

WiSE Words



Summer 2023

From plunging 15,000ft to walking to Monaco – WiSE supporters raise thousands

It's been an epic year of fundraising so far – and we couldn't be more thankful. Here's a shout out to those who have walked, run and dived for us!



WiSE's youngest volunteer, Isabelle, plunged 15,000ft out of a plane in April, raising a whopping £1190 in online and cash donations.

Isabelle said: "I started volunteering as I wanted to do something positive with my spare time. I really connected with the idea of supporting WiSE as I had recently lost my grandparents who meant so much to me. I saw the effects that Covid-19 had on their isolation and it broke my heart to know that later in their life they had to feel alone and isolated. I would never want any older person to feel that way within their community. I knew they

would have loved spending time at such lovely places like the WiSE Owl Café if they'd known about it when they were alive. I hope they would be proud of me supporting WiSE."



Closer to home, WiSE's very own Chief Operating Officer, Mark, pounded the streets to take part in the Leeds 10km on 18th June, raising more than £700.

And Ollie Beak, WiSE's charity mascot, joined forces with three of his pals – Sparkle The Unicorn, Scorch The Dragon and Stuart The Minion from Angels & Butterflies Crafts – to take on dozens of other mascots of all shapes and sizes, at the Sue Ryder Mascot Gold Cup. The team raised £570 which has been split equally between WiSE and St Gemma's Hospice in Leeds.

A proper team effort!
Well done all.



Meanwhile all eight staff at Berry & Oak Financial Planners in Boston Spa walked a combined two million steps in May to raise more than £1,000 for WiSE – that's the equivalent of walking from their offices to Monaco!

Sarah Elson, Chartered Financial Planner at Berry & Oak, said: "Every year our staff take part in a challenge for charity as we are keen to support our local community. We became aware of WiSE through a staff member and wanted to fundraise to support the work that they do, but also raise awareness with our clients and connections about how the charity might be able to help someone they know."



Could you be our next super fundraiser? There are lots of fun ideas on our website. Email fundraising@w-ise.org.uk for information.

Message from the Chief Operating Officer

In this edition of WiSE Words we're celebrating two groups of people who are absolutely crucial to our work.

First, our amazing volunteers who are essential to many of our most popular services - especially our activities, transport and befriending schemes. Without trustees like Norma or Mark, or the dozens of other people who give up to their time to support our work, we simply wouldn't be able to help as many people in Wetherby and its surrounding villages as we currently do.

Second, our generous fundraisers who contribute much-needed funds to enhance our services and allow us to reach even more people through our work. You'll read about some of our fundraisers' amazing feats of bravery and endurance on the front page of this newsletter. But even simple activities like bake sales and coffee mornings play a massive role in supporting our services- many of which are an absolute lifeline to isolated older people in our community.



WiSE trustees enjoy a party at the Palace!

Two of our trustees were given right royal recognition after appearing at a garden party to thank them for their work.

Norma Harrington and Mark Storey both represented WiSE at a Buckingham Palace garden party after we were granted the Queen's Award for Voluntary Service last year.

The pair are amongst an army of more than 125 incredible volunteers who regularly give up their time to support our services - including activities, transport and befriending.

WiSE Trustee Norma is one of WiSE's longest serving volunteers. She said: "I think it's 11 years since I've been a trustee altogether! I had just taken early retirement from my job as the Governor of Wealstun Prison to care for my elderly father who had suffered a stroke and wanted to contribute something to the local community utilising my transferable skills.

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The best bit about being a trustee is enabling the whole team to deliver great activities and services to local people who then feel less isolated, as well as looking at how we can expand and move the organisation forward.

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WiSE Chair of Trustees, Mark Storey, started his journey with the charity in 2018. He is also CEO of Sheffield-based older person's charity Sheffield Churches Council for Community Care (SCCCC). Mark said: "I first became a trustee for a whole host of reasons. I wanted to make a difference within a charity that tackles a social problem that I am personally and professionally connected to. It is also helpful for charities to build knowledge and learn from each other; and making a difference to the lives of older people in Wetherby. I felt I had a good strong skillset that could be used to good effect.

