



Volunteers Newsletter, November 2016

Falmouth Age Concern is an independent, local charity working to help the elderly in Falmouth, Penryn and the surrounding area.

Hello everyone and welcome to our latest newsletter.

Vintage/Retro Fair

Thanks to an inordinate amount of hard work by a small team of volunteers, the Vintage/Retro Fair at the Methodist Church on the 8th of October was very successful; we raised over £700 in much-needed funds. Thanks to everyone who helped, donated or came along and special thanks to Jenny Summers who baked a prodigious amount of delicious cakes.

Christmas Lunch

Barely has Halloween ended but we have to turn our attention to the annual Christmas Lunch. As usual this will be held at the Princess Pavilion and volunteers are encouraged to come and to bring their clients. It will cost £11 per person (the full cost is £22 but we can subsidise it due to some generous donations). Letters of invitation + menus will go out from Debra over the next couple of weeks.

Befrienders' meet up

The usual informal monthly volunteer get-together will take place on Saturday 5th November 10:30 to midday, upstairs at the Courtyard Deli café in Falmouth. Come and meet other volunteers, share ideas and discuss issues. Bring your own fireworks.

Calling all artists

Have you a talent for art and fancy creating a 'tree' for us? We have been offered space at the Poly (Arts Centre) for the Christmas period and want to set up a 'memory tree' on which people can hang messages to loved ones and give a donation to FAC. We are looking to create a tree out of wood, metal or indeed any sustainable substance, the more artistic the better. The Mayor of Falmouth has agreed to launch the memory tree on the 5th of December.

Big week ahead?

An Assistant Producer at the BBC has been in touch about a new BBC2 observational documentary series called 'My Big Week' (working title). The series will be following individuals and their loved ones through one significant week with advice & support being offered during (a possibly challenging) 7 days. Each episode will follow 2 different stories, showcasing the ups and downs of those moments in a week.

They are looking for senior citizens to follow who have a significant week coming up this year so if you know anyone who is approaching a significant birthday, a big move or any other major event, please let us know.

Clients awaiting support

We continue to look for new volunteers both for befriending and to help us with clubs, classes and transport. If anyone knows of a potential volunteer, perhaps a friend or relative, please get in touch. Again, we have had quite a number of new referrals this month, many of which we have been able to match quickly. However there are still currently eight clients on our waiting list for a volunteer.

Walking group

A new dementia-friendly walking group has been set up. The first walk is from Gyllynvase to Swanpool on the 10th of November from 2-4pm. meet at Gyllynvase Car Park, Queen Mary Road, Falmouth, TR11 4DP. The next is on the 24th of November taking in Penryn Viaduct. Meet at Permarin Car Park, St. Gluvias Street, Penryn, TR10 8BU. More details from Eleanor Robinson-Carter: erobinsoncarter78@gmail.com

Art dinner

The next Art Dinner is to be held at the Princess Pavilion in partnership with Falmouth Art Gallery, Pavilion chefs and 3 local musicians (Alice Wall, Juliet Walshe and Steve Harris).

It is "a multisensory journey into visual art: a dinner where each course is a 'taste-interpretation' of an artwork (that will be in the restaurant that night) from Falmouth Art Gallery collection, accompanied by selected pieces of music matching the artworks and food". There are limited places available so advanced booking is essential. Thursday 17th November 4 courses £25.

Cheaper TV licences

Local residents who are blind or severely sight impaired, or live with someone who is, should make sure they aren't missing out on a 50 per cent TV Licence reduction. TV Licensing has been working with Cornish-based charity iSightCornwall to make sure anyone who is eligible to receive the concession is aware and takes advantage of the reduced fee. Increasing numbers of BBC shows are provided with audio description (AD), with over 20 per cent of BBC output now audio-described – above the target of 10 per cent set for broadcasters by Ofcom. A blind concession TV Licence costs £72.75 for colour and £24.50 for black and white.

