

# GLASGOW'S GOLDEN GENERATION

CLUBS NEWSLETTER

AUTUMN 2021



Welcome to the Autumn edition of our (roughly) quarterly Clubs Newsletter! As some of our clubs are starting to return to some kind of new 'normal' we hope this finds you feeling well and positive about better times ahead.

This newsletter offers our usual mix of club news, GGG updates and other information and advice, that we hope you and your club members will find helpful. Remember if you would like to contribute to future newsletters, Anita would love to hear from you!



## THE HALFWAY CLUB MADE IT ALL THE WAY TO LARGS!

40 members of the Halfway Club and their friends recently enjoyed a coach trip to Largs, organised by Club Convener Jean McEwan. They don't yet know when their normal club venue in Cardonald will be able to reopen, so this trip was a welcome opportunity for people to get together.

They stopped on the way at the Cardwell Garden Centre near Gourock, and then the bus took them on to Largs, where they split into smaller groups and all "did their own thing" for the afternoon before heading back home. Jean says:

*"It was lovely!*

*Everybody was laughing and happy, having a blether. I think it was just seeing each other...*

*it's a lot better than over the phone!*

*The coach was a newish one and there was plenty of space. We all wore masks, and we'd all had our 2nd jab!"*



*The Waverley at Largs Pier*

When we congratulated Jean on organising this successful trip she said

*"We have to try now...we have to live!"*

And, with several more trips planned between now and Christmas, Jean and her club are certainly walking that talk! We love your spirit Jean, well done.

## GGG STAFF NEWS

We are delighted to report that **Natalie Stewart** gave birth to a healthy baby boy back in the summer! In the meantime we've welcomed back **Amy Simpson** to manage the Mattie Carwood Centre until Natalie returns.

Indeed we are also excited to announce that our **three Day Centres have now reopened**, and it is great to see our clients back and smiling! If you know of any new people who want to attend please contact GGG on 0141 221 9924.

We have also welcomed **John McConnachie** into our Fundraising team, and the Welfare and Digital Inclusion teams have new people on board too - more about those later in the newsletter.

Unfortunately there is also some less happy news, as our CEO Richard Donald writes:



***"After 11 wonderful years, GGG will sadly say goodbye to our shop on Dumbarton Road.***

*A downturn in retail sales and high running costs have meant that this is no longer viable and will close in November. Our Shawlands shop will remain operational and thank you to all our customers and members that supported our Partick shop, we hope you can continue to shop with us in the Southside!"*

(Richard Donald, CEO GGG)

Sadly this news also means we will be saying goodbye to **Annette Brown**, another much loved and multi-skilled member of staff who has been a dedicated supporter of GGG over the years. Here are a few words from Annette:

*"We have been through a lot at the Partick branch and I don't regret a day, you welcomed me with open arms and I have loved being part of the community. Unfortunately, we now must close our doors after 11 great years.*

*I would like to thank our customers, you have embraced many changes throughout the years and your loyalty will not be forgotten. We have shared many stories and we hope you continue to share them with us as our journey continues in our other branch. Our Shawlands branch is ready to welcome you and to continue to serve the community in the south side of the city. "*

(Annette Brown, Deputy Manager)



**We wish you the best of luck Annette, and a huge Thank You for all you've done!**

If you have any donations for collection, please call Claire at the Shawlands shop on **0141 632 8127**

## HERE TO HELP - OUR NEW DIGITAL INCLUSION TEAM!



**Do you want to make more use of your computer?**

**Are you mystified by the apps on your smartphone?**

**Or maybe you fancy saving money by  
comparing and shopping online?**

**Whatever your digital conundrum, fear not...Shaun and Chris are here to help!**

During the pandemic GGG launched a Digital Service and distributed iPads and tablets to older adults around Glasgow.

And now, two new digital inclusion officers, **Shaun Leinster** and **Chris Briggs**, have been appointed to promote the service and help older adults with using their devices, whether they are your own device or one you received one through the programme.

**GGG's Digital Inclusion Team can offer:**

- One-to-one training in your own home or at another venue
- Workshops covering different topics each week
- Drop-in sessions (e.g. at your club) where you can come along if you're having any issues with your device or would like help with learning how to do something

**Our friendly team are here to help you:**

- Connect with your friends and family through video calls and messages
- Get news and weather updates online
- Play games (puzzles, sudokus, crosswords)
- Use social media sites such as Facebook
- Learn how to search online for things such as bus times and booking trips to cinema
- Watch TV shows and films (Netflix, YouTube)
- Save money on bills by using price comparison sites

And lots more!

We also of course have our **GGG App** which can be downloaded for free onto smartphones or tablets, and is packed full of videos including cooking demonstrations, sing-a-longs, dementia friendly comedy and much more.

And don't forget the **weekly Wee Blether on Fridays**, hosted by the GGG Befriending Team, where any older adults are welcome to log on for a friendly online chat.

