



CORPORATE & COMMUNITY FUNDRAISING

Our Corporate and Community Fundraiser Nick has belatedly celebrated his 60th birthday by completing a 60km fitness fundraising challenge



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INPUT FROM YOUR VOLUNTEERS REPRESENTATIVE

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JANUARY PHOTO COMPETITION

Another month of great activities attended by our unpaid carers of Northamptonshire.



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CORPORATE & COMMUNITY FUNDRAISING

Nick Hayton is the Corporate and Community Fundraiser at SERVE, which has recently become a member of the Wellingborough and East Northants Chamber of Commerce. He will complete 20km worth of fitness activities per day, for three consecutive days, starting February 22nd. Activities will include swimming, rowing, running, cycling and cross training.

All money raised will go towards providing well-being activities and befriending services in North Northants for vulnerable older people in the community. The 60-year-old said: "Being recently appointed as the Corporate and Community Fundraiser at SERVE, I feel that it is important to show my commitment to a very worthy charity supporting older people to be independent. "It's important to fly the flag and to show that if I expect others to take on fundraising challenges, then I'll also do it myself."

He continued: "I thought using the fitness challenge to celebrate my 60th birthday would be a great opportunity to raise funds and generate some awareness for SERVE and the amazing work we do. This is a new position, and it is very important to build links with business not just for funding but for volunteering and professional support."

No stranger to fundraising, the fitness enthusiast has previously taken part in challenges such as the London Marathon, The Great North Run, and a triathlon. He has also helped organise community events including skydives, climbing Mount Snowdon, and race nights.

Discussing his preparation for the challenge, Nick said: "Since before Christmas I have adopted an intensive training programme. I have been training five days a week, whether it be swimming, rowing running, cycling, or cross training." The keen fundraiser would like to especially thank Corby Holiday Inn, Kettering Park Hotel and Spa and Rushden Splash Pool for letting him use their facilities and thank the sponsors supporting SERVE; Ace Furniture, TelfordMann, Ironstone Wellbeing Centre, and Scotts of Thrapston.

Anyone wishing to sponsor Nick can do so by visiting his JustGiving page. Anyone wishing to support the charity or discuss potential fundraising ideas should email Nick at nick.hayton@serve.org.uk



Carers

Another month of great activities attended by our unpaid carers of Northamptonshire. These events include potter painting, cheese tasting, a spot of shopping and guided tours. If you are an unpaid carer or know somebody caring for a loved one. Please contact Ruth on ruth.moore@serve.org.uk to see how we can help you.

WINNERS OF OUR PHOTO COMPETITION WERE

1st PRIZE - Veronika

2nd PRIZE - Roberta

Congratulations to you both

INPUT FROM YOUR VOLUNTEERS REPRESENTATIVE - JAKE BAKER

Much has been done by our army of volunteers as we cautiously try to get back to some degree of normality. From the various volunteers I have spoken to, it is comforting to know they are conscious of people's concerns about Covid-19 and continuing to show respect and caution for all of our benefactors commonly known as Service Users.

Our staff are preparing and planning for transport to hospital appointments, day trips, day centre visits, etc as vigorously as ever and part of that entails taking on board volunteers' dates of availability. It is totally unavoidable for last minute changes due to an unexpected family event, illness of the volunteer or his/her partner resulting in them not being able to volunteer, but cancellations should be reduced to a minimum. It would really help if volunteers stick to the dates of availability and only change when there is a real need to and it may be two to three weeks ahead or literally the day before. Sometimes it is too late to identify a replacement volunteer which may result in the event being cancelled, which none of us want. If you know of anybody who wants to volunteer for SERVE please do let them know we need more of the following and alongside each role is very brief details of what they do:

