



## Volunteers' Newsletter, April 2018

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

**Welcome to the April 2018 newsletter.**

### **Queen's Award for Voluntary Service**

Falmouth Age Concern has been nominated for the Queen's Award for Voluntary Service which is the highest award given to volunteer groups across the UK. Local assessment panels look at all the nominations and decide which ones to send to the National Award Committee. The committee makes recommendations to the Department for Digital, Culture, Media and Sport (DCMS), which sends a final list to the Queen for her approval. Winners are announced on 2 June in the London Gazette.

We have been shortlisted for the award and have received a presentation plaque from the Lord Lieutenant of Cornwall and a citation at a ceremony at County Hall so a HUGE thank you to all our volunteers, past and present, who made the nomination possible.

### **AGM**

Our AGM will be held at the Methodist Church on The Moor on Monday 14<sup>th</sup> May from 3pm.

Everyone is invited to come along. If you are befriending please ask your 'friend' if they would like to come too. A cream tea will be served at the end of the afternoon. **Please let Peter or Sarah know if you will be attending with / without your friend.**

We will be writing to all of our clients to invite them to attend the AGM. **Can you help to distribute invitations to help us save on postage?**

### **New Administrator**

As most of you will probably know Elaine has decided to leave us. Sarah Landells will be taking over as Administration Assistant from 9<sup>th</sup> April. We'd like to wish her all the very best in her new role. There will be a week's handover period, starting on the 9<sup>th</sup> and Elaine has kindly agreed to join the committee so we won't be losing her expertise and enthusiasm altogether.

### **New Treasurer**

Jennie Summers has decided to retire from the position of treasurer at the AGM on 14<sup>th</sup> May. The position will be taken on by Jackie Reynolds. Jackie has over 30 years experience working for HSBC and joined the committee last September.

### **Do you know a good plumber (builder, gardener, cleaner, dog walker, taxi driver etc)?**

We're often asked a variation of this question. Obviously we **can't recommend** or endorse individuals but that doesn't mean that we can't share good experiences. We'd like to hear from volunteers but especially all our clients about trades-people they know, have been pleased with, are good value etc. PLEASE LET US KNOW!

### **Seasalt Volunteering Initiative (SVI) programme**

We have been approached by Seasalt offering us a team of sixteen people who are available to volunteer for a day within the local community. **Do you have any ideas about how we may be able to use the group?** We anticipate it will take place late April/early May, so please get in touch as soon as possible.

### **Need to borrow a wheelchair?**

The British Red Cross are able to provide wheelchairs for a short period of time at no cost (although donations are greatly appreciated). This service is aimed at people who need a wheelchair for a couple of weeks or less, perhaps after an operation or to take a family member on holiday. Go to [redcross.org.uk/wheelchairs](http://redcross.org.uk/wheelchairs) for more information or call them on 0300 456 1914. For those needing a wheelchair for 6 months or more should initially speak to their GP regarding a referral to the NHS Wheelchair Referral Service.

### **Fund-raising**

We could do with some more funds for the summer excursions this year – at present we have enough for three trips rather than our usual six or seven. **If anyone has any ideas please give us a call.**

### **Clients being supported**

We continue to receive new referrals each month.

We currently have 64 clients who are being befriended regularly with a further 12 who are either telephoned or visited occasionally. There are only a couple on the waiting list at present but we do have some new referrals who will be assessed early in April.

### **Clubs and Classes**

We held the first session of our new digital photography class last month. The second class will run soon, but the date is still to be confirmed. If you know anyone elderly who might be interested then please contact us for further details.

Unfortunately, we have had some feedback that the quality of the food at the last few Lunch Clubs hasn't been up to the usual high standard. We're hoping to hold a meeting with the Head Chef and Duty Manager at the Princess Pavilion to discuss some of the issues raised. In the meantime we've decided to change the venue for the April meeting to Rick Stein's Fish Restaurant, Discovery Quay. The Princess Pavilion will be closing shortly for refurbishment and so we will need an alternative location for the next Games Club.

### **Walking**

**Could you be a walking buddy?** We're looking for volunteers to match up with clients who would like to get out for short walks. We envisage a flexible arrangement between volunteer and client rather than a formal walking group. Maybe you and a friend would like to pair up with a couple of clients and walk together? **Please contact Peter if you can help.**

### **Exercise Class**

We are still looking at the possibility of setting up a seated exercise class and are investigating where we may be able to source some funding to let us to get started. **Could you help with the set up / organisation? Do you have any contacts / ideas that may help us?**

**Falmouth Memory Café** is held on the 2nd and 4th Tuesdays of each month at the Emmanuel Baptist Church, 2 until 4pm. Forthcoming events are:

- April 10<sup>th</sup> The Core - Music and Movement. Seated exercises, relaxation and tai chi all performed to popular music.
- April 24<sup>th</sup> Celtic Chords – Songs old and new from a local singing group

**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 2<sup>nd</sup> & 4<sup>th</sup> Thursdays of each month from 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

### Free inclusivity concert

A Special Needs, Dementia and Disability friendly concert with Cornwall Youth Orchestra will be held at Truro Cathedral on April 12<sup>th</sup> from 1pm to 3pm. To book please email CYOconcert@gmail.com

### Travel to hospital

Age UK, with whom we work closely on a number of issues, is demanding the Government urgently reviews the way older people travel to and from hospital

- Our system for getting older people to hospital isn't fit-for-purpose
- Transporting older people to and from hospital costs the NHS and the Government millions of pounds a year
- Yet who gets help and how good that help is seems to be a postcode lottery
- Currently, many older people are experiencing anxiety, exhaustion and distress getting to their hospital appointments
- Every older person deserves to get to their hospital appointments safely without it being a struggle
- Hospital transport just isn't working for many of us

Age UK believe it isn't good enough and so have launched a national campaign demanding the Government urgently reviews the way older people travel to and from hospital.

**They are asking us all to write to our MP demanding the Government urgently review hospital transport.**

For more information [www.ageuk.org.uk/our-impact/campaigning/painful-journeys](http://www.ageuk.org.uk/our-impact/campaigning/painful-journeys)

### Dates for your diary:

Book club	Tuesday 3 <sup>rd</sup> April Palacio Lounge 10:30 to 12:00	Next: 1 <sup>st</sup> May
Art club	Tues 10 <sup>th</sup> & 24 <sup>th</sup> April Maritime Museum 2:30	Next: 8 <sup>th</sup> & 22 <sup>nd</sup> May
Film club	Thurs 21 <sup>st</sup> June at the Phoenix Cinema 12 noon. "Move over Darling"	Next TBC
Games club	Weds 25 <sup>th</sup> April 2:30 Venue to be confirmed	Next: 30 <sup>th</sup> May
Photography	TBC at Huddle, Church Street 10:30	
Lunch club	9 <sup>th</sup> April at Rick Stein's 12:15	Next: 14 <sup>th</sup> May
Befrienders' Meeting	Sat 7 <sup>th</sup> April 10:30 to 12:00 Courtyard Deli	Next 5 <sup>th</sup> May
AGM	Monday 14th May 2018 – Methodist Church, The Moor 3pm	

For all queries about Clubs and Classes please contact Peter.

If you would like to share any news or upcoming events with other volunteers please let Sarah or Peter know by Monday 30th April. If you no longer wish to receive this newsletter, please e-mail, ring or write to Sarah (details below) to unsubscribe.

Contact: Peter Maxted, Manager or Sarah Landells, Administrator

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