Anyone affected by sight loss can get TV Licensing information by email or in Braille, large print or audio by calling 0300 555 0300. An audio podcast about the concession is available online at audioboo.com/tvlicensing

Excursions

The visit to the Flicka Foundation, the horse and donkey sanctuary at Mabe, was very successful (in spite of a problem with the taxi service) as was the first visit to the Hall for Cornwall on October 6th to see 'That's Entertainment'. The final excursion of the year, again to HfC (on November 3rd) is now full - although we have a waiting list available as there may be some 'drop-outs' on the day. We are applying for funding for next year's excursions - suggestions as to where we might go are welcome.

Reminiscence project

We have had one of our funding applications to start a reminiscence project this autumn turned down but are waiting to hear if we are successful with a second one. If you are currently visiting, perhaps you would ask your elderly client if they would like to take part. We hope there will be more details very soon.

Co-op fundraising and help

We are confirmed as the preferred local charity for the Co-op stall in Boslowick. A membership scheme is now underway with a portion of spend donated to us – specifically for the reminiscence project (see above). So if you use the Co-Op (good wine selection) please sign up for a membership card. They raised over £400 from the scheme in the first three weeks, so the long-term prognosis is very good!

50 Plus Leisure & Social Club

We visited the 50 Plus Leisure & Social Club at the Dracaena Centre last Monday and agreed to a mutual 'partnership' arrangement – we will help our clients to attend if they wish and the centre will refer appropriate people to us for our other services. More details in the directory section below.

Facebook

Do you know that Falmouth Age Concern is now on Facebook? Feel free to 'befriend us'.

Stair lift for sale

A brand new, unused, half price stair lift is on offer (includes warranty, delivery and installation). Contact the office for further information. We also have a mobility scooter available on long term loan or for sale.

Clubs and classes

Please see dates below.

For more details about joining or helping with any of these clubs please contact Debra particularly if you are able to help with transport.

Handyman

We have a reliable handyman on our books who we have used ourselves. He's happy to do small jobs of all kinds. Contact the office for details. Don't forget we also have a (female) gardener available too.

Dates for your diary:

Book club	Tuesday 1st November Palacio Lounge 10:30 to 12:00 Next: 13 th December
Art club	Tuesday 8 th & 22 nd November
Film club	Thursday 17 th November <i>Arthur</i>
Games club	Wednesday 30 th November at Princess Pavilion 2:30 start. NB: No games club in December.
Out & About Group	Will not be running the walking group over the cooler winter months. We will restart next year, probably in May.
Befrienders' Meeting	Saturday 5 th November
Committee Meetings	Monday 14 th November (next 13th Feb 2017)
Hall for Cornwall	Excursion: Thursday 3 rd November "Pride & Prejudice" (lunch and matinee)
Christmas Lunch	Saturday 10 th December
AGM	Monday 15 th May 2017

If you would like to share any news or upcoming events with other volunteers please let Elaine or Peter know by Monday 28th of November

If you no longer wish to receive this newsletter, please e-mail, ring or write to Elaine (details below) to unsubscribe.

Contact details:

Peter Maxted, Manager Elaine Proctor, Administrator Debra Clarke, 3Cs co-ordinator

Falmouth Age Concern

First Floor

Day Centre

Falmouth TR11 3PX

TEL: 01326 313620

www.falmouthbefriending.org.uk



Directory

Breathe Falmouth Club This is an exercise club for people with breathing difficulties. They meet every Thursday 10am to 12 noon at Penryn Rugby Club, Kernick Road, TR10 8NT. For more information please check the website www.breathefalmouthclub.btck.co.uk or call 01326 315165

Gardening help We now have a (female) gardener on our books available to help with light or moderate gardening work. She is something of a plant expert too, so if you or your client/friend would like any help, or know anyone elderly who does, please get in touch with the office.

Mobile hairdresser We may have a potential mobile hairdresser available to visit clients in their own homes. Do you know of anyone who may be interested? Please contact the office for further details.

Gas Safe Cornwall Council has received another Gas Safe Charity Grant to help eligible homeowners to be Gas Safe. Who is eligible?

- Homeowners with a disability over the age of 18
- Home owners over the age of 60 in receipt of a means tested benefits such as the Guaranteed Pension Credit or Council Tax Support

Last year 60 households were helped with gas servicing and essential repairs so they could remain gas safe in their homes. The Home Solutions Team can arrange for a local Gas Safe contractor to carry out work at the homes of successful applicants. The type of work funded by Gas Safe are gas safety checks, gas servicing, gas boiler repairs or work on gas cookers, fires, pipework or water heaters.

