



## Volunteers' Newsletter, February 2018

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

**Welcome to the February newsletter.**

### **Photography Club**

We have the opportunity to start an over 65s photography club. The university will lend us some digital cameras and we have a couple of photography students keen to help. We are thinking of calling it 'an introduction to digital photography' to start with. It will be on a Saturday morning – probably starting late February or early March. Please pass the word and let us know who might be interested.

### **Asda shopping**

**Do you, or anyone you know, shop at Asda?** We are one of the three chosen charities for the Asda 'token' scheme which supports local charities. Please put your token(s) in our box – we could be the beneficiaries of a significant sum of money in the spring.

### **iSightCornwall**

Our local sight loss charity iSightCornwall are holding a drop-in event at St Mary Immaculate Catholic Church, Killigrew Street in Falmouth **tomorrow 31<sup>st</sup> January**. They will be providing sight loss advice and support, advice on vision aids and demos of the latest video magnifiers and gadgets available. Drop-in between 10am and 3pm.

### **The Falmouth and Penryn Repair Cafe – this Sunday 4th February**

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 in the Methodist Church Hall, The Moor, Falmouth 1:30 to 4:30. 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 01326 316536 email [hello@conceptshed.com](mailto:hello@conceptshed.com) or Facebook Falmouth and Penryn Repair Café  
4th February, 4th March, no Café in April due to Easter, 6th May, 3rd June 1st July, 5th August and 2nd September.

### **Accommodation**

We have a client who is looking for a live-in companion. They would offer free accommodation in return for some light housework and cooking. Do you know anyone who may be interested? Please contact Peter.

### **Clubs and Classes**

We are still hoping to start a new Armchair Yoga class in the Spring. Please ask around and let Elaine know of anyone who may be interested in taking part. It will be aimed at all abilities and involve

gentle stretching and breathing exercises. We will also be looking for volunteers to help out. Interested?

### **Reminiscence Project**

We are continuing to interview and photograph people for our 'reminiscence project' with the help of second year students who are capturing memories on tape. In the spring we shall be producing a book and short video of quotes and photos. Anyone over 65 is eligible. This is therefore the last chance to take part - please ask anyone you know, including your FAC friend if you have one, if they would like to be involved. 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**

Unfortunately the Made (formerly Music and Dance Education Ltd) creative workshops for people with memory issues have been discontinued.

### **Clients being supported**

We currently have 61 clients who are being befriended regularly with a further 12 who are either telephoned or visited occasionally.

Could you help with telephone befriending? We have a number of clients who would benefit from being befriended by telephone rather than face to face visits. You would need to be able to phone on a regular basis, ideally every week or fortnight. Please contact Peter for more details.

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.

We often describe our befriending service as a simple way of improving someone's life with a visit and a bit of a chat. Clearly though, we offer so much more in terms of support and friendship. We need to be mindful that we also have a responsibility to keep an eye out for the friends we visit and a duty to safeguard these often vulnerable people.

The abuse of vulnerable adults can take many forms. It can happen anywhere, including nursing and care homes, day services, hospitals, people's own homes or public places.

Abuse occurs when a vulnerable adult is mistreated, neglected or harmed by another person who holds a position of trust. Everyone has a right to feel safe, and to live without fear of abuse, neglect or exploitation.

What you should do if you suspect abuse:

Don't ignore it

If it is a medical emergency, call 999

Report it by calling us at Falmouth Age Concern on 01326 313620

### **Fund-raising**

More soon.

## **Don't forget.....**

**Lifeline** Alfi (Assisted Living for Independence) or Lifeline, is a Cornwall Council paid-for service. Alarm calls are answered by a trained Operating Team from a locally based monitoring centre 24 hours a day, 7 days a week. Cost varies but can be from as little 51 pence per day. Call 01872 224521 to request an information pack or ask Peter at the office.

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

February 13<sup>th</sup> Creative Arts and Crafts with the Made-Arts Trust.

February 27<sup>th</sup> Lifeline and Independent Living .

Nyree Laugharne from Cornwall Housing will be giving useful tips and ideas.

