



Volunteers' Newsletter, August 2017

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

Welcome to the August newsletter. We hope you are enjoying the summer.

Can you help?

Do you have any friends or relatives who may be interested in befriending? The last few weeks have been very busy in terms of referrals. We have a number of people waiting for befrienders and will be contacting 'unmatched' volunteers shortly. However, if this continues we will be desperately looking for new volunteers. It takes several weeks to get DBS clearance and so we need new volunteers coming forward now. And if anyone could take on another client (even in the short term while we recruit new volunteers) that would be welcome.

If you have received your DBS certificate but haven't yet been matched we will be in touch very soon.

Befriending with a difference? We are still looking for a befriender for an elderly client in Penryn who would like a someone 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

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 next couple of months are: **Monday 28th August and Monday 25th September**. You would need to be available for a couple of hours from about mid-day (and the lunch is excellent!). Contact Elaine

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

Do you know that the 'IT and biscuits' sessions are still running on Monday afternoons at the Age UK Falmouth Day Centre? Do you know anyone who needs support with getting online or with basic IT skills? Spaces are available. Contact Lucy at the Day Centre 01326 316880

Welcome Home

Is a service provided by Volunteer Cornwall in partnership with British Red Cross on behalf of Cornwall Council and NHS Kernow. Trained volunteers can offer help to people who have no support at home and who are ready to or have just left hospital. For example they can:

- Arrange an initial shop
- Collect prescriptions
- Organise appointments
- Identify safety concerns about the home
- Signpost to financial advice including benefits and to community services available

- And more

The service is free of charge.

For details contact Volunteer Cornwall on 01872 265300

Falmouth Health Walks

Walks take place every Tuesday until the end of the year, including Boxing Day 26th December to walk off the Christmas excesses! There are 3 levels of walk.

Level 1 is for those who do little or no physical activity and those who may have restricted mobility . These walks last between 30 and 50 minutes on flat, hard surfaced paths, no steep hills or steps and are suitable for buggies and wheel chairs.

Level 2 are for those who would like to increase their physical activity levels and walks may include footpaths and pavements with some gradients, steps or uneven terrain. They last approximately an hour and cover 1-2 miles.

Level 3 walks are 2-3+ miles and last for between 65 and 90 minutes. They are suitable for people who already do a certain amount of physical activity. Terrain may be uneven with a few moderate gradients. The walks may include stiles or steps and, depending on weather conditions, may be muddy or wet.

Walks for August and early September are:

8 th Aug	level 3	Stithians Lake
15 th Aug	level 1	Events Square
22 nd Aug	level 2	Argal Lake
29 th Aug	level 2	Swanpool Circular Walk
5 th Sept	level2	Bissoe Trail

For more details contact Linda Broomfield on 01326 375737

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 from late summer onwards. 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) or have a client who is interested and who would benefit.

Fundraising

We have collection boxes in the Day Lewis Pharmacy in 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.

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:

10th & 24th August

14th & 28th 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

Excursions

We held another successful excursion to Trelissick House and Garden on Tuesday 18th July despite several rain showers. The next will be to Pendennis Castle on the afternoon of Saturday 12th August. There are still a few places available if you know of anyone who may be interested.

All outings depart from the Age UK Day Centre in Killigrew Street. Full list included in 'Clubs Classes and Events' below.

Clubs, classes and events

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

Dates for your diary:

Book club	Tuesday 1 st August Palacio Lounge 10:30 to 12:00 Next: 5 th September
Art club	Tuesdays 8 th & 22 nd August at the Maritime Museum 2:30 start. Next: 12 th and 26 th September
Film club	Thursday 14 th September at the Phoenix Cinema 12 noon start, "Gentlemen Prefer Blondes" with Marilyn Monroe
Games club	Wednesday 30 th August at Princess Pavilion 2:30 start. Next: 27 th September
Lunch club	Monday 28 th August Next: 25 th September
Out & About Strolling Group	Thursday 17 th August, meet at Falmouth hotel at 2:30
Befrienders Meeting	Saturday 5 th August 10:30 to 12:00 Courtyard Deli Next: 2 nd September
Christmas Lunch	Saturday 9 th December
AGM	Monday 14th May 2018
Excursions	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 4th September . 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

www.falmouthbefriending.org.uk