Please call Cornwall Council Home Solutions Team on 01872 224707 for details.

Falmouth Stroke Club provides support, entertainment and outings for anyone who has had a stroke in our area. Club meetings are held twice a month in St Mary's Catholic hall (just off Killigrew St). Further information please contact either Brenda Wilkes on 01326 312392 or Caroline Drake on 01872 573235.

The ABLe Club (Active Blind Leisure) supports blind and visually impaired people to get involved in leisure activities such as indoor bowls. They also run occasional events and outings. Please contact Jean Smith on 01326 313413 for more details.

The Red Cross' 'Active Living' service provides mobility aids and short-term support at home after hospitalisation or illness. Contact: 01872 272878.

Dementia help: There is a telephone befriending service for people with dementia and their carers in Cornwall and Isles of Scilly. The befriending service aims to improve quality of life for people living with dementia, their carers, family and friends. Contact 01872 277963.

Online Today is a new Big Lottery funded project led by RNIB, and delivered in partnership, to help people with sensory loss across the UK get online. For more details or see the RNIB website.

'Poppy Calls' is a service that is designed to help members of the ex-Service community be more independent in their own homes. It offers help with awkward jobs around the house, such as minor repairs, adaptations or fitting essential devices such as smoke detectors and community care alarms. The service is available for free to those who have served in the Armed Forces or their dependents, are aged 75 and/or are receiving a means-tested benefit. Contact 0808 802 8080 between 9am to 5pm or email: homesupportadmin@britishlegion.org.uk

The Abbeyfield Society sharing lunches scheme offers a home-cooked meal during the week to those aged 55+ at a cost of just £5 per person. Places need to be booked in advance – telephone the housekeeper on 01326 314832 or by calling into the house; 3 Stracey Road, Falmouth TR11 4DW.

50 Plus Leisure & Social Club takes place at the Dracaena Centre every Monday afternoon (except Bank Holidays) between 1 and 3pm (free tea and coffee available from 12:30 onwards). The club is aimed at lonely and isolated older people in the community. The indoor activities (including Short Mat Bowls, New Age Kurling, Indoor Golf, Beetle Drives, Boccia and Bingo) are facilitated by military veterans. No need to book, just drop in. Contact them on 01326 319414

The Phoenix Cinema run Silver Spoon Performances most Thursdays at 1:30. Information is updated on the website every Tuesday. For details and booking contact the Phoenix Cinema directly on 01326 313072

Hairdressing & Reflexology at the Age UK Day Centre on Thursdays and Fridays at reduced rates. Contact Olwyn on 07748 827216 for Hairdressing and Gill on 07854 807415 for Reflexology and Indian Head Massage.

Falmouth Memory Café on the 2nd and 4th Tuesdays of each month at the Emmanuel Baptist Church from 2 until 4pm. **Thanks for the memory**, at the same venue on the 1st, 3rd and 5th Tuesdays of the month, again from 2 to 4pm. Both are aimed at helping people with memory loss improve their quality of life and slow down the effects of dementia. For more details contact Rita Buck on 07901 688578 or ritajbuck@yahoo.co.uk

Knitting groups:

Knit and Knatter - held at the Create Café [next to the Maritime Museum] every Friday 10.30 - 12pm . No need to book. All levels of experience welcome.

A Piece of Cake - monthly knitting class held at the Art Gallery on 2nd Friday of month from 10 am to midday.

Countryside Mobility All-terrain mobility scooter hire is available locally at the National Trust properties of Lanhydrock, nr. Bodmin; Penrose Estate, nr. Helston and at St Michael's Mount, Marazion as well as Trebar Gardens nr. Mawnan Smith. They also have a Wheelyboat at Stithians Lake Country Park.

For more information go to www.countrysidemobility.org/locations/cornwall

TAP Voluntary transport providers TAP are now able to help with social transport as well as Hospital and Doctor appointments (subject to availability and capacity). A small charge is payable. For more details call 01872 223388