



Volunteers' Newsletter, December 2017

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

Welcome to the December newsletter.

Christmas Lunch

As I'm sure everyone knows by now, the Christmas lunch will be held at The Princess Pavilion at 12:30 on Saturday 9th December. Please remind your clients of the time and venue and ask if they want to bring a cushion.

If you can help with transport for other older people, please get in touch with Elaine or Peter as soon as possible.

We will be holding a raffle at the Christmas lunch - if you have (or can solicit) anything to donate as a prize, that would be very welcome (by Thursday the 7th please at the latest).

Fund-raising

We have received a welcome legacy recently from the estate of Mary Carr towards the costs of the Befriending Service and have been promised some funding from a local grants group towards next year's 3Cs (clubs, classes and courses). We are also through to the second stage of a Big Lottery bid to help expand our service out into the rural areas.

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.

We will be collecting for the Harmony Choir on the 23rd of December.

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?

Clients being supported

We have had a number of new referrals again this month and happily have been able to match many of them already though we still have twelve clients on our waiting list.

We are finding that more and more of the people referred to us have complex needs and often fairly severe dementia. We are a *volunteer* service and do not expect to have to deal with very complex problems. Please get in touch with Peter at the office if you feel that you are helping a client with needs that challenge your capacity.

The Falmouth and Penryn Repair Cafe

This is a monthly gathering where people can bring along broken household items and get help fixing them from people with repair skills - anything from sewing in new zips to fixing lawn mowers. The idea is to reduce the amount of waste ending up in landfill, develop people's repair skills and to re-awaken the culture of repairing things rather than throwing them away and buying new. It runs on the 1st Sunday of every month (next on Sunday 3rd Dec) in the Methodist Church Hall, The Moor, Falmouth. It is a really friendly environment with tea, coffee and cake so if you have things that you want to fix but don't know how or have repair skills that you could share please come along. Contact Cath on 07968323260 or email falmouthpenrynrepaircafe@gmail.com

Clubs and Classes

Book Club: We now have a number of Kindles available to borrow which may be helpful to people with eyesight problems. As you will know the font size is adjustable to make reading easier and Kindles can also be 'loaded' with audio versions of the books.

First Tuesday of the month 10:30 to 12 noon at the Palacio Lounge, Falmouth Moor.

Art Class: We have had a number of new recruits to the Art Class, the last one was attended by 11 people in total. New members are still very welcome to come along; second and fourth Tuesday afternoons meet at 2:30 The Maritime Museum. No previous experience is necessary, beginners welcome. The Maritime Museum are happy for people to have a free taster session.

Games Club: Do you know anyone who loves a game of scrabble or cards (as well as a natter with a cup of tea and cake)? Held on the last Wednesday of the month 2:30 to 4:30 in the Garden Room at the Princess Pavilion.

Two ideas for next year include armchair yoga and a photography club - details in the next newsletter.

Volunteers

Thank-you to everyone who has put us in touch with friends who would like to volunteer with us. We still need more volunteers so please ask any friends or relatives who may be interested in befriending a client (even in the short term while we recruit new volunteers) that would be welcome.

Reminiscence Project

Our second year students are continuing the 'reminiscence project' (capturing memories on tape and producing a book and short video of quotes and photos). Anyone over 65 is eligible. Please ask anyone you know, including your FAC friend if you have one, if they would like to take part. It is interesting, fun and rewarding for all concerned. All volunteers over 65 are welcome to take part too and the project is not restricted to Falmouth stories – we are capturing memories from all over the country and indeed the world.

Arts for Dementia

Made (formerly Music and Dance Education Ltd) now running a FREE made 'in the moment' creative workshops for people with memory issues. The sessions are held at Falmouth Emmanuel Baptist Church on 1st and 3rd Wednesdays of each month from 2pm to 4pm.

They will be holding an exhibition and celebration at the Princess Pavilion between 2 and 4 pm on Wednesday 29th November (at the same time as our Games Club).

For more information see website www.made-arts.com or contact Chris on 0771 075 1890 / email info@made-arts.com

The Abbeyfield Christmas Campaign (Tresillian House, 3 Stracey Road, TR11 4DW)

This year the campaign runs from 24th December to 4th January and is open to anyone over 55. A free lunch is on offer to those who will be on their own over Christmas. Unfortunately, they are already full for Christmas Day but there is still plenty of space on other days. Everyone is allowed up to three free meals and after that there is a charge of just £5.00. Places must be booked in advance by calling 01326 314832.

There are also a number of events taking place in the run up to Christmas, again these must be pre-booked.:

Friday 8th December – Christmas coffee afternoon with mince pies from 3.00 – 5.00

Tuesday 12th December – Carrick Bells from 5.30 – 7.00 with buffet tea at 5.30 - donations

Thursday 21st December – Carol Singing with the Salvation Army band at 7.00 with buffet – a collection will taken for the Salvation Army

Also, from 1st December they will have a vacant, ensuite room with sea views. Anyone interested should call Linda Harley on 01326 314832 for a viewing.

The Potager and Sensory Trust continue to hold their activity mornings fortnightly for people living with dementia and their carers. The sessions run on the 2nd & 4th Thursdays of each month from 10:30 – 12:30 and include time in the gardens, a dementia-friendly activity and refreshments.

14th December

11th January, 25th January

8th February, 22nd February

8th March, 22nd March

For more details contact Ellie on 0779 120 5425 or erobinsoncarter78@gmail.com

Dates for your diary:

Book club	5 th Dec Palacio Lounge 10:30 to 12:00	Next: 2 nd Jan 2018
Art club	Tues 12 th Dec the Maritime Museum 2:30	Next: 9 th & 23 rd Jan 18
Film club	Thurs 14th December at the Phoenix Cinema 12 noon. “The King and I” with Deborah Kerr and Yul Brynner	Next 22 nd March 18
Games club	Weds 29th Nov at Princess Pavilion 2:30	Next: 31 st Jan 18
Lunch club	Mon 15th Jan 2018 PLEASE NOTE DATE CHANGE	Next: 12 th February 18
Walking Group	Restart early summer 2018	
Befrienders Mtg	Sat 2 nd Dec 10:30 to 12:00 Courtyard Deli	<u>No meeting in January</u> <u>Next: 3rd February</u>
Christmas Lunch	Saturday 9th December	
AGM	Monday 14th May 2018	

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 1st January. If you no longer wish to receive this newsletter, please e-mail, ring or write to Elaine (details below) to unsubscribe.

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