- **Befriender Volunteer** - our Volunteer Befrienders are able to offer friendship and support and form a positive one-to-one relationship with vulnerable adults who may be experiencing isolation in their life.
- **Day Centre Assistant in Higham Ferrers** - to assist our Chef in the Day Centre Kitchen to prepare a hot lunch for Day Centre Service Users and also Meals on Wheels.
- **Day Centre Escort & Activity Assistant in Higham Ferrers** - to escort our Services Users attending the Day Centre on their minibus journey and to assist with activities at the Day Centre.
- **Friends of SERVE Community Volunteer** - to work as part of a team on fundraising events at adhoc times throughout the year from outdoor fetes, stalls, displays to SERVE Goes Dancing.
- **Gardening Volunteer** - to assist in the Big Lottery Community Fund project in lawn mowing, hedge cutting, weeding, digging, strimming and in ensuring that the garden is safe to use.
- **Minibus Driver** - to drive our minibuses for outings, classes and other activities required.
- **Minibus Escort for Day Trips** - to escort our Service Users on outings to pubs, shopping, garden centres etc during minibus journey's and to assist with access meals if required.
- **Patient Transport Volunteer** - to provide transport to medical appointments for passengers who have no access to, or difficulty using, public transport. Drivers use their own cars and are refunded travelling expenses.
- **Reception Volunteer at Rushden** - to receive incoming telephone calls and be the first point of contact when people visit our building and make a positive impression.
- **Shopping Volunteer** - to assist Service Users by purchasing their grocery shopping and taking it into their home for them.
- **Wellbeing Activity Assistant in Rushden** - to assist Service Users taking part in a wellbeing session with a tutor; session examples include crafts/digital dodgers/musical moments.

These are fascinating volunteer roles where we can get much pleasure in making a difference in someone's life.

For more information download the Voluntary Services Brochure (pdf) on our website at www.serve.org.uk

Finally, thank you for volunteering and making SERVE the great charity it is, by continuing to support a wide range of adults in the community who need our care and support.

BEFRIENDING SERVICE

Since the last newsletter in December 2021, the befriending service continues to grow. During January our Befrienders delivered 338 volunteering hours. This includes 139 face to face home and garden visits and 54 telephone befriending calls.

Week commencing 14 February, we delivered 2 induction sessions face to face and one session online to 17 volunteer befrienders who are onboarding with us.

We need more volunteers to help meet the demands on the service. If you or someone you know could provide a minimum of 1 hour a week to visit an older person in their own home, we want to hear from you. For some older people, a volunteer may be the only person they see in a week. Relationships can transform lives.

Cheryl (Befriending Coordinator for East Northants and Wellingborough) has been out in the community delivering our leaflet to over 300 homes and has promoted our services at Wellingborough Library.

Sonia (Befriending Coordinator for Kettering and Corby) has been attending a few corporate business events and delivering leaflets among her communities to help promote volunteer befriender opportunities.

The Befriending Service would like to thank our Corporate and Community Fundraiser who has completed a Fitness Challenge, raising money for both the Befriending and Wellbeing Services.

Nick completed a staggering 10k bike ride, 3k cross trainer, 3k run, 3k row and 1k swim in Rushden, Kettering and Corby over three days meaning that he will have completed the amazing distance of 60km in the three areas in North Northamptonshire which is covered by **SERVE**.
WELL DONE!

Picture shows Nick completing the bike ride at Splash Pool in Rushden.



BEFRIENDING SERVICE

An article published in the East Northants Reporter in January, one of SERVE's Volunteers, Rick Watson won the Susan Hollowell Memorial Award 2021. At the same time three of our Befrienders were RUNNER UP:



Did you know that SERVE is working with Northamptonshire Health and Care Partnership (NHCP) to deliver Befriending Support to Vulnerable Adults across the whole county? We are working in partnership with Daventry Volunteer Centre, Voluntary Impact Northamptonshire, and Northamptonshire Carers to upscale befriending as part of Integrated Care Across Northamptonshire. As a Partnership, we have had conversations with Northamptonshire Sports Active Chats.



