



## Volunteers Newsletter, June 2017

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

Welcome to the June newsletter.

### **Volunteers' Week 1<sup>st</sup> to 7<sup>th</sup> June**

We would like to start this month by saying a big thank you to our wonderful volunteers. It may be a cliché, but this charity could not operate without you. We don't see the majority of you very often and so it is easy for us to take your generosity for granted, especially if you have been with us for some time.

Over 21 million people volunteer in the UK at least once a year and this contributes an estimated £23.9bn to the UK economy. Through volunteering we make all the difference to individuals and communities every day - improving the environment we live in, spending time with those who may otherwise be lonely and contributing to a range of other essential services and support.

SO A BIG THANK-YOU TO YOU ALL.

### **AGM**

Our AGM was held on Monday 15<sup>th</sup> May at The Methodist Church on The Moor. Nearly 50 people attended and heard about our work over the last year and our current financial situation, listened to an excellent talk on the Falmouth Art Gallery and its collection from Henrietta Boex, had a brief update on the reminiscence project and enjoyed a cream tea and a lively discussion. Many thanks to all who came and especially those volunteers who helped make it a success.

### **First Aid**

The First Aid training will be held on the morning of Saturday 3<sup>rd</sup> June 2017 9:30 to 12:30 at the Day Centre, Killigrew Street. All places are now booked but please get in touch if you would like to be on the reserve list.

NB: This training will replace the monthly coffee morning at the Deli Café.

### **Falmouth Age Concern Committee**

Thanks to everyone who has shown interest so far, but we are looking for several new volunteer members. The work is not at all onerous, at its most basic it simply involves:

- Attending 3 meetings plus the AGM each year
- Having a good understanding of the charity, what it does and how it does it
- Asking relevant questions at meetings
- Agreeing to the constitution and to stick to majority decisions
- Supporting fellow committee members and staff
- Acting as an advocate for the organisation

Please contact Peter if you would like to know more.

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.

### **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 (for example our clubs and classes) 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.

### **Summer Lunch Party - postponed**

As this is our 60th year, we were planning to hold a lunch party for volunteers later in June. Due to illness we've had to postpone this but hope to hold an event in the Autumn. More details in the next newsletter.

### **Reminiscence project**

The first stage of the Reminiscence Project is complete so many thanks to our second-year student volunteers who interviewed and photographed around a dozen 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 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.

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.

### **Clients being supported**

We have had a number of new referrals again this month and all have been matched. We now only have two people waiting for befrienders and two clients waiting to be assessed. 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. 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 are now virtually fully booked on the excursions for this summer but are still taking names for our reserve list.

Could you help out? We still need volunteers to support on the day and also for admin support in advance with tasks such as phoning with reminders etc. Please email Peter on [falmouthbefriending@btinternet.com](mailto:falmouthbefriending@btinternet.com) if you would like to help. Full list included in 'Dates for your Diary'.

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

The new lunch club has been a fantastic success so far. We now have over 30 people who would like to attend which means we can't invite everyone each time. With more volunteers we would be able to invite more people each month. Can you help? Perhaps 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 26<sup>th</sup> June, 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. Please contact Elaine on [falmouthbefriending@btinternet.com](mailto:falmouthbefriending@btinternet.com) if you would like to help on any of these days.

### **Abbeyfield – Golden Moments**

Abbeyfield will be holding this summer event in their garden on **Saturday 17<sup>th</sup> June 2-5pm**. There will be cream teas and stalls, everyone welcome.

Abbeyfield, Tresillian House, Stacey Road, Falmouth, next to the St Michael's Hotel.

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

Book club	Tuesday 6th June Palacio Lounge 10:30 to 12:00 Next: 4 <sup>th</sup> July
Art club	Tuesdays 13th & 27th June at the Maritime Museum 2:30 start. Next: 11 <sup>th</sup> & 25 <sup>th</sup> July
Film club	Thursday 15th June at the Phoenix Cinema 12 noon start, "Calamity Jane"
Games club	Wednesday 28th June at Princess Pavilion 2:30 start. Next: 26 <sup>th</sup> July
Lunch club	Monday 26 <sup>th</sup> June Next 31 <sup>st</sup> July
Out & About Strolling Group	Thursday 22 <sup>nd</sup> June
Befrienders Meeting	Saturday 1st July 10:30 to 12 (no meeting in June)
Volunteers Thank-you Lunch	Postponed
Christmas Lunch	Saturday 9 <sup>th</sup> December
AGM	Monday 14th May 2018
Excursions	Tuesday 20th June (pm) Gyllendune Gardens at the Princess Pavilion. Tuesday 18th July (full day) Trelissick 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 26<sup>th</sup> June . 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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