



Welcome to the first issue of **intouch**, the new bi-monthly magazine for employees and volunteers at Help the Aged. Each issue is designed to bring you right up to date with what the charity is doing, why we are doing it, who is involved and how it affects

each of us. This first issue explains the thinking behind the new brand and sets out our new vision for the future (see page 8). It's an exciting time for Help the Aged and everyone of us is vital to the success of our vision.

But **intouch** isn't just about long-term aims. It's also about our day-to-day work - whether it's fundraising, working with volunteers or dealing with the press. It's a way of everyone keeping in touch and understanding how Help the Aged works. And see page 16 for your chance to tell people what you do out of hours! It's your magazine, so send us your ideas, photos and letters.

Enjoy the first issue. Use the form inside to let us know what you think about **intouch** and what you'd like to see in future issues.

If you have email, you can send your comments to intouch@helptheaged.org.uk

Michael Lake

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inbrief

Equality for all

The government must reform equality law to bring age discrimination to an end. That was the message from Liberal Democrat peer, Lord Lester who delivered the Help the Aged annual lecture in September.

Lord Lester urged the government to establish a commission to promote equality and tackle all forms of discrimination and cited Northern Ireland's model as an example.

MP Candy Atherton's Private Member's Bill for an Age Equality Commission gets its second reading on 23 November. Help the Aged launches its anti-age discrimination campaign, *Scrap it!*, in spring 2002. See page 5 for details.



All aboard for 2002

 BBC TV children's programme Blue Peter has chosen Help the Aged as its charity of the year for 2002. The Blue Peter Wheel Help Appeal will encourage viewers to host bring and buy sales and raise money that Help the Aged can use to provide minibuses, scooters and adapted cars to make

older people more mobile. The appeal also aims to raise funds for computer clubs and sports activities for older people.

Viewers will be able to send off for a Wheel Help Appeal pack including blank posters which can be customised to promote their bring and buy sale.

Scots care plans need clarity

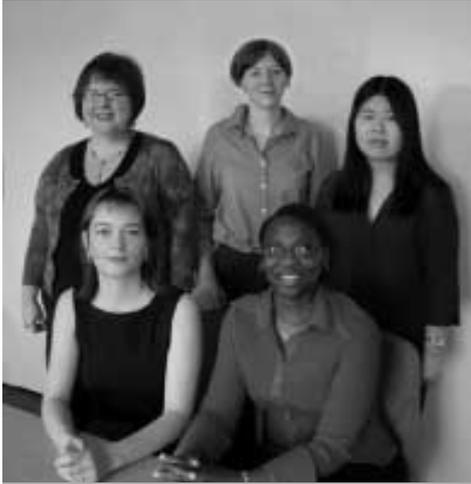
Help the Aged Scotland is calling for clearer information about how the introduction of free personal care for older people next April will affect existing benefits.

The Scottish Executive has pledged an additional £125m a year to introduce free personal and nursing care. However the charity is concerned about the debate over whether this will affect older people's entitlement to Attendance Allowance.

You've got new email...

If you're lucky enough to have a PC and email, you might notice a few changes soon. Over the last few weeks, the IT department has been upgrading all email and organiser software to Microsoft Outlook. The new system will provide a combined emailing and scheduling

facility with many added features. Work should be completed by the end of the year. In the meantime, the IT department is asking users to start clearing their mailboxes and archives on the network. Please refer to the MS Outlook bulletin board for further details.



CAMA get it!

Do you know an older person who wants to do something positive for their community? A new awards scheme run by Help the Aged could help to turn their vision into a reality.

The **Citizens' Action Millennium Awards (CAMA)** offers people over 55 years funding, practical support and access to adult learning opportunities to set up community projects. These could include a computer club, writing group or antique restoration class.

There are two types of award: Active Citizen for those wishing to set up a new project and Active Mentor for people wanting to support and guide the Active Citizens.

The CAMA team are situated on the fourth floor at head office and are happy to discuss ideas or give guidance on eligible projects. They can also supply leaflets for staff and volunteers to distribute.

The CAMA hotline number is **0870 7703280**

Making giving pay

Encouraging employees to donate to charity through their payroll is helping to boost the income of Help the Aged

Sharing the Caring, the charity's subsidiary, works with a range of companies and charities to promote payroll giving. The company recently announced record annual income for charities of £7.5m generated by over 100,000 regular donors.

