** Volunteers’ Newsletter, June 2018**

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

**Welcome to the June 2018 newsletter.**

**General Data Protection Regulation (GDPR) – opt out**

Thank you for being involved with Falmouth Age Concern and taking the time to read though our monthly newsletter which we send out to all registered volunteers and other friends.

To comply with GDPR, which came into force on Friday 25th May 2018, we request that you inform us, by return, if you **do not want** us to keep your name and email address and continue to send you the latest newsletters. If you are happy to continue receiving the newsletter, and for us to contact you with other relevant information about FAC, then you need take **no** action.

**Excursions**

We are taking bookings for the following excursions:

* Thursday 28th June (tbc), Princess Pavilion & Gyllyngdune Gardens Half Day
* Tuesday 24th July (tbc), Trelissick Gardens (leave at 10.30am) Full Day
* Saturday 12th August Pendennis Castle (arrive for 1.30pm) Half Day
* Tuesday 11th September Tate Gallery, St Ives (leave at 10.00am) Full Day

Cost will be £5 per person to include transport and refreshments.

**AGM**

Our AGM was held at the Methodist Church on The Moor on Monday 14th May. It was well attended by both clients and volunteers – more details further on in the newsletter.

New members of the Committee:

* Will Richards - it was the ideal opportunity to introduce Falmouth Age Concern’s new Committee Chair, with whom we are sure we shall enjoy a long working relationship.
* Jackie Reynolds – new Honorary Treasurer (as reported in the last newsletter, taking over from Jennie Summers, for whom we offered our grateful thanks for all her hard work during the 15 years she retained the post of treasurer).
* Steve Tribe – we looked after Steve’s mum a year or two ago and are delighted to have his enthusiasm and experience to call on.
* Elaine Proctor – as you know from the last newsletter, although Elaine has resigned as Administrator for FAC, we are thrilled that she has agreed to join our committee, which will benefit enormously from her expertise and enthusiasm.
* Sarah Landells – as new Administrator, Sarah also joins the committee.

**Reminiscence project**

At the AGM Hannah Woolley, a Falmouth University Photography Student who has been working on the Reminiscence Project, presented a slide show of the work, which is now almost complete. The show compromised photos of the participants – all of whom have diverse and interesting backgrounds and experience – together with their own dialogue, and an “inspirational” quote on each slide. The many memories shared included amusing, happy, sad, and poignant stories, all of

which made it such an interesting presentation.

We now plan that a book (with an accompanying CD) will be published in the Autumn.

**Calling for good trades-people contacts!**

Do you know a good plumber (builder, gardener, cleaner, dog walker, taxi driver etc)? We are compiling a list of those we have been recommended. We quite regularly receive enquiries from clients about local trades-people, and we are always glad to be put in touch with anyone who might be interested. Obviously we **can’t** *recommend* or endorse individuals, but that doesn’t mean that we can’t share good experiences – pleasing work, good value etc. V**olunteers** – we’d love to hear from you, and **especially from any of our** clients if they feel able to share details of people that may be suitable. PLEASE LET US KNOW!

**Need to borrow a wheelchair?**

We have a brand new wheelchair that we can offer on short-term loan (for a few weeks at a time). Please contact the office for more details.

**Fund-raising**

We are always glad to receive any suggestions for fund raising. Perhaps you have raised funds for other organisations in some way in the past – if so, do you think we might be able to use that experience as inspiration?

**Collection boxes** – we still have a number to site in and around Falmouth & Penryn. One has just been placed in the Roskillys Ice Cream Parlour in Arwenack Street – feel free to drop in and put some spare cash in the box (why not buy an ice cream as well!). Any other suggestions? (Preferably a store that trades often in cash, eg newsagents, corner shops etc)

Clients being supported

We continue to receive new referrals each month.

We currently have 65 clients who are being befriended regularly, with a further 11 who are either telephoned or visited occasionally. There are a few on the waiting list, but they will hopefully be matched within the next few weeks.

**Clubs and Classes**

**New digital photography class** – we hope to announce the date of the second class soon (it will be run by Hannah Woolley). Contact us if you or your client is interested in further details).

