wish to obtain a qualification.

Speak to Bob to find out more. Call him on 01273 720603.

**NEW**

**Coffee Morning  
in Elwyn Jones Court  
Patcham, on Tuesdays from  
10am—12pm.**

**Includes various games and  
activities.**

**Drop in or call 01273 245019**

### New Look in Reception

Our reception was given a fresh coat of paint last week by a team of workers from BUPA. The team who came was the first to take part in this project, as a team building exercise for them whilst doing something of benefit to the local community; BUPA supplied paint and paint brushes too.

We thank them for their support

**We are building our team of volunteers on reception. A morning session is from 10am to 1pm, afternoons 1pm to 4pm. Anyone can commit to as many sessions as they wish. Call us on 01273 720603 to receive an application pack or come into our offices at the Seven Dials.**

## AGE UK - QUESTION & ANSWER

Many local people will have seen the extensive advertising TV and media campaign undertaken by Age UK since April 2010. Having received telephone and other enquiries about this and the issues it raises for local people we have developed the following simple explanation of who Age UK is and who are Age Concern Brighton Hove & Portslade.

### **What is Age UK?**

Age UK is a new national charity that has been formed through the merging of Age Concern England and Help the Aged.

### **What does Age UK do?**

Age UK aims to improve later life for everyone through their national information and advice helpline, campaigns, products, training and research.

It does not deliver services directly to older people in Brighton & Hove.

### **Where does its income come from?**

In 2008/2009 the 2 charities that now make up Age UK received

£55.3m from supporters in the form of donations, gifts and legacies

£48.7m from trading to raise funds

£11.9m from grants

£46.3m from other activities, including investment

### **How are your donations to Age UK spent?**

Age UK seeks to help older people in the UK. Its perspective is national and it allocates money to its work after setting national priorities. Last year Age Concern Brighton Hove &

Portslade received just over £60,000 as a profit share from the Age UK local charity shops and sales of products. Money that you donate or leave as a legacy to the national charity will only benefit Brighton & Hove if that coincides with national priorities, or if you specifically state 'to be spent for the benefit of people in Brighton & Hove' in the will.

### **Who has funded and devised the advertising campaign?**

The campaign is solely the responsibility of Age UK. Your local Age Concern has not contributed or been involved in the planning of the campaign.

Age Concern Brighton Hove & Portslade has not been involved financially or otherwise and none of the money that you have given us has been spent on the campaign.

### **What is Age Concern Brighton Hove & Portslade?**

We are a local charity, created 46 years ago to serve and support older people in Brighton & Hove. Our services are delivered solely in this City and for the benefit of older people in this society. That is legal and moral basis of our existence as a voluntary sector organisation.

We are an independent charitable organisation whose legal boundaries are the same as those of this City. Our client group are the people of Brighton & Hove.

### **What does Age Concern Brighton Hove & Portslade do?**

We provide all of your local services, such as Nail Cutting, Counselling service, gardeners, cleaners, lunch club meals, exercise and leisure/

fitness classes, swimming club, computer training and free access to broadband, Nintendo games and competitions. Additionally we have direct support for individuals, an Information & Advice service, 2 weeks support after hospital or personal trauma, minibus outings and much more. A third (33%) of the cost of these services is met through donations, legacies and support from the people of this City.

### **Where does our money come from?**

In 2009/2010 Age Concern Brighton Hove & Portslade spent on these activities;

£340,800	From supporters in the form of donations, gifts and legacies
£61,400	From trading to raise funds
£26,100	From fees
£521,100	From grants and contracts
£58,000	From investments and other

### **How are your donations to Age Concern Brighton Hove & Portslade spent?**

All of the money we receive is spent within Brighton & Hove to help the people of this City.

Therefore if we receive a donation or legacy older people in this City will benefit, we guarantee this. As you can see from the figures above without that financial contribution we will not be able to provide one third of our current services.



**REMINDER** BRIGHTON & HOVE TRADING STANDARD ARE ASKING RESIDENTS AND ESPECIALLY OLDER VULNERABLE ADULTS NOT TO ENGAGE WITH DOORSTEP CALLERS IN BUYING OR SELLING.

