

Spring 2023

The ACE ACT CONNECT ENGAGE newsletter



Welcome to the first ACE newsletter for all our hard-working volunteers!

We just wanted to update you on where we are with the ACE study and to let you know what is happening across all of our study sites. We are really grateful for your support with the study - we couldn't do it without you!

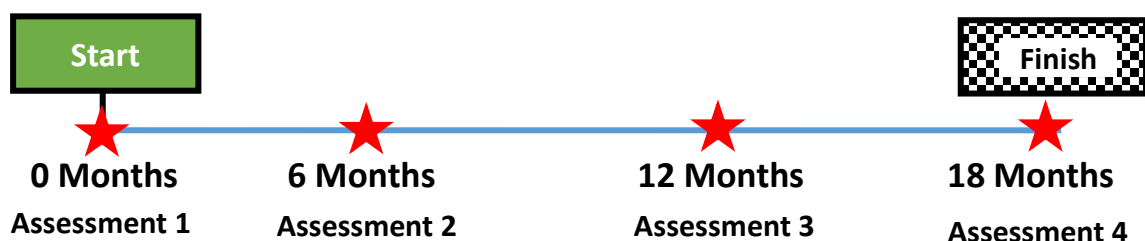
Great progress with recruitment

We started work on the ACE study in September 2021 and began recruiting participants and volunteers in Stoke-on-Trent, Cardiff and Manchester in March 2022. We now have 103 volunteers in the study with 81 fully trained and working with our participants to get out and about. We have recruited 264 participants so far – good progress towards our target of 515. We have also just opened a new ACE site in Bristol, so we are looking forward to meeting more participants and volunteers in the West Country.



Collecting data

As you know, we collect data from all our volunteers and participant at the start of the study, then again at 6 and 12 and finally at 18 months. This is so that we can measure the effect that taking part in ACE has on both participants and volunteers. Lots of research shows that volunteering is good for your health and well-being, and we want to see if that is the case in ACE. Thank you for continuing to come to these important assessment sessions.



What's going on

We wanted to share some of the activities that our volunteers and participants have been enjoying in Stoke-on-Trent. If you have news of local groups and activities that you would recommend, please let us know. We would love to receive any photographs of what you have all been getting up to.

Stoke-on-Trent

In Stoke-on-Trent Tai Chi is proving popular with ACE volunteers and participants alike. One group is held at the Bridge Centre on Thursdays at 10.30am. Lee who runs the session is happy



to offer a free taster session to any ACE volunteers or participants who would like to try out Tai Chi. As Lee explains 'There is good research evidence that Tai Chi helps prevent falls, improves balance, flexibility and strength. Additionally tai chi practice helps to manage pain and reduce stress and can help with memory and coordination skills. But at least as important is that sessions are fun and sociable!'. For more information give Lee a call on 07988123608.

A recent addition to activities at the Bridge Centre is 'Sporty Seniors' which takes place every Friday afternoon from 12.00 until 4.00pm and is free of charge. Try indoor bowls, snooker/pool, table tennis or darts, then have a chat over a cuppa. For more information about this or any other sessions at the Bridge Centre, contact Rob Smith on 07935757523.

'Birches Head Get Growing' have a free weekly Friendship Group (Wednesday 1.30 - 3.30pm). There's a variety of activities including flower arranging, exercise classes, line dancing, crafts and gardening. Or try the monthly Swap shop Community Exchange meeting on the last Saturday of the month 10.00am-12noon at the Bridge Centre. Call Paula on 07816911944 for more details

Time and Travel diaries

At the ACE training you attended you probably remember that we gave you all a Time and Travel Diary to complete. This is really important to us as it gives us a really good picture of how many times you meet with your participant and what kinds of activities you choose to attend together. If you could keep your Diary up to date and record your meetings and activities we would be really grateful. Then either bring it with you to your 6 month assessment session or email a copy to Katie k.chatwin@bham.ac.uk If you have any queries or need another copy of the Diary just call on us 07442989155

SECTION 1: TIME COSTS

Please tell us how much time you have spent meeting your participant or at local activities.

	Event (please tick relevant box)				Details of local activity (cost to you if relevant)	How long did you spend at the meeting or local activity (not including travel time)?	
	1-to-1 meeting with participant	Local Activity	Telephone call	ACE group event		hours	mins
17/02/21		✓			Short mat bowls (£3.50)	2	10

Please also remember to let Chris at RVS know where you are going, with whom and when (contact details are on the last page of this newsletter).

ACE SOCIALS – LET'S ALL GET TOGETHER



We have found that a popular part of the ACE study is when we get our volunteer/participant pairs together for one big social event. Our next get together in Stoke is on **Tuesday 18th April at 2pm at the RVS Hanley Centre.**

Please come along with your participant. It's a great opportunity to meet up and find out what other ACE pairs are up to – and to swop information about any activities you have particularly enjoyed together.

We'd also like to give you, our volunteers, an opportunity to meet each other and talk to the research team and RVS staff. So, if volunteers could arrive about 1.15pm and participants at 2pm this will give you an opportunity to compare experiences with other volunteers, ask the team any questions you have and discuss any concerns.

THANK YOU!



We hope you have found this newsletter interesting and once again, we'd like to thank you for volunteering with the ACE study.

**Very best wishes,
From all of us on the ACE research team**



... and the RVS team



Sarah Roche

Helen Podmore

Donna Mairs

Karyn Morris

Chris Simpson

We'd like to say a HUGE "Thank You" to all our wonderful volunteers!

Please do get in touch with our team if you need help with your volunteering.

Your Local Royal Voluntary Service Team

Manchester : Donna.Mairs@royalvoluntaryservice.org.uk **07557 544 904**
Christine.Simpson@royalvoluntaryservice.org.uk
ACE@royalvoluntaryservice.org.uk

Your Local Royal Voluntary Service Team

Stoke on Trent Helen.Podmore@royalvoluntaryservice.org.uk **07815 461454**
Christine.Simpson@royalvoluntaryservice.org.uk
ACE@royalvoluntaryservice.org.uk

If the situation is an emergency, please call 999.

If the person you are supporting is at risk of harm and/or is in immediate danger or there is threat to life, contact emergency services before raising to the Safeguarding Team.

Safeguarding support is available, from the Voluntary Service Safeguarding team, available 8.00 am – 6.30 pm seven days a week on: **0808 1000 119**

For all Safeguarding Alerts please send to:

safeguardingsupport@royalvoluntaryservice.org.uk

Contact Updates

Please ensure you contact Royal Voluntary Service team immediately before and directly after any contact with your participant. Recording your visit is really important to us, it ensures we can keep you safe, and enables us to process your expenses claims quickly. Reporting can be by phone, text or email and should include:

- Date of visit
- Brief description of what you did
- Details of your next planned contact



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