**Lunch Club** – with the new manager now in place, as well as a new chef, the Lunch Club was held again at the Princess Pavilion on Monday 21st May. It was a great success – the food was up to the former high standard, and the service was friendly and prompt. As a result, Sally Pine (Lunch Club Volunteer Organiser) has already re-booked for Monday 11th June.

**Walking buddies**

We hope to have this new initiative up and running soon. The idea is that 2 people will be paired up to get out and walk together. As it involves just 2 people rather than a group, this could work much better than last year’s walking group - particularly being more flexible and better able to respond to our unpredictable weather.

**Exercise Class**

We are still very keen to start an **Armchair Exercise** during 2018. A qualified instructor needs to be appointed, and a suitable venue found – anyone have any suggestions for either/both?

**Queen’s Award for Voluntary Service**

As mentioned in earlier newsletters, Falmouth Age Concern was nominated for the Queen’s Award for Voluntary Service which is the highest award given to volunteer groups across the UK. We were shortlisted for the award and received a presentation plaque from the Lord Lieutenant of Cornwall but didn’t make the final leap and actually win. However just being nominated and shortlisted was a great achievement.

**Falmouth Memory Café**

**Falmouth Memory Café is** held on the 2nd and 4th Tuesday each month from 2.00 – 4.00pm at Emmanuel Baptist Church, Western Terrace, Falmouth**.** For more information contact Clifford Brown[clifford.brown@btinternet.com](mailto:clifford.brown@btinternet.com) [www.falmouthmemorycafe.org](http://www.falmouthmemorycafe.org)

**Penryn Memory Café** meets every first and third Thursday of the month at Penryn Methodist Church, TR10 8RW. For more information contact Gill Grant – gagrant69@gmail.com

**What are Falmouth and Penryn Memory Cafés?** They are groups which offer, in an informal setting, help, support and information for people affected by memory problems. When we say ’affected by memory problems’, we really mean the person with memory loss, their carers, family and friends, as everyone is ‘affected’. They are free, and operate on a ‘drop-in’ basis for anyone in the local community worried about their memory, or affected by dementia.

The Potager and Sensory Trust Group

The local group continues to hold its 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.

At this time of year, the Potager garden is particularly rewarding to visit, with flowers, herbs, shrubs and vegetables all “springing” into life now the wet and cold winter we had is behind us. Why not give it a try?

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

There was a recent Sensory Trust collaboration with Katherine Hathaway for BBC Gardeners World: Sensory Trust has been advising Katherine on her border garden for BBC Gardeners World Live 2018, which airs between 14th and 17th June. Katherine was keen to explore how a garden border could connect with people living with dementia. Through smell, taste and touch, old memories can be reignited and, as trips out become more challenging, the tiniest patch of garden can take on a whole new purpose.

Katherine's tiny ‘nostalgic’ garden aimed to show that, even in a tiny space, you can provide people living with dementia the opportunity to sow some favourite seeds and, together, start a conversation around long-remembered scents such as Sweet Peas, Lemon Balm and Lavender. Or enjoy the pop of a Pea pod and the sweet taste of something that never made it as far as the kitchen!

Dates for your diary:

|  |  |  |
| --- | --- | --- |
| Book club | Tuesday 5th June Palacio Lounge 10:30 to 12:00 | Next: 3rd July |
| Art class | Tues 12th & 26th June Maritime Museum 2:30 | Next: 10th & 24th July |
| Film club | Thurs 21st June at the Phoenix Cinema 12 noon.  *Move over Darling: A romantic comedy starring Doris Day, James Garner. After five years lost at sea, a missing wife thought long dead returns just after her husband, Nick, sets off to Monterey, where he remarries. When the wife finds out Nick has just left town with his new wife, she heads out to the resort where the newlyweds are staying, and comic confusion ensues.* | Next TBC |
| Games club | Weds 27th June 2:30 Princess Pavilion | Next: 25th July |
| Photography | TBC at Huddle, Church Street |  |
| Lunch club | 11th June at Princess Pavilion | Next: 9th July |
| Befrienders’ Meeting | Sat 2nd June 10:30 to 12:00 Courtyard Deli | Next: 7th July |

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 2nd July. 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

TEL: 01326 313 620

E-mail: falmouthbefriending@btinternet.com  
[www.falmouthbefriending.org.uk](http://www.falmouthbefriending.org.uk)