



GLASGOW'S GOLDEN GENERATION

CLUBS NEWSLETTER CHRISTMAS 2020



Welcome to our last newsletter of 2020!

It comes to you with warmest wishes for the festive season, and here's to a happier 2021!!



GGG EVENTS coming up...



GGG Zoom Christmas Party

We will be holding a Zoom Christmas Party on **Thursday 17th December at 11am**

To join us, you'll need to access or download Zoom, and click on "Join a Meeting" before entering the following details when prompted: Meeting ID: 954 1814 3664 Passcode: 468035

Save the Date... Convener Meetings in January

If circumstances allow, we are hoping to hold another round of socially-distanced Convener District Meetings, from **25th – 28th January**

We'll be in touch in the New Year to confirm plans.



GGG Afternoon Tea 2021

We are delighted to announce that our Afternoon Tea will take place on **Sunday 5th September 2021** at the **Glasgow Marriott**.

We hope you can join us for an afternoon of fantastic entertainment and scrumptious food hosted by the fabulous **Michelle McManus**. The date is obviously subject to change depending on Covid restrictions but we are keeping our fingers crossed we can all get together for an afternoon of fun with friends and family.



Tickets will go on sale in the new year but if you would like to register your interest please email: fundraising@glasgowgg.org.uk or let Anita or Karen know, and we would be happy to provisionally book your table.

And don't forget our APPsolutely Fabulous GGG App – now available and free to download from Google and Apple stores. It's a great way to keep connected during these trying times!

STRIDING THROUGH LOCKDOWN

Two members of the Lambhill Club have been beating the Lockdown Blues by meeting up and going walking together.

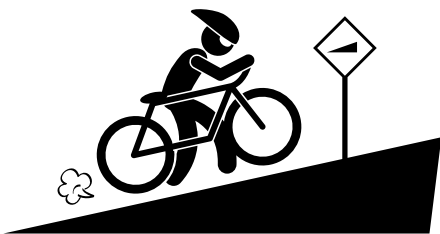
Before this pandemic started these ladies used to go swimming, and they decided they needed a replacement activity to keep them moving. So they started walking...



The super-strollers have a step counter, and when they started out they were covering around 4,000 steps a day – now it's more like 9,000! They currently meet up around 4 times a week, and walk for about 2 hours each time – often round the local cemetery which is "a nice walk when the weather is ok!".



"It's a "Hello, how are you" – you keep your distance, you're outdoors – it's a nice social thing to do ... If I didn't get out on a walk I'd just be in, sitting watching TV"



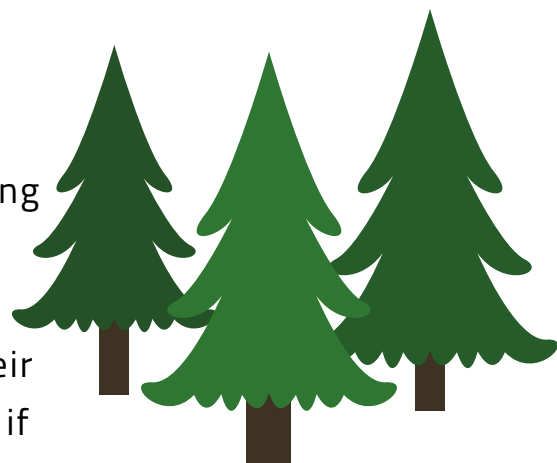
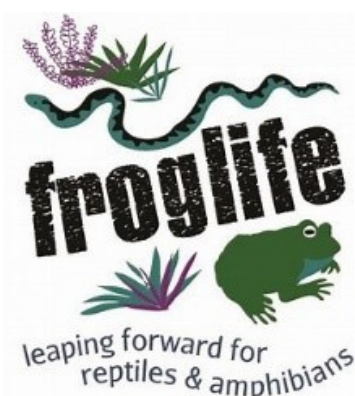
And they are not the only ones getting active, other members of their club are meeting and going cycling every day. They've upgraded their velocipedes to electric bikes, to help them get up the hills!

Well done everybody who is managing to get out and about, and may the sun shine for you (at least every now and then!!) on your active ventures.

COULD YOUR CLUB MEMBERS MEET IN PAIRS OR SMALL GROUPS TO GO FOR A WALK?

Maybe Nature could be your inspiration...

Wildlife Charity Froglife are offering **FREE GUIDED NATURE WALKS** to anyone with dementia (suspected or diagnosed) and their friends. Let Anita or Karen know if you are interested.



