

*Some of the people that make
the services happen*

**Martin Davies
Chief Executive**



For the past five years Martin has been the person with overall responsibility for the management of ACW. He has overseen the transformation of the charity and is central to defining and implementing ACW's Key Strategic Plans.

**Michelle Stamou
Reaching U Co-ordinator**



Michelle implemented the Reaching U pilot scheme, oversaw its evolution into the raging success of its current form and continues to coordinate the provision of tutors, workshop venues, marketing and taster workshops that have allowed so many clients to take up and develop so many interesting physical and mental skills and activities.

**Andy Fengler
Befriending Co-ordinator**



One of the new and incredibly effective to compliment to ACW team. Andy assesses clients for the Befriending Service, effectively matching clients to volunteers with mutual and complimentary interests and experiences.

**Susan Mustafa
Information & Advice Worker**



Susan sees clients at advice points and visits them at home. She helps clients with a range of day to day tasks including referrals to social care providers, arrange GP appointments and helping with correspondence and bill requests

**Alex Dalton
Operations Manager**



The magician behind the logistics of staff and operations at ACW. Alex oversees the operations of the ACW's clubs, Reaching U and Information & Advice. The fixer of computers, the interviewer of staff and the friend of many.

Rosemary Edgware Rd Shop



Five years of loyal service in the back-room of ACW's frontline. Rosemary is a key cog in the machine that turns the mountains of donated clothing and property into the organized, priced up and displayed merchandise available in ACW's Edgware Rd shop.

**Carolyn Ricketts
Receptionist**



For four years Carolyn has been the first voice of ACW. A key nexus in the maze of phone lines, staff, clients and services Carolyn is an important part of making ACW accessible. She is also responsible for the upkeep of ACW's Info-Web service.

FEEDBACK

We welcome your feedback. If you have any issues you would like to see raised in *Platinum Age* please do not hesitate to contact us at: Age Concern Westminster, 268-272 Edgware Road, London W2 1DS Phone: 020 7724 6930 Email: enquiries@acwestminster.org.uk

Our New Plan

In April 2009 the Charity's trustees agreed the business plan for 2009-2012, which includes four Key Strategic Objectives that will shape what the Charity does over the next three years.

The objectives and the underlying delivery plan were agreed after consultation with the charity's staff and volunteers at three events in March 2009.

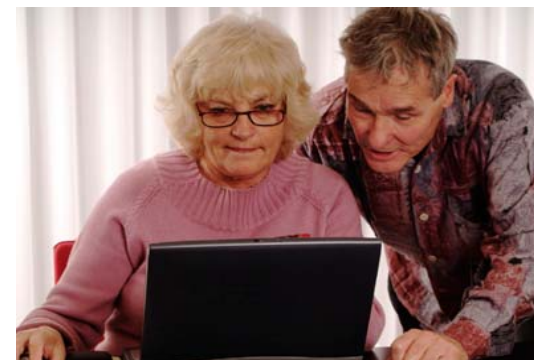
The Key Strategic Objectives are:

1. To develop a range of flexible and responsive services to improve quality of life of fifty plus people in Westminster.
2. Campaign on behalf of local older people in particular to improve the dignity and respect with which older people are treated locally.
3. Respond to the needs of frail, lonely and/or isolated older people.
4. Build the capacity and profile of Age Concern Westminster.



Re we Reaching U?

Reaching U is a joint project led by Age Concern Westminster and delivered together with partners Westminster Adult Education Services and Open Age. We deliver a vast range of physical activities and skills classes and following the success of its first year was awarded its second year funding by Westminster City Council. Term 1 kicked off in September by offering a list of activities which included Tai Chi, gentle Yoga, line dancing and group walks through the Royal parks of London and educational classes in computer skills, internet use, French and Italian lessons, digital photography and traditional art workshops. Term 2 started in January 2009 and on top of the Term 1 classes has included classes in singing, cultural history, cooking and ceramics. Michelle Stamou, who is our Reaching U Coordinator says "I have been bowled over with



success and popularity of the project. I'm really happy to see the project going from strength to strength and is really looking forward to seeing how Term 3 unfolds."

A full list of activities and all the REACHING U venues can be seen at <http://www.acwestminster.org.uk/clubsandactivities.html> and further information can be gained by calling us on 020 7724 6930 or by emailing Michelle at mstamou@acwestminster.org.uk

We can help you get the support you want

The process which delivers Adult Social Care Services in England is currently undergoing a fundamental change. This change will affect the very essence of the relationships between various stake holders and as such has far reaching consequences for everyone from the individual recipient of a service, the service provider and ultimately for the welfare system which pays for it. The aim is to enable the efficient delivery of a personalised and flexible service that will enable choice and control, prevent ill health and promote well-being, support independence and citizenship.