"What I enjoy most about being a trustee is getting to meet like-minded people and in some small way helping to make 'that difference'. It was a fantastic day at the Royal Garden Party hosted by The Prince and Princess of Wales. Thank you to WiSE for allowing myself and Norma to represent the charity at this prestigious event."



Patriotic party celebrates Coronation

We hosted a patriotic party to celebrate the Coronation of King Charles III and Queen Camilla at The Engine Shed, Wetherby.

It was a fab afternoon with music from Christopher and the Robins and a lovely fish and chip lunch!

We often put on one-off events alongside our regular activities schedule. To keep up to date, visit w-ise.org.uk/activities



Smile card lifts Jeff's spirits

One of our friends, Jeff, received an Easter card made by a pupil at Tockwith Church of England Primary Academy as part of our Send a Smile Scheme, which was launched to reduce isolation and loneliness in older people in the community.



He said: "I think everyone who lives alone feels lonely at some point, especially if you have lost a loved one who you have been with for many years. When you get home and lock your door, you know you are on your own. I am lucky to have a very loving family who live locally and great friends and neighbours. But not all people who live alone are as lucky.

"I have kept the card I received - it was a really lovely card. Well done to Tockwith pupils for supporting this scheme. Receiving this card made me smile and less lonely knowing someone else cares.

"I'd encourage people to get involved and send cards to WiSE. If they knew how much it helps to cheer someone up receiving a card like this, they would know they are helping older people like me. Not everyone has any family to call on and some have very few friends.

"The support that WiSE offers to the elderly in Wetherby is amazing. When you live alone, even the little things like receiving a Smile card lifts your spirit."

If you would like to send in cards, or receive a card, email smile@w-ise.org.uk for more information.

Put on your dancing shoes for our new Tea Dance



Our monthly Tea Dance is a chance to come together to socialise and enjoy traditional dancing. No partner is required and if you don't fancy dancing that's ok - just come along anyway and enjoy the tea and cake!

It's held on the last Thursday of the month, from 1.30pm-3.30pm at The Engine Shed, Wetherby. It costs £4.00 to attend, which includes refreshments.

Don't forget we have a transport scheme to get you from A to B. Contact Jo on 01937 222066 for more information.



Get the popcorn at the ready...

We have teamed up with Wetherby Cinema to offer a monthly film screening for seniors. Tickets will cost £5 and include a hot drink and cake.

Keep an eye on our social media pages, or the website on w-ise.org.uk/activities for more upcoming dates and times.

Coming soon!

In October WiSE is turning 20 years old! We can't let the occasion go without a bang. Keep your eyes peeled for more info...

Can you spare an hour or two a week?

Volunteers are the lifeblood of our work. They are central to many of our most important services and we are always looking for more so we can help even more isolated, older people live happy and fulfilling lives.

The main services where volunteers may be needed are Befriending, Memory Café, WiSE Owl Café, Transport Scheme, Activities and Events.

If you think you can help us and would like to find out more, contact us on 01937 588994, or email volunteering@w-ise.org.uk

How we use your donations

Any amount of money you raise and donate can go a long way to supporting our work with some of the most isolated people in our communities.

You can donate through our website – www.w-ise.org.uk/donate or with the donation slip below.

Donation slip

If you would like to make a donation please complete the following slip and return it to us with your donation to: Wetherby in Support of the Elderly, The One Stop Centre, Westgate Wetherby, LS22 6NL

Name: _____

Address: _____

Postcode: _____

Email: _____

Telephone number: _____

I would like to make a donation of £ _____
to Wetherby in Support of the Elderly.

Please Gift Aid this donation and any donations I make in the future or have made in the past four years. I am a UK taxpayer and understand that if I pay less Income Tax and/or Capital Gains Tax then the amount of Gift Aid claimed on all my donations in that tax year, it is my responsibility to pay any difference. *giftaid it*

Tick to apply ☐

Please make cheques payable to: Wetherby in Support of the Elderly. Do not send cash. Or visit our website: www.w-ise.org.uk and donate online.