



Volunteers' Newsletter, March 2018

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

Welcome to the March 2018 newsletter.

Job vacancy

We are looking for an organised and efficient part-time administrator to support our work with elderly people in our local community. The salary is £8.00 per hour and the hours of work are 8 hours per week, preferably 2 half days of 4 hours per week initially, although more flexible working is possible. The closing date for applications is next Wednesday (March 7th) and the job commences in April. Contact the office for full details and please do pass this information on to anyone who you think might be interested.

Asda shopping – only until the end of March!

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 later in the spring.

Accommodation

We have an elderly male client who is looking for a live-in companion. There is free accommodation on offer in return for some light housework and cooking. Do you know anyone who may be interested? If so, please contact Peter at the office.

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.

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.

Reminiscence Project

This project is soon to reach its conclusion. We can still accept clients but they will need to be visited in the next couple of weeks. If anyone is still considering this, either for themselves or the person they visit, please get in touch straight away.

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.

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.

Clubs and Classes

The Film Club which will run on Thursday 22nd March at the Phoenix Cinema, meet at 12 noon. The film this time is "Driving Miss Daisy", a 1989 comedy-drama starring Jessica Tandy, Morgan Freeman, and Dan Aykroyd. The film was nominated for nine Oscars in 1990 and won the Academy Award for Best Picture and Best Actress, Jessica Tandy, who at the age of 81 was the oldest actress to win an Oscar.

We are also starting a new photography class this month. If you know anyone elderly who might be interested then please contact us for further details.

Health trust must improve

The latest inspection by the Care Quality Commission, the independent regulator of health and social care in England (CQC), of services provided by Cornwall Partnership NHS Foundation Trust (CPFT) has rated it as Requiring Improvement overall.

Amanda Stratford, CEO at Healthwatch Cornwall said: "The findings are consistent with what we have heard from people, which we have fed back to CPFT; we are glad this is reflected in the report." CPFT took over the provision of community health services, previously provided by Peninsula Community Health Community Interest Company, in April 2016 and this was the first inspection of the trust following that change.

CQC also rates all services on five key questions and it has rated the trust as Outstanding for Caring; Good for Responsive, and requires improvement for Safe, Effective and Well-led.

How are you celebrating St Piran's Day in 2018?

Cornwall Community Foundation would love you to join in with a collective 'shout' on Monday 5 March, the national day of Cornwall. A mass singing of the Cornish anthem 'Trelawny' is happening in many pubs across Cornwall and the Isles of Scilly.

Voices of all variety will come together in pubs across the county on the dot of 9pm in the celebration of community. Cornwall Community Foundation began the Trelawny Shout supported by St Austell Brewery in 2015.

Remember - The Falmouth and Penryn Repair Cafe – this Sunday 4th March

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. Tea, coffee and cake available.

Contact 01326 316536 email hello@conceptshed.com or Facebook Falmouth and Penryn Repair Café
Please note there will be no Café in April due to Easter.

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:

March 13th Poetry Drama Story telling with Made-Arts
 March 27th Sing-along with Nigel Skews
 April 10th The Core - Music and Movement
 April 24th Celtic Chords – 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 2nd & 4th Thursdays of each month from 10:30 – 12:30 and include time in the gardens, a dementia-friendly activity and refreshments.
 8th March, 22nd March

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

Dates for your diary:

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| Book club | Tuesday 6 th March Palacio Lounge 10:30 to 12:00 | Next: 3 rd April |
| Art club | Tues 13 th & 27 th March Maritime Museum 2:30 | Next: 10 th & 24 th April |
| Film club | Thurs 22 nd March at the Phoenix Cinema 12 noon. “Driving Miss Daisy” | Next 21 st June “Move over Darling” |
| Games club | Weds 28 th February at Princess Pavilion 2:30 | Next: 28 th March & 25 th April |
| Lunch club | 12 th March at Princess Pavilion 12:15 | Next: 9 th April |
| Walking Group | Restart summer 2018 | |
| Befrienders’ Meeting | Sat 3 rd March 10:30 to 12:00 Courtyard Deli | Next 7 th April |
| AGM | Monday 14th May 2018 - 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 2nd April. 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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