All profits are ploughed back into Help the Aged to support our work.

A 10% government supplement on all payroll donations until 2003 has significantly increased the level of charitable donations.

Christine Jenkins, chief executive of Sharing the Caring, said: 'This past year confirms that payroll giving is by far the most tax efficient and increasingly popular method for donors to support their chosen charity.'

Off the streets

Help the Aged is calling for government action to help older people sleeping rough or who are stuck in unsuitable hostel accommodation and B&B hostels. The move comes in response to government proposals to allow local authorities to extend the groups they can accept as homeless for rehousing.

The charity's older homelessness co-ordinator, Joe Oldman, said: 'We think it would be a disgrace if any more older people end up dying on the streets or in accommodation that does not cater for their basic care needs.'

Help the Aged estimates that there are up to 48,000 older people who are unofficially homeless in England and Wales.

Lifting the lid on older carers

Help the Aged hit the headlines in October with its powerful new report on older carers.

Caring in Later Life revealed that over one million older carers face the brunt of caring with no regular support from health or social services. Many provide over 50 hours of care a week with those over 75 more likely to provide intensive care than those aged between 60-74. Over half of carers are suffering from poor health, and over one third of carers have not had a break since they started caring.

Help the Aged is calling for a fundamental review of social care including a greater range of flexible support and respite services for older carers.

Defeating ageism

Scrap it! That's the slogan for the Help the Aged spring campaign that seeks to stamp out age discrimination

Ageism is widespread and passes largely unnoticed and unchallenged. The experience and skills of older people are a tremendous resource to the country and yet age discrimination is still perfectly legal. It's harmful, damaging and degrading and in the area of health and social care it can have tragic results.

Older people encounter age discrimination every day – it's difficult getting insurance, you may not get a job, you may not be referred to a specialist for that heart condition. If you do get

admitted to hospital for treatment you may or may not be resuscitated. When you're discharged from hospital too early because of the pressure on bed space you may or may not be provided with social care services to help you live independently at home.

The campaign will coincide with MP Candy Atherton's Private Member's Bill for an Age Equality Commission to advise the government on discrimination issues. The Bill goes to committee stage in the spring providing it

receives the support of at least 100 MPs at its second reading on 23 November 2001. Help the Aged is writing to all MPs to request that they support the Bill on this date.

We're looking to make it a cross-charity campaign which will be tailored to Scotland, Northern Ireland and Wales. We'll keep you updated on plans for the campaign as we develop it over the next few months. Meanwhile if you have any thoughts on how you could help promote the campaign email nikki.hill@helptheaged.org.uk

Fighting bogus caller crime



The British Gas Help the Aged partnership has launched a new campaign to tackle the rise of bogus caller crime

The National Senior Safety Campaign aims to raise awareness of this growing problem which often goes unreported. Home Office research puts the number of annual incidents at 100,000 yet police figures show only 12,000 recorded annually.

A Senior Safety conference held in September brought together representatives from the government, police forces, local authorities, voluntary groups and health professionals. A series of workshops has been set up across the UK to form senior safety strategies at local level.

REACHING OUT . . .

Julia Shipston reports on how Help the Aged is responding to the UK's changing political landscape

Devolution has changed the way government works in the UK. Since the Northern Ireland Assembly was set up in 1998 it has led the way in involving its citizens in policy making. The Scottish Parliament and the Welsh Assembly are also actively seeking the views of the population and nine Regional Development Agencies are promoting local development in England.

Help the Aged has responded by strengthening its nation offices in Northern Ireland, Scotland and Wales, and restructuring its English regional operation. Paul Cann, director of policy and international affairs, says: **'The priority for the whole charity is to give greater recognition to countries and regions as entities in their own right and to put their executives and regional development officers in the driving seat for planning and development.'**

While local knowledge and analysis is the real basis of all the charity's work, Paul says there are disparities to be addressed. **'Scotland and Wales are inadequately resourced for the huge job they face and we have allocated additional funds this year specifically to help them move forwards in the area of campaigning. It is clear that for us to play a comprehensive role in each part of the UK, adequate resources will be essential.'**

Paul concludes: **'Strengthening our voice across the UK will help us to improve the lives of older people.'**

Engaging older people in

Northern Ireland



Anne O'Reilly, executive officer for Northern Ireland, says:

'Our priority was to build the capacity of older people to engage with government, make their views known and become actively engaged in the decision making process.'

