



Volunteers' Newsletter, October 2017

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

Welcome to the October newsletter.

Can you help?

Can you help spread the word about our clubs and classes, especially if you are befriending? We would like to increase numbers on some of our activities, especially at the fortnightly art class.

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 need more budding artists to join our art Class held fortnightly at the Maritime Museum. No previous experience is necessary, beginners welcome. The Maritime Museum are happy for people to have a free taster session.

Second and fourth Tuesday afternoons meet at 2:30 The Maritime Museum

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 another client (even in the short term while we recruit new volunteers) that would be welcome.

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

We are interviewing a group of (second year) students this week with a view to re-starting 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.

Handyman help?

Do you know of any of our clients who may need help with some odd jobs or general maintenance?

Get in touch and let us know if this a service that may be of interest.

Excursions

Excursions have gone well this year and we hope to repeat some of them next summer (funds permitting). We're happy to take suggestions for new places to visit – come and have a chat at the next volunteer's catch-up or contact the office with your ideas.

We have just 1 more excursions planned for the 2017 season to The Flicka Foundation in Mabe on this coming Thursday 5th October.

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.

12th & 26th October

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

Clients being supported

We have had 4 new referrals again this month. We are finding that more and more of the people referred to us have complex needs and often fairly severe dementia. It can often proving quite difficult for us to match clients with the volunteers we have available and means that we still have a number of people waiting for befrienders.

Quilting exhibition

One of our volunteers, Freda Hunter, has some of her quilt work exhibited at the Cricket Club at the end of this week. The exhibition runs on Friday 6th and Saturday 7th October from 10 until 4pm each day.

Dates for your diary:

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| Book club | Tues 3rd Oct Palacio Lounge 10:30 to 12:00 | Next: 7th Nov |
| Art club | Tues 10th & 24th Oct the Maritime Museum 2:30 | Next: 14th & 28th Nov |
| Film club | Thurs 14th December at the Phoenix Cinema 12 noon. "The King and I" with Deborah Kerr and Yul Brynner | |
| Games club | Weds 25th Oct at Princess Pavilion 2:30 | Next: 29th Nov |
| Lunch club | Mon 30th Oct | Next: 27th Nov |
| Walking Group | Restart early summer 2018 | |
| Befrienders Meeting | Sat 7th Oct 10:30 to 12:00 Courtyard Deli | Next: 4th Nov |
| 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 30th October . 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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