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**Volunteers’ Newsletter, November 2018**

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

**Welcome to the November 2018 newsletter.**

**Please don’t forget the Volunteer Meeting at Deli Courtyard cafe.
This Saturday (3rd November) 10.30 to 12.00 noon. Everyone welcome.**

**Coffee Morning**

As mentioned last month, we are holding a Coffee Morning at the **Greenbank Hotel this coming Friday, 2nd November between 10am and 12 noon**. At the present time our excursion ‘pot’ is empty and so this event will kick off our fund raising efforts - **all** profits will go towards next year’s excursions. This event is open to *anyone* and *everyone!* Please ask your friends, relatives and neighbours and if you are a befriender you may like to bring your friend along. Tea and coffee will be laid on by the Greenbank and we will be selling our own cakes - to eat in or to take away.

**Please continue to spread the word to friends and family.**

**Christmas lunch**

Saturday 15th December at the Princess Pavilion Garden Room.

Time 12 mid-day onwards (sit down at 12.30)

Thanks to generous donations, our lunch will be subsidised again this year and will cost just £11.00 for 3 courses (the same as 2017). A letter is being circulated to all Volunteers and Clients from his week onwards with menu choices, and deadline for return of those, with payment.

**Big Lottery Fund Grant**

We are delighted to announce that our application for lottery funding has been successful. The money will enable us to spread our work out into the surrounding villages and help the lonely and isolated people in rural areas. We will shortly be appointing a part-time ‘outreach worker’ to help with this expansion.

**Co-Op Local Community Fund**

We are also extremely pleased to report that FAC has been chosen for the next round of the Co-op Local Community Fund, which will last 12 months from now until October 2019.

NB: are you, or is anyone you know, a Co-op member? If so, please remember you will need to log into your account and choose FAC as the chosen cause. If you are not a Co-op member, please do join up - the Boslowick store has an excellent wine section!

Clients being supported

The number of new referrals for one-to-one befriending in the last month has increased as it nearly always does in the Autumn. We currently still have over 60 active volunteers (so thanks to all of you). We also have five clients awaiting assessment so will be looking for volunteers to visit there soon.

FXU fair, 9th October 2018

At the volunteer fair, held at the Tremough campus, 9 students expressed interest in helping us and the recruitment of two is already in progress while the others are being followed up.

**Volunteer mentoring**

There has been a suggestion that we set up a shadowing scheme for new volunteers whereby an existing volunteer acts as a mentor for the first one or two visits. We would therefore like to know if anyone would be happy to join this scheme and become a mentor. Please contact the office if you are happy to help with this.

**Handyman and other help**

We are currently waiting for DBS clearance for a ‘man with a van’ who is keen to help us. An updated list will be available at the office from Monday 5th November for other services, such as cleaners. Please contact Peter or Sarah for specific information. FAC is unable to *recommend* any contacts, or specify the hourly rate any tradesperson may charge.

**Friends of Falmouth Age Concern**

The 2nd of November Coffee morning will see the launch of the ‘Friends of Falmouth Age Concern’.

The idea is to set up a group of people who will “champion, promote and support our charity” without necessarily being a formal volunteer or befriender. They may already have links to Falmouth Age Concern through our clients or yourselves or they may just be someone who wants to help out.

We would like to involve new people with a range of useful skills, experience and contacts who will hopefully bring new energy and ideas. Perhaps they could help with practical tasks, such as excursions or social events and we certainly need help with fundraising.

Please contact Elaine about the ‘Friends’ and/or fund-raising on falmouthbefriending@btinternet.com - just put FAO Elaine in the title. Or come along to the Volunteers Meet-Up next Saturday to have a chat.

**Safeguarding**

FAC will circulate details of a Safeguarding presentation/training session to be held for volunteers in the New Year. Further information will be provided as soon as possible.

**Website**

The web site redesign and upgrade is going ahead and we hope to have a new-look site up and running soon with a ‘donate’ option added. Our Facebook page will also be getting a revamp.

**Clubs and Classes**

**Photography Class**

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

**Games Club**

The last session was again well attended with some few new faces and their helpers. Everyone is always welcome – the club is held on the last Wednesday of the month (NB: now starting at 2pm).