Help the Aged provided support, training and finance to develop a Senior Panel, a group of older people from the greater Belfast area who have campaigned on a number of key issues, and achieved huge success in gaining free public transport for older people.

The next step was to develop the Senior Network, a cross-community umbrella group that acts as a voice for older people in Northern Ireland.

Anne believes the challenge for Help the Aged is to establish a local governance mechanism in each of the nations, which can add value to the UK governance. In Northern Ireland, a sub-committee structure representing members of the NI Committee, older people's organisations and service users, is being set up to inform and advise on the charity's strategic development, finance and income generation. **'This model could be adopted throughout the UK to ensure Help the Aged strategy and planning are strengthened by local knowledge,'** she says.

. around the UK

Major consultation for Scotland



One of the major challenges that Scotland executive Liz Duncan faces is responding to the sheer volume of consultation from the Scottish Parliament.

‘Because the Executive wants and needs to include citizens in its policy making, it is asking for a great deal of guidance,’ she says.

One issue that clearly demonstrates the impact of devolution is the funding of long-term care. While in England nursing and personal care costs have been separated, the Scottish Parliament followed the recommendations of the Royal Commission on Long Term Care, and Liz was closely involved in the deliberations on how nursing care could be provided free at the point of delivery in Scotland.

‘We are in an excellent position to affect decision making because of the links we have made with older people’s organisations, and our knowledge of the issues that are important to the one million older people in Scotland.’

Working together in Wales



‘Although the National Assembly for Wales is recognising older people as a priority, there is still a huge lobbying task ahead,’ says Wales executive Ana Palazon.

‘To achieve this we are involved in a very positive and dynamic partnership with Wales Pensioners - the all Wales umbrella campaigning organisation - to develop the Speaking Up For Our Age (SUFOA) programme with them to establish a 22 forum network. We are using SUFOA grants to help build up their lobbying capacity and recently held a major conference together to define their new strategic direction.’

Ana says partnership where older people are at the centre and taking the lead is one of the most positive outcomes of devolution. **‘It provides strong grass roots understanding and partnership in order to inform the charity’s direction... and to empower older people in Wales.’**

A new structure for England



The former research and resource officers and project fundraisers in England have been brought together as regional development officers (RDOs) working in two teams covering the north and south.

‘With the growing emphasis on the English regions and the new Regional Development Agencies, we needed to provide a one-stop entry to all Help the Aged services, help, grants and project development,’ says Anne Molyneux, head of regional development, England.

‘The RDOs are in touch with the needs and priorities of older people in different parts of England and their expertise is invaluable in informing the Charity’s work. At the same time, they will work closely with the new Regional Development Agencies to make sure the needs of older people are taken into account in regional planning.’

In future Anne sees RDOs acting as co-ordinators for all Help the Aged activity in their areas: **‘They will put together strategic plans based on local needs and priorities, and improve the representation of older people in their areas.’**

Bringing our work INTO focus

Director of communications and marketing, Steve Jones explains the charity's 'new focus' programme



In September we launched our 'new focus' programme to set out our future direction and get all of you involved in bringing our values to life. Many of you will have already been to workshops; others are just about to attend.

Why the new focus?

Our mission statement no longer reflects all that we want to do in future. We need to have a distinctive forceful voice, so that the people we serve see that we are unique. We need to focus on the things that are important to disadvantaged older people, given our limited resources.

In future our work will have *four aims*:

- defeating ageism and speaking up for age
- combating poverty
- reducing isolation and encouraging inclusion
- challenging neglect and promoting high standards of care.

'Our vision is of a future where older people are highly valued, have lives that are richer and voices that are heard.'

New vision and mission

What is the Help the Aged brand? It is simply the way in which we want others to perceive us. Our brand is defined by a number of things:

- our *vision* for the future
- our own distinctive *mission*
- the *values* that we believe in.