The Trading Standard office is distributing (free) door/ letterbox stickers that notify any seller that the occupier does not want uninvited traders at their door; if you would like any of the door stickers or further consumer advice please contact Consumer Direct on 08454 040506 08454 040506. Visit Brighton & Hove Trading Standard website to find out how the work they do can protect and empower you and how it has a direct impact on the well being of the local communities.

<http://www.tradingstandards.gov.uk/brighton-hove/>



The buy with confidence scheme promotes and support good reliable tradesmen and businesses of Brighton & Hove whilst increasing consumers' protection by providing an Approved Traders' List. The Traders' List is available from our Information & Advice Service at the Seven Dials. Call us on 01273 720603 or pop in.



**Play Bridge and make friends**

The Bridge Group meets every Thursday from 1.30pm to 3.30pm in Prestonville Road at the Seven Dials.

It is ideal for anyone who wishes to learn and practice playing bridge in an informal non competitive way, enjoying each other's company in the process.

**Serious, yet light hearted!  
Just come along and give it a try.**

**LifeLines at Patching Lodge**

LifeLines have organised activities at Patching Lodge for all residents of Tarnar and Eastern Road aged 50 or over: these include games, dance, art, knitting, reading. All activities are free of charge.



The **Ladybirds Dance Classes** are on **Thursdays 10am to 12pm**, please phone Sheila on 698406 for further details.

**Activity Partners Urgently Wanted Too**

Activity Partners are over 50s volunteers who will be matched with other people over 50 in the Tarnar and Eastern Road area, and will assist the older person on a regular basis to attend activities or events such as those above or walking, swimming, knitting or any activity or club they may want to join. For more information contact Lifelines

**tel. (01273) 508118**  
**Email. [lifelines@ageconcern-bhp.org.uk](mailto:lifelines@ageconcern-bhp.org.uk)**  
**Address. 2A Port Hall Road, Brighton, BN1 5PD**



BrightonHovePortsLade





**TAKEPART Day Saturday June 19th Preston Park Brighton**  
 12pm - 5pm. A large scale free event starting the Festival with  
 the largest exhibition of sports and physical activities

**MEN HEALTH WEEK EVENT**

Get A Move On! during Men's Health Week (June 14th - 20th) by visiting The Man Zone @ TAKEPART Day on Saturday 19th June, 12pm-5pm, Preston Park Brighton  
 Come and try a range of sports and activities designed just for men including Extreme Tiddly-winks, Space Hopper Aerobics, Musical Armchairs, Strictly Come Dad Dancing, Really Crazy Golf and non-stop analysis of England's World Cup performance.  
 The Man Zone is hosted by The Men's Network for Brighton & Hove as part of a drive to help more men and boys get active during National Men's Health Week (14th – 20th June)  
 Anyone who wants to take part in Brighton & Hove should contact Glen Poole on [glen@glenpoole.com](mailto:glen@glenpoole.com)

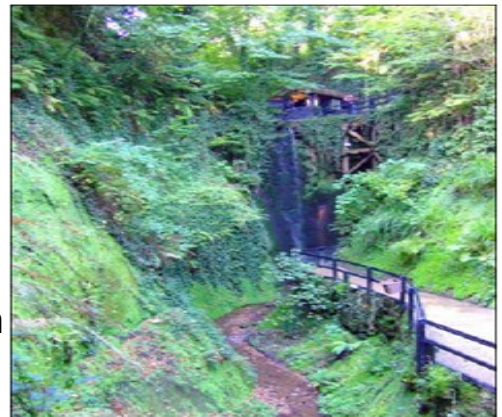


**Day out to Canterbury Cathedral and river trip on 2nd June** for £29, organized by Mad Hatters community group.  
 Mad Hatters Community

Group is in Moulsecomb. People share a lunch every Thursday and meet other times on regular interval for coffee, activities and games.

Here is an early notice for **A Turkey and Tinsel trip to the Isle of Wight from November 29<sup>th</sup> to 3<sup>rd</sup> December staying at a Shanklin Hotel.** Costs £260, but can be paid weekly if more convenient. The break Includes

daily visits if you wish to join in and a Christmas Dinner.



**To book a place on either trip contact Pauline on 07733434581.**



**Age Concern Brighton Hove Portslade**

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 Fax: 01273 777852

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