**Lunch Club**

The 8th October Lunch Club was largely enjoyed by most people, with only one or two ‘grumbles’. The next one will be held on Monday November 12th but there will be no lunch club in December as it will be replaced by the Christmas event.

**Art Class**

We’d love to see more members at the fortnightly art class (Tuesday afternoons at the Maritime Museum). It’s a proper class, run by a professional art teacher, and is open to everyone from beginners to Van Goghs. Please spread the word – the class is open to anyone over 65, not just our regular clients.

**Book Club**

The book club – held at The Palacio Lounge on The Moor, continues to be well supported. We have a number of e-book ‘Kindles’ available if anyone would like one on a (long term) loan.

Film Club – Quarterly

We still await an update from Phoenix Cinema about the quarterly Film Club, but this is being actively followed up. Phoenix still plans to hold Silver Spoon Performances at 1.30pm most Thursdays*.*

We’ve had a suggestion for a cookery class next year (perhaps especially suitable for single men) and would welcome further ideas on this. We are also continuing to explore the possibility of an exercise class. Could volunteers please ask their clients if they had any suggestions for clubs or classes that they would like to attend.

**Memory project**

Memory project material is currently being edited. We are in discussion with our local community radio station with the aim of producing a radio show based on our memory project next year (2019). More details in the next newsletter.

**Excursions**

At the Volunteer Meeting on Oct 6th a number of ideas were put forward for our consideration. Excursion planning will take place early in the New Year, when shall also have a clearer idea of excursion funding. Meanwhile, if you have any ideas please let us know!

**Memory Cafés**

Falmouth Memory Café for people with dementia is held on the 2nd and 4th Tuesday each month from 2.00 – 4.00pm at Emmanuel Baptist Church, Western Terrace, Falmouth.

**November Programme Falmouth**:

**13th November** – Speaker, Mr Phillip Rodda. A talk about the Rodda family, their famous cream and much more.

**27th November** – The Core. A welcome return of music, movement and mindfulness.

For more information contact Clifford Brown 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**.**

Cornwall Home Library Service – ‘Befriending with Book’

The Royal Voluntary Service (RVS) delivers books to people who can no longer get to the library because of health, mobility or caring responsibilities.

Falmouth Library can provide further information or contact the RVS direct 01209 218 179.

**Abbeyfield Society lunches**

‘Sharing Sundays’ (for anyone over 55) - £8 for a Sunday lunch at Tresillian House, 3 Stracey Road, Falmouth TR11. To book call 01326 314832.

**Falmouth Repair Café**

If you, your client or anyone you know need anything repairing, then the Repair Café is held on the first Sunday of each month (so this Sunday, the 4th is the next one) at the Methodist Church on The Moor. Skilled craftsmen and women will help to fix pretty much anything you may need repairing.

 **‘Turning Tide’ Bereavement Café**

The Huddle Café, Church Street, Falmouth. 1st & 3rd Wednesdays each month any time between 5.30pm-7.30pm.

**Home Admin Service**

Age UK Cornwall & the Isles of Scilly with whom we work closely, have a 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.

**Need to borrow a wheelchair? Or camera? Or projector?**

We have a brand new wheelchair that we can offer on short-term loan (for a few weeks at a time). We also have a digital camera available and a small projector suitable for presentations to small groups Please contact the office for more details.

**Flu Jabs 2019**

If you haven’t already had a flu jab this Autumn, FAC suggests you speak to your GP or Practice Nurse to arrange one if necessary. If you are a befriender, maybe mention it to your client, too.

Dates for your diary:

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| Book club | 6th November 10.30 at Palacio Lounge |
| Art class | Tues 13th and 27th November Maritime Museum 2:30 |
| Film club  | Next TBC – December 2018 |
| Games club | 28th November 2.00 til 4.00, Princess PavilionNB – change of hours due to clocks going back! |
| Photography | TBC - at Huddle, Church Street (NB: booking essential, please don’t just ‘turn up’). |
| Lunch club  | Monday 12th November at Princess Pavilion – booking essential. |
| Befrienders’ Meeting | Saturday 3rd November 10.30 - 12.00, Courtyard Deli. |

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 23rd November. 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)

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.*