For the first time we now have a clear *vision* that we can work towards: 'Our vision is of a future where older people are highly valued, have lives that are richer and voices that are heard.'

Our distinctive *mission* is:

'To secure and uphold the rights of older people everywhere. Working with them we will identify the needs and champion the issues that will help better their lives. Through research, campaigning and fundraising, we will develop practical solutions, drive activities and inspire others to do the same.'

Our *values* represent what we believe in and what we want others to see in us. Our new values are:

- people matter
- collaborative
- relevant
- passionate about combating disadvantage
- accountable
- setting standards.

Our new logo style



Our new look

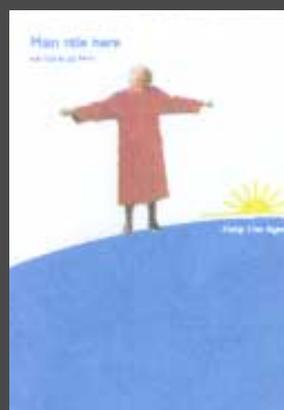
To be more distinctive, we now have a stronger logo. The blue and yellow shades are deeper; our 'rising sun' logo has been filled in and a curve has been added. Over the coming months, the new look will be introduced across all our corporate literature and then to shops and vans. All our literature will be in the new style by mid 2002.

How do we know it's working?

We all must feel confident to explain to the world what we do. At the very least, that means knowing our vision and our four aims. It's working when people we work with recognise our values in what we do - for example, our partners tell us that it is good to work with us, or when we are seen at the forefront of developments.

Sharing and learning

In future issues of *intouch*, Help the Aged departments will be sharing their experiences of putting the new values into their daily work, and the difference this has made. This will give us all the opportunity to learn from each other and build on one another's successes.



our vision for the future

Older people themselves must lead our agenda. By listening to them, and by understanding how we as an organisation can distinctively contribute, we will promote the positive goal of active ageing – as free as possible from pain, insecurity, poverty and isolation.

In working towards those aims we'll build on our strengths:

- the older people with whom we work
- our research, both in the biomedical and social fields
- helping older people and their community organisations
- fundraising
- our international contribution and partnerships
- our dedicated staff.

We will only do something if we can do it well.

In three years' time we want to:

- have become a major player in ageing research
- have established ourselves as a high-profile member of an international network
- have expanded our fundraising even more, helping more older people's organisations
- continue to be respected as a champion of other ageing organisations
- be well known for the quality of our staff and the efficiency of our operations
- be serving many more people with information and advice at the same high quality.

Each department has a strategy to support these aims. But the vision can only become reality if we all want it to, and if we each understand how we will work in partnership, both inside and outside the charity, to make these words count for older people.

Funding the future

Caroline Bradley reports on innovative research improving the lives of older people

When Research into Ageing started in the 1970s we had to jump up and down to get anyone's attention, but 25 years on we are in danger of becoming fashionable! Attitudes to ageing are changing and people are finding it easier to see that disease and disability are not inevitable as we get older.

This is a snapshot of the kind of problems we are tackling:

- 15 million people have Alzheimer's disease around the world. This figure is set to double in the next 30 years
- Every year, about 100,000 people in the UK have a stroke for the first time
- One person in eight over the age of 65 in the UK suffers from depression.

We spend about £1m a year to support the best and the brightest scientists in ageing research across the UK. Help the Aged - with whom we merged in May 2001 - has promised to double that figure so we can support even more valuable research.

Can we put new life into old bones?

On average a bone is broken every 3 minutes in the UK because of osteoporosis, which affects 1 in 3 women and 1 in 12 men. Our bones are more than just scaffolding that holds us up; they are living tissue and are constantly being renewed.

Dr Stella Ionnadou at the University of Manchester will investigate whether it is possible to

boost the number of bone-forming cells that we have within our skeletons. If she is successful this could be the beginning of a new treatment for this disease.

This is just one of over 30 projects that we are currently funding. We are investigating hearing loss, mobility problems, dementia and poor vision as well as stroke and circulatory problems.



Making a difference

'Research into Ageing gave me my first grant when I was trying to get started. I cannot overestimate how important the first grant was,' says Professor John Hardy who is now a leading researcher in the US, spearheading the search for treatments for Parkinson's disease and stroke.