**Thanks for the memory**, at the same venue on the 1st, 3rd and 5th Tuesdays of the month, again from 2 to 4pm.

Both are aimed at helping people with memory loss improve their quality of life and slow down the effects of dementia. For more details contact Rita Buck on 07901 688578 or ritajbuck@yahoo.co.uk

**Penryn Memory Café** meets on the first and third Thursdays of each month at Penryn Methodist Church, 2-4pm

**TAP** - Voluntary transport providers TAP are available for hospital, doctor appointments and social events. A small charge is payable. For details call 01872 223388

**Mylor and Flushing Community Car Service** have a pool of volunteer drivers available to help people get to the dentist, doctor, hairdresser, shop or social events (for example our clubs and classes) They need a minimum of 48 hours notice. Contact administrator between 9am and 5pm on 07376 280580 for more details or to make a booking.

**Breathe Falmouth Club** is an exercise club and support group for people with breathing difficulties. They meet every Thursday between 10am to 12 noon at Penryn Rugby Club, Kernick Road, TR10 8NT. See website [www.breathefalmouthclub.btck.co.uk](http://www.breathefalmouthclub.btck.co.uk) or call 01326 315165 for more details.

**Falmouth Stroke Club** provides support, entertainment and outings for anyone who has had a stroke in our area. They hold club meetings twice a month in St Mary's Catholic hall (just off Killigrew St). For further information contact either Brenda Wilkes on 01326 312392 or Caroline Drake on 01872 573235.

**Active Blind Leisure (Able)** supports blind and visually impaired people to get involved in leisure activities such as indoor bowls. They also run occasional events and outings. Contact Jean Smith on 01326 313413 for more details.

**The Abbeyfield Society** sharing lunches scheme provides home-cooked meal on Sundays and on some weekays to those aged 55+, £5 per person. Places need to be booked in advance by telephoning the housekeeper on 01326 314832

**50 Plus Leisure & Social Club** is held at the Dracaena Centre every Monday afternoon (except Bank Holidays) between 1 and 3pm, aimed at lonely and isolated older people in the community. Free tea and coffee from 12:30 onwards Indoor activities including Short Mat Bowls, New Age Kurling, Indoor Golf, Beetle Drives, Boccia and Bingo. No need to book, just drop in. Contact them on 01326 319414

**The Phoenix Cinema Silver Spoon Performances** run most Thursdays at 1:30. Details are added to the website every Tuesday. For details and booking contact the Phoenix Cinema on 01326 313072

**Hairdressing & Reflexology** at the Age UK Day Centre Thursdays and Fridays at reduced rates. Contact Olwyn on 07748 827216 for Hairdressing and Gill on 07854 807415 for Reflexology and Indian Head Massage.

**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.

8th February, 22nd February

8th March, 22nd March

For more details contact Ellie on 0779 120 5425 or [erobinsoncarter78@gmail.com](mailto:erobinsoncarter78@gmail.com)

### **Dates for your diary:**

Book Club	Tuesday 6 <sup>th</sup> February Palacio Lounge 10:30	Next 6 <sup>th</sup> March
Art Club	Tues 13 <sup>th</sup> & 27 <sup>th</sup> February Maritime Museum 2:30	Next 13 <sup>th</sup> & 27 <sup>th</sup> March
Film Club	Thurs 22 <sup>nd</sup> March at the Phoenix Cinema 12 noon	Next 21 <sup>st</sup> June
Games Club	Wednesday 31 <sup>st</sup> January Princess Pavilion 2:30	Next 28 <sup>th</sup> Feb, 28 <sup>th</sup> March
Lunch Club	Monday 12 <sup>th</sup> February Princess Pavilion 12:15	Next 12 <sup>th</sup> March
Walking	Restart early Summer 2018	
Befrienders Meeting	Sat 3 <sup>rd</sup> February drop in any time between 10:30 and 12noon Court Yard Deli	Next Sat 3rd March
FAC AGM	Monday 14 <sup>th</sup> May - venue to be confirmed	

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 26<sup>th</sup> February . If you no longer wish to receive this newsletter, please e-mail, ring or write to Elaine (details below) to unsubscribe.

Contact: Peter Maxted, Manager or Elaine Proctor, Administrator

TEL: 01326 313620

E-mail: [falmouthbefriending@btinternet.com](mailto:falmouthbefriending@btinternet.com)

[www.falmouthbefriending.org.uk](http://www.falmouthbefriending.org.uk)