



Volunteers' Newsletter, November 2017

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

Welcome to the November newsletter.

Christmas Lunch

As I'm sure everyone knows by now, the Christmas lunch will be held at The Princess Pavilion on Saturday 9th December.

Menus are initially being handed out at clubs and classes and in a bid to save on postage we are hoping to hand deliver many more. **Could you help to hand deliver some in your local area?** Elaine will be bringing these along to the volunteer's meeting at the Deli Courtyard Café (see details below). The remainder will be posted out early next week.

Please remember that all volunteers are invited to come along and join in the fun. I have attached a copy of the menu to this email. Please let me have your order and payment by 9am 27th November at the very latest.

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.

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. We are, however, 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 outweigh your capacity.

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 10 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)?

Last Wednesday of the month 2:30 to 4:30 in the Garden Room at the Princess Pavilion.

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.

Fund-raising

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?

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.

Reminiscence Project

Our second year students have re-started 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 world.

Doing Good Does You Good

Every year Volunteer Cornwall hold a 'Random Acts of Kindness' week. Running from 28th October to 5th November they aim to 'spread kindness through the county'.

The Mental Health Foundation's publication "Doing Good Does You Good" explains:

- 1. Helping others feels good** - When you help others, it promotes positive physiological changes in the brain associated with happiness.
- 2. It brings a sense of belonging and reduces isolation** - Being part of a social network leads to a feeling of belonging.
- 3. It helps to keep things in perspective** - Many people don't realise the impact that a different perspective can have on their outlook on life.
- 4. It helps make the world a happier place** - Acts of kindness have the potential to make the world a happier place. An act of kindness can improve confidence, control happiness and optimism.
- 5. The more you do for others, the more you do for yourself** - Evidence shows that the benefits of helping others can last long after the act itself by providing a 'kindness bank' of memories that can be drawn upon in the future.

And as if that wasn't enough, it can reduce stress, help get rid of negative feelings and help you live longer!

Simple form could save the life of a missing person

Carers and families of people living with dementia are being urged to participate in a new initiative which is being launched by Devon and Cornwall police in partnership with Plymouth City Council and Plymouth Dementia Alliance.

The Herbert Protocol is aimed at finding those who go missing quickly and safely. The Protocol encourages families, carers, friends or neighbours to hold information about the person with

Dementia that can help the emergency services find them if they go missing. By using an easily accessible form, carers can provide vital information about the person, quickly to the emergency services. This can include a description, a photograph, details of their daily routine and significant places in their life. This information is kept somewhere safe where it can be accessed quickly when required.

The information on the form is only used by those involved in the search operation – it is not kept on record once they have been found. The form can be downloaded from <https://www.devon-cornwall.police.uk/advice/missing-persons/>.

The Herbert Protocol is a national initiative already being successfully used by police forces in the north of England.

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

Don't forget.....

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.

9th & 23rd November

14th December

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

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! For more details contact Linda Broomfield on 01326 375737

Dates for your diary:

Book club	Tues 7th Nov Palacio Lounge 10:30 to 12:00	Next: 5 th Dec
Art club	Tues 14th & 28th Nov Oct the Maritime Museum 2:30	Next: 12 th Dec
Film club	Thurs 14th December at the Phoenix Cinema 12 noon. "The King and I" with Deborah Kerr and Yul Brynner	
Games club	Weds 29th Nov at Princess Pavilion 2:30	Next: 31 st Jan 2018
Lunch club	Mon 27th Nov	Next: 8 th Jan 2018
Walking Group	Restart early summer 2018	
Befrienders Meeting	Sat 4th Nov 10:30 to 12:00 Courtyard Deli	Next: 2 nd Dec
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 27th November . 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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