** Volunteers’ Newsletter, August 2018**

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

**Welcome to the August 2018 newsletter.**

**Afternoon tea**
Many thanks to all of you who replied to our *Sparkling Afternoon Tea* invitation for this Saturday. The weather should be good and we look forward to seeing you all there.

**Excursions**

The trip to Trelissick Gardens on Tuesday 17th July went well and there is still space for a few people on the excursion to Pendennis Castle Saturday 11th August (half day visit - arrive for 1.30pm). Anyone who has already booked will be contacted with transport details next week. The full day excursion to Tuesday 11th September to the Tate Gallery, St Ives is now full but there will probably be a few drop outs so we are keeping a waiting list. Do get in touch if you know anyone who’d like to go.

The cost of all trips is just £5 per person (volunteers free) to include transport and refreshments. Lunch is provided for the full-day trips.

**New ‘waste free’ shop**

A new shop has opened in Falmouth which we think will appeal to concerned young people and older ones alike. *Un\_rap* is Falmouth's plastic-free shop; supplying organic, bulk-buy foodstuffs and sustainable cleaning products. How it works is that customers simply bring their own containers, bags and bottles, refill from bulk dispensers and pay by weight. The idea is to reduce food waste, stop plastic pollution, and indirectly to help keep the planet sustainable for future generations. However another important advantage is that anyone buying for just one or two people can buy in small quantities rather than the massive, over-packaged goods that are typical of our supermarkets. *Un\_rap is* located on Webber Street, just off the Moor.

**Falmouth Repair Café**

If you or your client need anything repairing, then the Repair Café is held on the first Sunday of each month at the Methodist Church on The Moor. Skilled craftsmen and women will help to fix anything you may need repairing.

**Fund-raising**

Many thanks to everyone who responded to my piece in last month’s newsletter.  As a result we are hoping to:

* Hold a coffee morning at the Greenbank later this year.  Details/appeals for help to follow.
* Apply for a grant from Radio Cornwall/Cornwall Community Fund
* Apply to the university to become their Local Cause of the Year. The student-led Raise & Donate Society aims to have three focus Charities/Projects to fundraise for over the academic year.  One of these would be a selected local cause/charity to ensure some of the fundraising efforts are donated within the local community.

Please get in touch if you think you can help out in any small way.  I’m still hoping to put together a team to come up with ideas and help organise events.  As I stressed last time, this wouldn’t be a team to ‘DO’ all the fund raising but to coordinate and ‘HELP’.

Please contact Elaine on falmouthbefriending@btinternet.com, just put FAO Elaine in the title. I promise we’ll try to make it fun!

Clients being supported

The number of new referrals in the last month has dropped as it often does in the summer months. We currently have over 80 active volunteers (so thanks to all of you).

We currently have around 10 clients on our waiting list (some in outlying areas).

**Clubs and Classes**

The new digital photography class, which will be run by Hannah Woolley who helped with the reminiscence project last year, will start in September. Contact us if you or your client is interested in further details.

**Games Club**

The last session was again well attended (perhaps the best yet), with a few new face and their helpers. They’re always welcome.

**Lunch Club**

The Lunch Club was held again at the Princess Pavilion in July. “Excellent again,” was the feedback.

**Art class**

We’d love to see more members at the fortnightly art class. It’s a proper class, run by a professional art teacher and is open to everyone from beginners to Van Goghs.

**Book and film** clubs are still going well.

**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 Brownclifford.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**. The Memory Cafés** are groups which offer, in an informal setting, help, support and information for people affected by memory problems. They are free, and operate on a ‘drop-in’ basis for anyone in the local community worried about their memory or affected by dementia.

**Home Admin Service**

Age UK Cornwall & the Isles of Scilly have a new service to help people over 50 with administration tasks within the home. This is a paid for service but can cover making appointments, gift wrapping and posting gifts, card writing and posting, completion of forms, direct debits and even help in getting on-line. Contact the Helpline on 01872 266383, email@ageukcornwall.org.uk. between 9:00m and 16:30

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

**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.

Dates for your diary:

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| ‘Sparkling’ cream tea | Saturday 4th August at 3pm. The Gazebo, Marlborough Court |
| Book club | No meeting in August. Next: 4th September |
| Art class | Tues 14th August (only one this month). Maritime Museum 2:30 |
| Film club  | Next TBC |
| Games club | 29th August 2:30, Princess Pavilion |
| Photography | TBC at Huddle, Church Street |
| Lunch club  | 13th August at Princess Pavilion |
| Befrienders’ Meeting | Replaced by cream tea event this month, next is 1st September.  |

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 Friday 24th August. 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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CHARITY NUMBER: 259 184

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

REMINDER: In order to comply with GDPR we give everyone the option to opt out of receiving information from us in future. 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.

Please advise us immediately if you do not want us to keep your name and email address and continue to send you the latest newsletters.