The science may be complex, but Research into Ageing is a simple idea: it funds promising research and promising researchers to tackle the conditions that affect us more as we get older, to make later life a better place to be.

So where *does* the **money** come from?

Fundraising development executive Esther Moorey lifts the lid on how the charity's work is funded



Providing essential services, information and empowerment for older people all costs money. The Help the Aged Marketing division (pictured above) is dedicated to raising it. Between them, the division's seven departments brought in £28m last year to help improve the lives of older people.

Direct marketing (including Collections) makes appeals to millions of individuals through direct mail, face-to-face fundraising, radio and TV campaigns and house visits. **Corporate relationships** works in partnership with companies like Barclays, British Gas and Heinz to raise funds. Sharing the Caring, a subsidiary of Help the Aged, promotes payroll giving to companies with profits covenanted back to the charity.

The role of **Charitable partnerships** is to attract funds as diverse as National Lottery grants and gifts from small trusts, and to research new fundraising initiatives. Combining many methods of fundraising is the marketing team of **Research into Ageing**, a recent addition to the division following the May merger (see page 10).

Retirement services provides tailored, paid-for services in areas such as insurance, tax and pre-paid funeral plans. The **Legacies** team not only appeals for people to support Help the Aged by leaving a legacy, but also provides older people with free advice on making a will. Last but by no means least is the **Help the Aged catalogue**, generating funds through sales of gift items and living aids.



Meet the staff

Jane Aldous

What do you do?

I am a corporate relationships executive, working at head office. I introduce Help the Aged to companies in order to get them to support our work.

What do you most like about your job?

I'm addicted to the buzz you get from a 'win'. I love knowing I have helped a Help the Aged project get off the ground.

And least like?

I like all of it - a bit sickening really!

We hear that you've got a talent for showing off...

Yes, I have a drama degree and once did stand-up comedy – it actually comes in handy for my job!

If you weren't working at Help the Aged, what would you be doing?

Writing, producing and directing a fringe play in the winter and travelling the world (first class, of course) the rest of the time.

If you ruled the world, what would you do for older people?

I would change the media's attitudes to older people.

Respect for all

*Director of human resources,
Abi Lauder, reports on a new policy
to strengthen Help the Aged as a
positive and welcoming place to work.*

We all want to work in a positive environment. Good communication, sensitivity between individuals and respect for colleagues all help to achieve this. By introducing a policy on Promoting Dignity at Work, Help the Aged has made a commitment to provide a harmonious working environment where every employee and volunteer is treated with dignity and respect, free from harassment, bullying or inappropriate behaviour.

The charity regards harassment, bullying or any inappropriate behaviour as completely unacceptable. Our new policy describes this and outlines the responsibility we all have to ensure a positive working environment in which the dignity of others is respected. It also clearly explains the support that is available and the procedure for raising matters.

Since the beginning of the year managers have attended training workshops regarding the new policy and the feedback has been extremely positive. For new managers now and in the future, the workshop has been included as one of the core elements of the mandatory Introductory Management Training Scheme.

Human resources has produced a team briefing pack to support these sessions, with the following clear objectives:

- to increase awareness of what constitutes dignity at work, and what types of harassment and bullying behaviour are unacceptable
- to provide an understanding of some of the day-to-day implications of the law
- to clarify how our new policy operates
- to help create an environment in which everyone is treated with dignity and respect.

If you have not been notified about the date of your briefing session, contact your manager for information.

Dear HR ...

Q

Is our pension scheme stakeholder friendly?

A

The charity is committed to complying with the new stakeholder pension requirements and has made the following amendments to its final salary pension scheme rules with effect from 1 October 2001:

- employees aged 18 or over are eligible to join
- all temporary bank and pool workers are now eligible to join after 12 months service
- all temporary and fixed term employees are now eligible to join after 12 months service
- employees who continue to work for the charity after their 65th birthday are eligible to continue contributing into the pension scheme.

For further information, please contact the payroll team.