**For more information on any of the above, or to invite Shaun or Chris to come to your club, please get in touch with Karen or Anita, call our HQ on 0141 221 9924, or email the team at:**  
**shaun.leinster@glasgowgg.org.uk** (for South and East/NE areas)  
**chris.briggs@glasgowgg.org.uk** (for West / NW and East/NE areas)



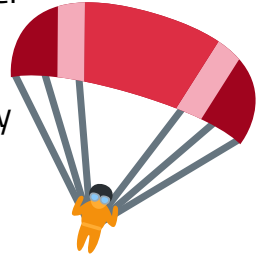
## COMMUNITY FUNDRAISING UPDATES

### Calling all Co-op Members

There are still a few weeks left to support GGG as your chosen Co-op Local Cause. Login to your membership account to pick GGG and a percentage of your spend on Co-op products will go to GGG! Visit <http://membership.coop.co.uk/causes/48268> to find out more.

### Super Skydive

Well done to **Kerry Moyes**, Karen's daughter, who did a skydive at Errol recently to fundraise for GGG. Well done Kerry, we hope you had a great time!



## NEWS FROM THE WELFARE TEAM



Hi Everyone!

Hope you all had a summer and, with the easing out of lockdown, catching up with family & friends, what a great feeling. 😊

Our Welfare Officer, **Justin Glass**, will be going on to Secondment for a Project, so we have a new member of Staff, **Noreen Mulheron**. Noreen will be covering the West/East End of Glasgow. Noreen is looking forward to working within GGG, and we would like to wish her well. We also wish Justin Good Luck in his new post. Haste Ye Back, Justin, we will miss you, but you will be back in a years' time. 😊

**As we ease out of lockdown, the Welfare Team are resuming Home Visits!** At last, we can see clients face to face. These Home Visits are still limited, so we will continue to do what we can over the phone, but we can prioritise the home visits for the more vulnerable adults.

Our **Careline Service** is busy with loads of different enquiries, and we continue to advise clients with their queries, and we will source any information we can to make it as easy as possible to ascertain the information they require.

As always, we are here for **Benefit Checks and applications of benefit entitlements**, so please, if you are unsure, call us! We can do the benefit check over the phone and if we see that there is an entitlement to any benefits, we do this for you, from start to finish, we will guide you through the applications.

Please, if you (or anyone you know) needs advice or guidance, please get in touch, we are only happy to help. **We can also arrange to come to your Club** to give a talk on benefits and explain the criteria of the applications.

Take care, be safe and we look forward to meeting new clients and catching up with long standing clients and friends.

All the Best, keep safe 😊 (Lynn Campbell, Snr Welfare Officer)

## GOING WITH THE FLOW...

As we start to meet up once again we are all trying to think about how we can minimise the risk of spreading COVID.

One of the ways we can do this is to use **Lateral Flow Tests**.

Lateral Flow Tests (also called LFTs) are rapid response tests that you can carry out yourself at home, and get a result within half an hour. Testing kits are freely available from pharmacies and COVID testing centres, or you can order them by phone or online (see below).

LFTs are designed to be used regularly when you are *not* showing COVID symptoms, and can flag up that you may be carrying or developing the virus; **The NHS website states that about 1 in 3 people with COVID-19 do not have symptoms but can still infect others. Even if you're vaccinated, there's still a chance you can pass COVID-19 on.** They suggest doing a LFT twice a week (every 3 or 4 days) to check if you have the virus. If people test positive and self-isolate, it helps stop the virus spreading.

**At GGG staff and volunteers are being asked to follow this advice, and test ourselves every Monday and Thursday. It is not at all compulsory, but you and your club members may wish to consider doing this too, if you are not already. You may also want to ask people who visit your club (e.g. entertainers, visiting speakers) if they will do this out of courtesy to your members.**

The picture on the right shows the testing equipment.

Taking the test involves rubbing a long cotton bud (swab) over your tonsils (or where they would have been) and inside your nose. Some tests are designed to be used inside your nose only. Then you process the swab in the liquid provided, squeeze it into the testing strip, and wait for red line/s to appear. It works a bit like a pregnancy test.

The testing kits come with full instructions, and usually contain the items needed for 7 tests.



**Lateral Flow home testing kits are FREE and you can get them:**

- at your local pharmacy or COVID testing facility
- by calling 119 and ordering over the phone (they come fairly quickly through the post)
- by ordering online at <https://www.gov.uk/order-coronavirus-rapid-lateral-flow-tests>



NB A negative LFT result is not 100% reliable, and you should still use other measures to reduce risk of spread (e.g. washing hands, wearing a mask, maintaining social distance etc).

**And don't forget the other resources we have available to help you and your club meet safely, including the COVID safety checklist, Club Member Agreement forms, and free bottles of hand sanitiser.**

Please ask Karen or Anita if you need any of these at any point.

## THAT'S ALL FOR THIS ISSUE... THANKS FOR READING!

Remember you can update or amend your GGG communication preferences at any time by speaking with Anita or Karen, or emailing [mailbox@glasgowgg.org.uk](mailto:mailbox@glasgowgg.org.uk) or by calling 0141 221 9924