



Volunteers' Newsletter, September 2017

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

Welcome to the September newsletter.

New Chair

We are delighted to announce that the Trustees have appointed a new Chair for Falmouth Age Concern. He is Will Richards, a Partner in Hine Downing Solicitors; he specialises in the protection of vulnerable elderly people and is a member of *Solicitors for the Elderly*.

You may know that our current Chair, Val Jenner, is due to have an operation soon and has been planning for some time to stand down. She has however agreed to stay on the committee to ensure an orderly and seamless change-over.

Will Richards brings a wealth of experience to the position of Chair and is looking forward to working with us. I am sure you will all wish to welcome him to Falmouth Age Concern.

New technology and Penlee House Gallery and Museum, Penzance

The team at Penlee have teamed up with iSightCornwall to provide audio descriptions of key paintings. The descriptions have been recorded on to a device called the PenFriend. Visitors tap the device on to an orange sticker beside the painting to hear a description through headphones. This gives blind or partially sighted visitors the freedom to enjoy the gallery at their own pace.

Can you help?

We are planning a volunteers recruitment drive for the autumn. 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.

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.

'Worlds Biggest Coffee Morning'

'The Kings' on Church Street in Falmouth are supporting Macmillan's 'Worlds Biggest Coffee Morning' on Friday 29th September. They will be providing a choice of homemade cakes on the day, as an enhancement to the regular 'Coffee & Cake' deal.

Excursions

We have just 2 more excursions planned for the 2017 season. The trip to Penlee House Gallery and Museum in Penzance is on the 2nd September and The Flicka Foundation in Mabe outing on 5th

October (see note above about helping out). Both are now fully booked but we can still take names for a reserve list if you know of anyone who may be interested.

Don't forget.....

The Potager and Sensory Trust continue to hold their activity mornings fortnightly for people living with dementia and their carers. The next sessions run on Thursdays 14th & 28th September 10:30 – 12:30 and include time in the gardens, a dementia-friendly activity and refreshments. For more details contact Ellie on 0779 120 5425 or erobinsoncarter78@gmail.com

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

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

As mentioned earlier, we have had quite a number of new referrals again this month and still have 4 clients to be assessed. This means that we have a number of people waiting for befrienders and will be contacting volunteers this week. We are actively supporting 68 elderly people through our befriending scheme and almost another 65 through clubs, classes and events.

Clubs, classes and events

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

State of the Charity

We have a new 'State of the Charity' evaluation report out, the second such document to be produced (the first was in 2011), which undertakes to provide an overview of Falmouth Age Concern, its history and *raison d'être*, its current activities and its plans for the future.

This report covers all aspects of the charity and its work. It draws on a range of national and local information, comments from clients and volunteers and a significant amount of research. It also contains (and updates) information from the earlier evaluation report as well as much new material. Copies are available for, anyone interested. Please get in touch with the office if you would like one.

Social Care

The amount of time spent needing daily care at the end of life has doubled in England over the past two decades, a study suggests. The Newcastle University study found men spent 2.4 years on average needing regular care and women 3 years. This includes everything from help with washing and dressing each day to round-the-clock care. The study concluded that there needs to be a sharp increase in the number of care home places to cope.

The government has promised major reform amid reports that councils are struggling to provide enough support to cope with the ageing population.

The latest research, published in the Lancet, looked at not just the growth in the numbers of older people but also how many of those years were spent needing daily care.

- Between 1991 and 2011, life expectancy increased by more than 4 years for both men and women to 82.6 and 85.6 respectively.

- But the number of those years spent with substantial care needs rose much more rapidly, from 1.1 to 2.4 for men and 1.6 to 3 years for women.
- Looking ahead to 2025, the researchers predicted there will be another 350,000 people with high care needs. Not all of those will need to be in care homes, but the researchers said the number of places would still need to rise by a third to cope.

Sir Andrew Dilnot, from Oxford University, who has advised the government on social care, said the findings suggested spending on older people would need to "increase substantially and quickly". Janet Morrison, chief executive of the charity Independent Age, added: "This report is further evidence, if it were needed, that the government must act urgently to put in place a sustainable social care system that is able to meet the demands of an ageing population."

Extracts taken from BBC online news 16th August 2017

Dates for your diary:

Book club	Tuesday 5 th September Palacio Lounge 10:30 to 12:00 Next: 3 rd October
Art club	Tuesdays 12 th & 26 th September at the Maritime Museum 2:30 start. Next: 10 th & 24 th October
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 & 25 th October
Lunch club	Monday 25 th September Next: 30 th October
Out & About Strolling Group	Restart early summer 2018
Befrienders Meeting	Saturday 2 nd September 10:30 to 12:00 Courtyard Deli Next: 7 th October
Christmas Lunch	Saturday 9 th December
AGM	Monday 14 th May 2018
Excursions	Saturday 2 nd September Penlee Gallery at Penzance. Full day depart Day Centre Killigrew Street 10am Thursday 5 th 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 2nd 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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