HAVING YOUR VOICE HEARD



A chance to share your views on the
Strathclyde Concessionary Travel Scheme



Strathclyde Partnership for Transport (SPT) is carrying out a review of the Strathclyde Concessionary Travel Scheme.

The purpose of the review is to examine all options for the Scheme's future financial sustainability, that will continue to achieve the Scheme's objectives for improving access for older and disabled people living in the Strathclyde region and for island communities. As part of the review, SPT is seeking the views of Scheme users. SPT wants to understand how and why you use the Scheme and why it may be important to you.

SPT welcomes your participation in this review by completing this short online survey.

The survey is completely voluntary and all answers will remain confidential. It takes approximately 15 mins to complete. Here's the link to the survey: <http://www.spt.co.uk/scts/>

If you need support in completing it you can email scts@spt.co.uk providing your contact details, and someone will be in touch. (Or talk to Karen or Anita who can help)

You've not got long...the closing date for the survey is midnight 18 December 2020.

CARING FOR THE CARER

The Life Changes Trust have recently launched a new funding stream called
Caring For The Carer.



The fund is open to unpaid carers of people living with dementia, who are resident in Scotland, and offers funding of up to £1,000. People can use the money to help them cope with social distancing and isolation, and to improve their physical and emotional health and wellbeing.

The deadline for applications is 5pm on Friday 22 January 2021.

However, please note that they may have to close the fund early if it seems that they will receive too many applications to process.

We would be very grateful if you could please pass this information to any unpaid carers of people with dementia in your network. Please encourage them to consider applying for funding. If you or they have any questions, they are welcome to contact the Trust at:

DementiaProgramme@lifechangestrust / 0141 212 9600

You can read more about the fund on their website, at:

www.lifechangestrust.org.uk/funding-opportunities

WARMING YOUR WINTER

BEAT THE CHILL THIS WINTER WITH SUPPORT FROM HOME ENERGY SCOTLAND
If you're worried about your bills, or finding it difficult to keep warm at home, Home Energy Scotland can help you access support to improve things.



Home Energy Scotland is an energy advice service funded by the Scottish Government that provides free, impartial advice to help people stay in control of energy use and save money on their bills. The service has no affiliation with energy suppliers and the team never cold call.

Home Energy Scotland can help in a range of ways including:

- Help with making sure you are getting the best energy deal
- Support for households with prepayment meters who are worried about topping up
- Advisors can check eligibility for discounts from energy suppliers such as the Warm Home Discount Scheme under which you could get £140 off your electricity bill for winter 2020 to 2021.

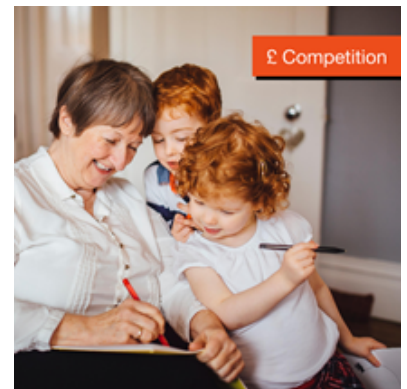
How to get in touch

If you are, or someone you know is worried about energy bills, call **0808 808 2282** or email adviceteam@sc.homeenergyscotland.org and a friendly advisor will be in touch. **Calls are free** and lines are open Monday to Friday 8am to 8pm and Saturday from 9am to 5pm.

Win £500 towards your energy bills with Home Energy Scotland!

How good is your energy saving knowledge? Take Home Energy Scotland's quiz to find out. You'll pick up tips to help you save energy and money at home –and if you leave your details, you'll be in with the chance of winning £500 towards your energy bills!

Take the quiz at: <http://bit.ly/energy-bills-quiz>



And finally, Lynn says... Have you received your Winter Fuel Payment?

The winter fuel payment is sent out to people of pension age, or certain benefit entitlements. Payments are between £100 – £300 and should be made automatically between November and December.

However sometimes they do slip through the net, so...

IF YOU THINK YOU MAY BE ELIGIBLE BUT HAVEN'T RECEIVED A PAYMENT YET – Call 0800 731 0160 just to check (you'll need to give details like your National Insurance Number and Date of Birth)

WISHING YOU ALL A HAPPY CHRISTMAS AND A PEACEFUL NEW YEAR, FROM ALL THE GGG TEAM