Active Chats is a new project which matches isolated older adults with trained Active Chatters. The Active Chatter calls the older adult for a chat and talks them through some gentle seated exercises. The phone calls are weekly and are social and friendly. The exercises are seated to avoid falls and focus on helping the older adults to move all their major joint and muscle groups to promote mobility and reduce muscle wastage.

If you are interested in this, please contact our Befriending Team on 01933 315555 or our Befriending Manager Jonathan on 07917 863524

NEWS FROM OUR CARE TEAM



Carolyn and Geoffrey Smith have been SERVE beneficiaries since 2019.

The couple celebrated their diamond wedding anniversary on February 10th 2022 and received a letter from the queen.

Carolyn and Geoff were married at St Peters Church, St Albans.



We hope that you had a wonderful day of celebrations

Kind wishes from all at SERVE



Home Carers Wanted!

Spend your working hours making a difference to someone's life
Please contact us for more information about the role

From £10.50- £17.00 Per Hour

Guaranteed Hours

Flexible shifts

Paid Travel Time

Full Training

Paid Mileage

Career progression

Paid Holiday

Car drivers required

sam.horne@serve.org.uk 01933 315 555

TRANSPORT & WELLBEING

We continue to look for and welcome new Volunteer Drivers to join our friendly team. Mileage expenses are paid, training is provided and we work around your availability.

We cover medical journeys, these could be local or further afield.

We have a specially adapted wheelchair vehicle that can be used to assist our customers to and from appointments.

Increasingly our customers are receiving weekend appointments, which are difficult for us to provide drivers for.

Generally, our drivers work weekdays, and we often need to make special requests. Although our committed drivers help out, this is not always possible. It would be great to hear from you and welcome you to the team.

Please contact Jenni or Gill on 01933 315555 or email info@serve.org.uk



serve
supporting independence

- Senior Social Group - Knit & Natter**
Tuesdays 10:30-12
Ron Manning Day & Activity Centre
- Stronger Seniors**
ST Peters Church Hall, Midland Road.
Thurs 2-2:45pm
Fri 11-11:45am
- Movement to music**
St Peters Church Hall, Midland Road
Tues 11:30-12:15
- Musical Moments**
St Peters Church Hall, Midland Road
Tues 1-3pm
1st & 3rd of the month
- Suggested Donations £4 per Group**
For more information call 01933 315555

Some of our Wellbeing activities have spaces available, please contact the office if you would like to join any of our exercise classes or our social groups. There is also availability on some of our day trips - if you are not already registered please contact the office for a form and list of Trips.

Our new Digital Dodgers group is going well, it is a participant led group, based on what individuals would like to learn about laptops, iPads, tablets or phones. Contact our office for further information.

We recently asked our service users if they would be interested in attending a Book Club or a Friday Luncheon club, thank you for your responses so far. We are currently collating the responses and hope to be able to offer these new groups in the Spring time!!

Are you a Veteran?

Defence Discount Service provides discounts both online and on the high street!

Sign up for free today!

www.defencediscountservice.co.uk

Access high street discounts with the Defence Privilege Card - £4.99 for 5 years

Are you aware of the Armed Forces Veteran's Discount Card?

The Armed Forces Veteran's Discount Card service was launched in 2012 to help encourage the community to support the Armed Forces, Veterans, and the Defence Community. The Veterans Discount card is the only officially endorsed discount card for the Ministry of Defence. Individuals can register for FREE from the website (link above).

If you have problems accessing or receiving care due to being an armed forces family member, the Armed Forces Covenant can help.

The Armed Forces Covenant works with services, charities, and organisations to make sure you get the support you need. This includes the Navy, Army and RAF welfare support organisations and information services. More information can be found on the NHS website Support for Armed Forces Families.

As part of The Armed Forces Covenant, if someone is a Veteran, they need to be encouraged to register this with their GP Surgery.

Next Newsletter will be in June -Summer Edition