*If you have a question for human resources regarding your employment, please email to **hr@helptheaged.org.uk** or write to us at head office.*

Making a difference

Each year grants from Help the Aged enable other organisations to improve the lives of older people

Grants are awarded to projects addressing a wide range of social and community need, especially those related to empowering older people, homelessness and rural isolation. Funds can be used to develop new services, create or refurbish a building or increase revenue funding. During 2000-01, the charity made 369 grants worth over £1.3m.



Cam Sight will use its grant to improve IT access for older people

Here is a selection of organisations currently being funded by Help the Aged...

Making IT work

For the past 90 years, Cam Sight has helped blind and partially sighted people living in Cambridge and the surrounding villages to lead a full, independent and dignified life.

Over 90% of the charity's 1,370 clients are over 65 years and 45% of them live alone. Cam Sight's services include visits to housebound clients, where rehab staff offer practical

advice on day-to-day living, demonstrate equipment and assist with benefit applications. The charity is also developing a network of village-based care groups, Rural Link, to ease the isolation felt by visually impaired people (VIP) living in rural areas.

Cam Sight used its grant of £7,349 from Help the Aged to equip its resource centre with large PC monitors, magnification software and voice recognition technology to improve access to IT for its older clients and for staff.

Sound advice

Derby-based Asian Advisory Service provides advice and support via a drop-in centre for Asian people living in four socially deprived and isolated inner city areas. Although it has only two paid staff and a handful of volunteers, the organisation helps hundreds of people each year with advice on housing and benefits, immigration, health and finance. It also provides a translation service. Over the last three years, Help the Aged has provided £32,500 of revenue funding, helping to lever in additional funding from Derby City Council, Lloyds TSB and the Racial Justice Fund, and to make the service sustainable.

Food for thought

When the meals on wheels service in Cambridgeshire was replaced by a fortnightly bulk delivery of frozen food two years ago, some older people were unable to cope with the new system. Some would forget how to use the microwave supplied, others would try to eat the meals while still frozen.

The Hot Meals Support Group was set up by a group of volunteers to ensure that their clients received a hot meal each day. Today the group provides nearly 300 two course meals a day from its Cambridge kitchen, working 365 days a year. A grant of £4,740 from Help the Aged has paid for a new, walk-in freezer to meet increasing demand for the service.

profile



Name:

Freddie Sayer

Occupation:

HandyVan fitter

Location:

Havering, Essex

When Help the Aged HandyVan fitter, Freddie Sayer was called to the rescue of a stranded dog in Chelmsford, he had no idea that he'd become a local hero overnight

Freddie was called to remove a five-lever mortice lock from the dog's owner's house. The owner had gone on holiday and asked a neighbour to feed his pet. Unfortunately he forgot to leave her a key for the new lock which had been fitted recently by the HandyVan service, the free, national scheme run by Help the Aged to install safety and security projects in the homes of vulnerable older people on low incomes.

By the time Freddie arrived at the house, quite a crowd had gathered. **'They were all shouting 'Break a window!' and 'Smash the door down!' because the dog hadn't been fed or let out all day,'** he says. But Freddie kept his cool and got to work on the lock. **'Because they're such good locks, it was actually quite hard to remove. Each time**

I got a lever out, there was a huge cheer from the crowd!'

Freddie says the experience is definitely the most bizarre one he's had since becoming a HandyVan fitter six months ago. Previously self employed as a welder/fabricator, he ran his own business for 20 years before joining Help the Aged:

'I was already heavily involved with voluntary work for my church and love helping older people so the job seemed ideal.' A comprehensive training course followed, where Freddie learnt about fitting products like mortice locks, door chains, smoke alarms and window locks.

Freddie and other fitters give talks at older people's clubs and churches to publicise the service. As well as installing products, HandyVan fitters often carry out minor odd jobs where time permits.

'I often have a cup of coffee and a chat while I'm fitting a product - it's all part of the service. You're often the only visitor that week so it's great to make someone laugh or cheer them up while you're there.'

HandyVan home safety scheme

- First HandyVan schemes launched in 1995 in Manchester, Merseyside and Gainsborough
- Now operates in 28 areas across the country
- Over 53,000 older people's homes secured to date
- £2m worth of security devices installed
- Around 60 homes secured each day
- Cost to secure an average home: £100

In the next issue, we'll profile the work of regional development officers

question time

Diana Moran



Diana Moran is chairman of the Stage for Age committee, the celebrity arm of Help the Aged where film, stage, television and sporting personalities offer their time and expertise to support Help the Aged in its work to improve the quality of life of older people.