One key part of delivering a personalised service is Self-Directed Support, which would put people at the centre of assessing their own needs, deciding how best those needs can be met, and tailoring care to meet these individual needs according to their willingness and capability. Each service user will then be given an individual budget.

Self Directed Support will allow a direct cash payment of part or all of a service user's individual Budget to be made to that service user, who will then decide for themselves how to allocate these funds to a "support plan" of their choosing. A further innovation is that a service user may choose to spend their budget on more than personal social care, one may use the funds to allow them access to a day club or recreational activities.

Our staff can assist older people with the options now available and help them purchase the right support. As a support broker, we will assist people:



- i) through the assessment process.
- ii) to put their 'support plan' together
- iii) to manage their obligations and responsibilities
- iv) to stimulate the demand for local care services .

To take up Self Directed Support or just gain more information about it and Personalisation in Westminster contact **Nana Enchill** on: **020 7724 6930** (ext 314) or email him at nenchill@acwestminster.org.uk

Maida Vale Singers tell tales

On Friday 1st May, 38 Children aged 10 and 11, from St. Josephs R.C. School went to Ada Court at the invitation of the Maida Vale singers to take part in a concert about the Second World War, the audience also included some of the residents of Ada Court.

It proved to be a very successful afternoon. The children enjoyed the stories told by the singers about their experiences during the war and they joined in the songs of the period with enthusiasm much to the surprise of the choir.

They were all very interested in the mementos, photographs, ration books etc. that the singers had to show them, asking lots of very interesting questions about the war.

After having orange squash and biscuits they returned to school, everyone enjoyed the afternoon very much.

Gwen Skull



Ear Pleasers



Seeing as this is the first *Platinum Age* of the "New ACW" and seeing as writing it has given me a great opportunity to rediscover many of the forgotten joys of my music collection (and discover a few new ones), we thought we might add a new musical feature to the newsletter. In each issue we'll discuss an artist or two, give brief introductions to their music and careers and recommend a couple of the songs and albums that you really just should not miss.

Django Reinhardt

If one must start, why not start with a legend? To this day Reinhardt remains one of the most renowned and celebrated jazz guitarists ever. His most popular compositions, such as "Minor Swing", "Tears", "Belleville", "Djangology", "Swing '42" and "Nuages" (French for "Clouds") have all become jazz standards. Further, through the decades Reinhardt's music has featured in dozens of films, a recent example being *Minor Swing* featuring as the tune Johnny Depp plays in the river party scene in Lasse Hallström's *Chocolat*.

Reinhardt was the first prominent European jazz musician and with violinist Stéphane Grappelli he cofounded the *Quintette du Hot Club de France*, described by critic Thom Jurek as "one of the most original bands in the history of recorded jazz." He also recorded with the legendary American Jazz musicians like Louis Armstrong, Dizzy Gillespie and Rex Stewart. He remains one of those quasi-mythical figures in music history; prolific recordings, all graced with his distinctive, innovative and frankly mind boggling style and all achieved regardless of the fact that he could neither read nor write music, was barely literate and with the third and fourth fingers on his left hand being partially paralyzed. Having being badly burnt in an accident, he played all of his guitar solos with only two fingers, using his two injured digits only for chord work. Give *Minor Swing* a listen to appreciate exactly what a phenomenal accomplishment this was/is. I would point you in the direction of a particularly good album, but he recorded many and basically they're all fantastic. Just find some, start listening and enjoy the adventure.

Nicholas Brocklebank

Do you know someone who needs a friend?

In Westminster over 50% of people over 65 live alone, and up to 7000 older people live with depression. The ACW befriending service matches older people who may be isolated or lonely to a volunteer who will visit once or twice a week. This visit helps many older people maintain the social contact that we all need.. As little as an hour or two a week can make a huge difference to the wellbeing of an older person.

If you would be interested in being matched with a Befriending Volunteer, or know of a friend, neighbour or family member who may benefit from the service, please contact our befriending coordinator **Andy Fengler** on **020 7724 6930** or email afengler@acwestminster.org.uk

If you are interested in becoming a befriending volunteer, then please contact our HR Support Officer, **Marta Tarasiuk** on **020 7724 9342** or email mtarasiuk@acwestminster.org.uk

