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**Volunteers’ Newsletter, September2018**

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

**Welcome to the Sept 2018 newsletter.**

**Lots to tell you about this month but please, first, remember the Volunteer Meeting at Deli Courtyard, Saturday 1st September 2018 10.30 to 12.00 noon. Everyone welcome.**

**Sparkling Afternoon Tea**  
Many thanks to all of you who joined us at our *Sparkling Afternoon Tea* on Saturday 4th August. The weather was kind, the garden was lovely and it was a great chance for volunteers to meet and catch up. Thanks to Jennie Summers and Elaine Proctor for all their organising work, to everyone who helped on the day, and especially to May Coogan who runs Nurse Finders and who donated a generous sum towards the event.

**Excursions**

The Pendennis Castle trip on Saturday 11th August was well-attended and everyone enjoyed the (somewhat blustery) day out. The full-day excursion to Tuesday 11th September to the Tate Gallery, St Ives is full but there will probably be a few drop-outs so we are compiling 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.

**Website**

We have had the offer of a web site redesign and upgrade from a volunteer which we have gratefully accepted. We hope to have a new-look site up and running later this year.

Clients being supported

The number of new referrals for one-to-one befriending in the last month has dropped as it often does in the summer months. We currently still have over 50 active volunteers (so thanks to all of you). We currently also have around ten clients on our waiting list (some in outlying areas) and are assessing another five over the coming two weeks.

**Fund raising**

As mentioned briefly last month we have applied for a **£1000 grant from the BBC Radio Cornwall Appeal** to help with our excursions for next year. The fund is run in partnership between BBC Radio Cornwall and Cornwall Community Foundation and it aims to support community and social cohesion in Cornwall and the Isles of Scilly. Applications will be reviewed by a panel on the 18th September.

We have applied 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 benefit our local community. Hopefully through Falmouth Age Concern!

We don’t yet have a final date for the coffee morning mentioned last month but are hoping to go ahead this autumn. Could you bake a cake for us to sell?

**‘Every penny counts’…** does anyone have jars with 1p and 2p pieces just sitting at home? Lots of people collect their small change but don’t do anything with it! Why not think about donating your coppers to Falmouth Age Concern? If you’d like to do so, we can provide bank cash bags- count the money out to £1 for either 1p or 2p pieces (no mixed coin). Small each donation may be, but it does mount up. We have collection boxes available if anyone would rather use one of these.

Please get in touch if you think you can help out in any **small** way. We’re hoping to put together a team to come up with ideas and help organise events. This wouldn’t be a team to ‘DO’ all the fund raising but to coordinate and ‘HELP’.  Please contact Elaine on [falmouthbefriending@btinternet.com](mailto:falmouthbefriending@btinternet.com) just put ‘FAO Elaine’ in the title. I promise we’ll try to make it fun!

**Clubs and Classes**

**Photography Class**

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 faces and their helpers. Everyone is always welcome – the club is held on the last Wednesday of the month.

**Lunch Club**

The Lunch Club was held again at the Princess Pavilion in August. A ‘mixed response’ was the feedback and we have passed various comments on.

After further consultation with the team there, the next Lunch Club is being held at again at Princess Pavilion on Monday 10th September.

**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 Club**

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

**Film Club – Quarterly**

Phoenix Cinema has advised us that the next Film Club they can run will be in December. The date is still to be confirmed, as well as the film that will be showing. We hope to have more details in the October Newsletter.

**Silver Spoon Performances at Falmouth Phoenix Cinema**

They also plan to hold these film performances at 1.30pm **most** Thursdays, but not during school holidays. **Cost**: Reduced rate of £5 (£4 with a Movie Magic Card, or £3.50 with a Senior Movie Magic Card). The ticket price will include teas, coffee and biscuits.

It is planned for the Phoenix website to be updated every Tuesday up to 10 days before the performance, and we will also give as much advance information as we can when our Newsletter is circulated.

As at 28th August there are no further details available (eg start date, upcoming films), but we have been assured further information will be published shortly.

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.

Contact details

1. Falmouth Library can provide further information
2. Or contact the RVS direct on the options below

Tel 01209 218 179 or 07714 898 666

Email [**cornwalldevonhub@royalvoluntaryservice.org.uk**](mailto:cornwalldevonhub@royalvoluntaryservice.org.uk)

Website – visit royalvoluntaryservice.org.uk

**Abbeyfield Society ‘Cream Teas Under the Tree’**

Saturday 1st September 2018 from 3.00pm til 5.00pm

£2.50 for a cream tea

**Location**: Tresillian House, 3 Stracey Road, Falmouth TR11 4DW (next door to Hotel St Michael)

**Further information** – contact The House on Tel 01326 314 832

**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 2nd 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.

**Memory Cafés**

**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**.**

**Programme for September 2018 –**

* **September 11th**
  + **Arts & Crafts with Julie** – come and make something special.
* **September 25th**
  + **The Core with Pat** – Music and Movement with relaxation and fun
  + **Word Searches, games and chat.**

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](mailto: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.

**‘Turning Tide’ Bereavement Café**

The Huddle Café, Church Street, Falmouth.

1st & 3rd Wednesdays each month.

Time: Just drop in any time between 5.30pm-7.30pm.

This successful new initiative was launched just a few weeks ago, and is already proving very popular. Volunteers are on hand to chat, listen, and ‘signpost’ to further support. It is a relaxed space where you can read, craft, play board games, or just sit. Everyone welcome, including children.

[www.falmouthchurchestogether.org.uk](http://www.falmouthchurchestogether.org.uk)

email: [info@falmouthchurchestogether.org.uk](mailto:info@falmouthchurchestogether.org.uk)

**Home Admin Service**

Age UK Cornwall & the Isles of Scilly with whom we work closely, 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](mailto: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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| Book club | Next: 4th September |
| Art class | Tues 25th September, Maritime Museum 2:30  (NO Art Class on Tuesday 11th September due to the excursion to Tate St Ives taking place) |
| Film club | Next TBC – December 2018 |
| Games club | 26th September 2:30, Princess Pavilion |
| Photography | TBC at Huddle, Church Street |
| Lunch club | 10th September at Princess Pavilion |
| Befrienders’ Meeting | Saturday 1st September 10.30 til 12.00 at Deli Courtyard. |

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 28th September. 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.*