



Volunteers' Newsletter, January 2018

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

Happy New Year and welcome to the January 2018 newsletter.

Photography Workshop

We have been asked by the University to form a 'focus group' to help photography students to develop their professional skills. They do lots of photography in the local area and also work with lots of partners in the photography industry. The University are looking to build up relationships within the local community to help the students reflect on their representation of people and place and ensure the students are responsible in how they photograph.

We are having an introductory meeting prior to the Art Class on the 23rd January and would welcome anyone over 65, volunteer or client, who could spare a little time. Following this we would hold the proper 'focus group' on Saturday 27th January at the University.

More details from Peter, phone 313620 or email; if you are over 65 and think you can spare a couple of hours to look at photos and chat to students, or could bring your elderly friend along, you would be very welcome.

Asda shopping

We have been informed (informally) that we will be one of the three chosen local charities for the Asda 'token' scheme. If you, or anyone you know, shops at Asda please put your token(s) in our box – we could be the beneficiaries of a significant sum of money in the spring.

Do you know that we have a Facebook page?

Recent posts have covered subjects such as Warm & Well Cornwall and information on grants available to purchase kitchen appliances. Like our page and follow our posts.

Befriending

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

Christmas Lunch

Thank you to everyone who helped with making the Christmas lunch at the Princess Pavilion such a success. We've had some lovely feedback.....

"Thank you for a great party"

"Thank you for the lovely Christmas lunch you organised at the Princess Pavilion – good to meet folks and friends....."

"Thank you to everyone for your support and the Christmas lunch. Your hard work is appreciated"

There were a number of cushions left behind at the Princess Pavilion after the lunch. Could you ask around and let Elaine or Peter know so that they can be reunited with their owners!

Fund-raising

More soon.

Clients being supported

We currently have 64 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.

Clubs and Classes

Please note that we have had to change the date of the January Lunch Club yet again! The Princess Pavilion Garden Room is now closed on 15th January for repairs to the floor. It will now be held on 22nd January.

We are 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?**

The Falmouth and Penryn Repair Cafe

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. 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 Cath on 07968323260 or email falmouthpenrynrepaircafe@gmail.com

Reminiscence Project

Our second year students are continuing 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 indeed the world.

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.

11th January, 25th January

8th February, 22nd February

8th March, 22nd March

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

Dates for your diary:

Book club	2 nd January Palacio Lounge 10:30 to 12:00	Next: 6 th Feb
Art club	Tues 9 th January Maritime Museum 2:30	Next: 23 rd Jan, 13 th Feb
Film club	Thurs 22 nd March at the Phoenix Cinema 12 noon.	Next 21 st June
Games club	Weds 31 st January at Princess Pavilion 2:30	Next: 28 th February
Lunch club	<u>Mon 22nd Jan 2018 PLEASE NOTE DATE CHANGE</u>	Next: 12 th February 18
Walking Group	Restart early summer 2018	
Befrienders Mtg	Sat 3 rd February 10:30 to 12:00 Courtyard Deli <u>No meeting in January</u>	
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 29th January**. 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

www.falmouthbefriending.org.uk