Nicknamed 'The Green Goddess' because of the green leotards she wore for her keep fit show on BBC TV's *Breakfast Time*, Diana continues to promote health and fitness on TV and video. She is also a contributor to over-50s website, lifebegins.net

A member of the Guild of Health Writers, Diana's latest book, *A Mature Girl's Guide*, is due to be published in spring 2002.

What is your earliest memory?

Having a pair of wellington boots on, standing in what I thought was a large lake but was actually a small puddle, sailing a little balsa wood boat painted in airforce blue (because it was war time) with my brother. I must have been about three at the time.

What did you want to be when you were younger?

I wanted to be an artist or a gym mistress, neither of which my father allowed me to pursue because he thought I had to get a 'proper' job.

Which three words best describe you?

Years ago, one of my closest male friends said I was like an 'enthusiastic, overgrown Girl Guide'. It's probably an accurate description.

What do you look back on with pride?

My first Royal Command performance in 1983.

And with horror?

It was when I was running the show theatre for the Devon County Show in Exeter. I had to introduce the pub entertainers of the year, who were The Pheasant Pluckers from Plymouth - but I'd had a drink too many... I'll leave you to decide what I actually said instead!

What's the best thing about getting older?

It's got to be self-confidence. Basically you know your own mind.

If you could turn back time, what advice would you give yourself?

Not to make myself so readily available.

What ambitions do you have for the future?

To maintain my status quo, my health, my relationships.

Does life improve with age?

Yes, it does because you finally accept who and what you are.

GALLERY

not old, just older!

Celebrities, staff and volunteers gathered at The Savoy hotel in London earlier this year for the 2001 **nojo** (not old, just older) awards, organised in association with Stannah Stairlifts.



Hosted by Angela Rippon, the awards ceremony celebrated the achievements of those who have made a real difference to the lives of older people. It also provided a surprised Barbara Windsor with a Hall of Fame Award, presented to her by Sir Norman Wisdom. The award was in recognition of her tireless support of charitable causes from breast cancer awareness to The Mirror newspaper pensioners campaign.

The six overall winners included Jenny Wood Allen, who received the award for outstanding achievement in sport. At the age of 89, Jenny is officially the world's oldest female marathon runner having run in over 30 marathons as well as raising over £30,000 for charity.

Sir Norman Wisdom joins Barbara Windsor (left) and Jenny Wood Allen to celebrate their success



Angela Rippon: just a state of mind

Do you have any great fundraising or events photos which you'd like to see in print? Send them to Gallery at the address on the right.



Out of hours

When she's not doing her day job as property administrator at head office, Yasmin Knowles-Weil likes nothing better than to get to grips with her trusty bass guitar. For the last couple of years, Yasmin has been gigging around London with Les Natrels, a three-piece acoustic band playing what she enigmatically describes as 'folky atmospheric' music. 'I was always really into music then started to play bass and ended up in the band. We haven't made it to Wembley yet but we do quite a lot of gigs, mainly in London,' she says.

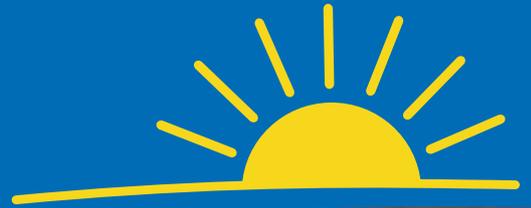
Like Yasmin, the other band members have day jobs and one has a baby. But they still find time to practice twice a week and have been recording tracks for their new EP out this month: 'It's the first time we'd gone into a proper studio so that was pretty exciting.'

Yasmin's work mates at head office have been 'really supportive', going along to gigs and following the band's fortunes. She laughs: 'I don't even have to force them to!'

Are you a budding rock star or actor? Do you spend your weekends teaching or volunteering? Have you got a bizarre travel tale to tell? Whatever you get up to in your spare time, **intouch** wants to hear from you. Email the editor at intouch@helptheaged.org.uk or write to: Editor, **intouch** Help the Aged 207-221 Pentonville Road London N1 9UZ

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