



## Volunteers' Newsletter, July 2017

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

Welcome to the July newsletter.

### Can you help?

**Befriending with a difference?** We have an elderly client in Penryn who would like a befriender to take her to **Lidl** once a fortnight. She is a wheelchair user (but can get in and out) so you'd have to be able to transport her chair and offer assistance with putting shopping away etc.

Contact Elaine or Peter

We are looking for volunteers to help out with our '**Out and About**' strolling group. We meet at the Falmouth Hotel on a Thursday afternoon once a month during the summer months for a gentle walk along the seafront. Most people taking part need one2one support and so the more volunteers we have the more people can take part.

Contact Angela Wright or Elaine

With more volunteers we would be able to invite more people to our very popular **lunch club** each month. Can you help? Just occasionally? Or with transport for one or two ladies who can't get there under their own steam? The dates for the summer are: **Monday 31<sup>st</sup> July and Monday 28<sup>th</sup> August**. You would need to be available for a couple of hours from about mid-day (and the lunch is excellent!).

Contact Elaine

We still need volunteers to support our programme of **excursions** this summer, either on the day or for admin support in advance with tasks such as phoning with reminders etc. A full list is included in the 'Dates for your diary' section at the end of this newsletter.

Contact Peter

Has anyone got any **fund-raising** ideas? Do you fancy doing a sponsored cycle or walk (or knit)? An auction or sale? Or anything to help?

Contact Peter or Elaine

### **Age UK Community Helpline**

In March of this year, Age UK in Cornwall and the Isles of Scilly launched a Community Helpline, to help individuals, carers, families and health and social care practitioners, to navigate their way around services and support in Cornwall and the Isles of Scilly.

The aim of the Helpline is to support people in finding the right help, at the right time, from

the right person, reducing health inequalities, tackling social exclusion and improving the wellbeing of the population in Cornwall and the Isles of Scilly. In the first 3 months of its launch the Helpline supported a total of 1528 individuals.

They are also offering hospital to home support through an Integrated Care Team. The team is currently based at Royal Cornwall Hospital and West Cornwall Hospital. The Care Team visit individuals on the ward, identify needs and work with discharge & community teams and local volunteers, enabling individuals to get home safely with ongoing community support. So far the project has supported 74 people. Helping them get back safely and seamlessly into the community.

Contact: Community Helpline: 01872 266383

### **First Aid**

The First Aid training was held on Saturday 3<sup>rd</sup> June. Thanks to Rob Jeffery for a very enjoyable and informative morning. Certificates will be signed and sent out this week.

### **Reminiscence project**

The first stage of the Reminiscence Project is complete so many thanks to our second-year student volunteers who interviewed and photographed twelve of our clients and volunteers. We now have a dedicated 'format' and will be rolling out the next phase over the summer. We hope many volunteers (over 65) and other members of the community will take part. 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 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.

### **Clients being supported**

We have had quite a number of new referrals again this month and still have 4 clients to be assessed. This means that we have a number of people waiting for befrienders and will be contacting volunteers this week. We are actively supporting 68 elderly people through our befriending scheme and almost another 65 through clubs, classes and events.

### **Dementia Friendly Walking Group and activities at the Potager**

The Potager and Sensory Trust continue to hold their activity mornings fortnightly for people living with dementia and their carers. Dates for the summer are:

13<sup>th</sup> & 27<sup>th</sup> July

10<sup>th</sup> & 24<sup>th</sup> August

14<sup>th</sup> & 28<sup>th</sup> September

The sessions run on Thursdays 10:30 – 12:30 and include time in the gardens, a dementia-friendly activity and refreshments. For more information about the walking group contact Ellie on 0779 120 5425 or [erobinsoncarter78@gmail.com](mailto:erobinsoncarter78@gmail.com)

### **Excursions**

We held a successful excursion to Gyllendune Gardens at the Princess Pavilion on 20<sup>th</sup> June. The next outing will be to Treliwick House and Garden on Tuesday 18<sup>th</sup> July (10:30 departure).

All outings will depart from the Age UK Day Centre in Killigrew Street. We still have a few spaces on some excursions for this summer and are still taking names for the reserve list for others.

Full list included in 'Dates for your Diary'.

### **Clubs, classes and events**

The Phoenix Cinema have made some changes to their Thursday Lunch & Film Club. In future it will run quarterly instead of monthly. Dates for the next 12 months are 14<sup>th</sup> September, 14<sup>th</sup> December, 22<sup>nd</sup> March and 21<sup>st</sup> June.

Another successful lunch club was held this week, with 17 people enjoying yet another lovely lunch.

We would still like to increase numbers on the Art Class, so please ask around. The class is open to anyone over 65.

### **Dates for your diary:**

Book club	Tuesday 4 <sup>th</sup> July Palacio Lounge 10:30 to 12:00 Next: 1 <sup>st</sup> August
Art club	Tuesdays 11 <sup>th</sup> & 25 <sup>th</sup> July at the Maritime Museum 2:30 start. Next: 8 <sup>th</sup> & 22 <sup>nd</sup> August
Film club	Thursday 14 <sup>th</sup> September at the Phoenix Cinema 12 noon start, "Gentlemen Prefer Blondes" with Marilyn Monroe
Games club	Wednesday 28th June at Princess Pavilion 2:30 start. Next: 26 <sup>th</sup> July & 30 <sup>th</sup> August
Lunch club	Monday 31 <sup>st</sup> July Next: 28 <sup>th</sup> August
Out & About Strolling Group	Thursday afternoon, meet at Falmouth hotel at 2:30 Dates for July & August to be arranged soon.
Befrienders Meeting	Saturday 1st July 10:30 to 12 Courtyard Deli Next: 5 <sup>th</sup> August
Christmas Lunch	Saturday 9 <sup>th</sup> December
AGM	Monday 14th May 2018
Excursions	Tuesday 18th July (full day) Trellissick House and Gardens. Saturday 12th August (pm) Pendennis Castle. Saturday 2nd September (full day) Penlee Gallery at Penzance. Thursday 5th October (pm) Flicka Foundation donkey sanctuary

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 31<sup>st</sup> July. 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

TEL: 01326 313620, E-mail: [falmouthbefriending@btinternet.com](mailto:falmouthbefriending@btinternet.com)

[www.falmouthbefriending.org.uk](http://www.falmouthbefriending.org.uk)