



Volunteers Newsletter, May 2017

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

Welcome to the May newsletter.

Client Newsletter

Many of you may already know that we have recently sent out our first newsletter to all of the users of our services. The idea was this would be a way of circulating information about ongoing projects such as the Reminiscence Project, this summer's excursions and clubs and classes etc.

Please get in touch if you would like any further information.

Excursions

This summer we have a programme of six excursions. There is a flat charge of £5 per person but each will include an afternoon tea or lunch as well as admission fees where appropriate.

- Thursday May 4th (afternoon) to see the bluebells at Enys.
- Tuesday 20th June (afternoon) to visit Gyllendune Gardens at the Princess Pavilion.
- Tuesday 18th July (full day) visit to Trelissick House and Gardens.
- Saturday 12th August (afternoon) to Pendennis Castle.
- Saturday 2nd September (full day) to Penlee Gallery at Penzance.
- Thursday 5th October (afternoon) to the Flicka Foundation donkey sanctuary at Mabe.

If you are befriending someone, could you please check that they know about these outings and let us know if anyone would like to be added to the list?

Could you help out? Please email Peter on falmouthbefriending@btinternet.com to let us know which you can help with.

AGM

As you will all know if you've read previous editions of this newsletter we will be holding out AGM on 15th May at the Methodist Church on The Moor, start time 2:30.

Our guest speaker will be Henrietta Boex the director of the Falmouth Art Gallery. She will give a brief presentation on the gallery, its history and collections.

If you would like to come along please email or phone Peter or Elaine (contact details below) so that we can have an idea of numbers attending.

Mylor and Flushing Community Car Service

There is now a transport service running in Mylor and Flushing. They have a pool of volunteer drivers available to help people get to the dentist, doctor, hairdresser, shop or social events but need a minimum of 48 hours notice. Contact the administrator between 9am and 5pm on 07376 280580 for more details or to make a booking.

Falmouth Age Concern Committee

Thanks you to everyone who has come forward so far but we are looking for new volunteer members. The 'job description' includes attending 3 meetings plus the AGM each year.

So what makes a good committee member?

- Commits to preparing for and attending meetings
- Is happy to develop a good understanding of the charity, what it does and how it does it
- Is not afraid to ask questions
- Agrees to stick to the majority decision
- Supports fellow committee members and staff
- Acts as an advocate for the organisation

Please contact Peter if you would like to be considered.

In early 2018 we will be looking to appoint a new treasurer. If you have the necessary experience or know someone who might be interested in this voluntary position please get in touch.

Summer Lunch Party

During Volunteers' Week (1st to 7th June) hundreds of events and celebrations will take place across the country to say thank you to volunteers, recognising the important contribution they make. There are over 22 million volunteers in this country – that's a third of the population! We are holding our very own 'thankyou' later that month. As this is our 60th year, we are planning to hold a lunch party on 24th June. More details to follow in the June newsletter but please put the date in your diary now.

First Aid

The First Aid training will be held on the morning of Saturday 3rd June 2017 and will replace the monthly coffee morning at the Deli Café.

Please contact Elaine if you are interested in attending or would like more information.

Reminiscence project

The first stage of the Reminiscence Project is well underway. Our second-year student volunteers are interviewing and photographing around a dozen of our clients over the coming weeks and the first ones have thoroughly enjoyed the experience. We hope volunteers and other members of the community will take part too. The idea is to capture everyone's life stories and eventually to produce a book and CD and a web presence. Do get in touch with Peter at the office for more information (and especially if you would like to tell your own story).

Fundraising

We now have collection boxes in the Day Lewis Pharmacy, Killigrew Street, The Natural Store, the Co-op Boslowick store and the Seven Stars (Falmouth). Please contact Peter or Elaine if you know of a shop or business that may be willing to take one of our collection boxes.

Anyone got any fund-raising idea? Do you fancy doing a sponsored cycle or walk (or knit)? An auction or sale? Or anything to help? Please do get in touch.

Co-op: The good news is that Co-op members raised £ 1,442.64 for Falmouth Age Concern.

Clients being supported

We have had a number of new referrals again this month and all have been matched. We now only have one lady waiting for a befriender.

Dementia Friendly Walking Group and activities at the Potager

For more information about the walking group contact Ellie on 0779 120 5425 or erobinsoncarter78@gmail.com

The Potager and Sensory Trust continue to hold their activity mornings fortnightly for people living with dementia and their carers. The sessions run on Thursdays 10:30 – 12:30 and include time in the gardens, a dementia-friendly activity and refreshments.

Clubs, classes and events

Could you help with the lunch club or walking group?

The lunch club runs on the last Monday of the month at the Princess Pavilion and we need volunteers to help out occasionally to cover for holidays etc.

We are planning 3 or 4 gentle walks this summer along the sea front, starting and ending at the Falmouth Hotel. The walks are aimed at our clients who wouldn't normally be able to get out and as such need one-to-one support. Could you help on one or more of these walks?

Dates for your diary:

Book club	Tuesday 6th June Palacio Lounge 10:30 to 12:00
Art club	Tuesdays 9th & 23rd May at the Maritime Museum 2:30 start. Next: 13 th & 27 th June
Film club	Thursday 15th June at the Phoenix Cinema 12 noon start. "Calamity Jane"
Games club	Wednesday 31 st May at Princess Pavilion 2:30 start. Next: 28 th June
Lunch club	Monday 29 th May
<u>Out & About Strolling Group</u>	Thursday 18th May
Befrienders Meeting	Saturday 6 th May 10:30 to 12 next 1 st July (nb First Aid 3 rd June)
AGM	Monday 15 th May 2017
Volunteers Summer Lunch	Saturday 24 th June
Christmas Lunch	Saturday 9 th December

For all queries about Clubs and Classes please contact Elaine.

If you would like to share any news or upcoming events with other volunteers please let Elaine or Peter know by Monday 29th May . If you no longer wish to receive this newsletter, please e-mail, ring or write to Elaine (details below) to unsubscribe.

Contact: Peter Maxted, Manager or Elaine Proctor, Administrator

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