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First Floor Day Centre, Killigrew Street, Falmouth TR11 3QP Charity No 259184

**Volunteers’ Newsletter, December 2018**

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

**Welcome to the December 2018 newsletter.**

**Can you help with transport?**

We need car drivers to collect and return our elderly guests attending the Christmas Lunch at the Princess Pavilion on Saturday 15th December. If you can help, please e-mail the office, stating how many you can take, as soon as possible.

**Christmas Lunch**

On the subject of the Christmas lunch, if you haven’t already replied please let us know, by the end of Friday 30th, if you are planning to come (and if you are bringing a friend). As well as help with transport we’re hoping most people will bring cushions to supplement the ones there. And if anyone would like to donate a small raffle prize, we’d be very grateful too.

**Coffee Morning**

The fund-raising Coffee Morning at the Greenbank Hotel on Friday, 2nd November was a great success with over £400 being raised towards our excursions next year. Many thanks to those who helped make it such a success and especially those who contributed delicious home-made cakes. Particular thanks to Liz Martin who had the original idea and was the key liaison with the Greenbank.

The event also saw the launch of the **Friends of Falmouth Age Concern** - a group of people who will ‘champion, promote and support our charity’ without necessarily being a befriender, and who might help with transport, excursions or social events and, of course, fundraising. If you know anyone who might be interested in joining this group, let us know.

**Big Lottery Fund Grant**

We mentioned last month that our application for lottery funding has been successful. There has been a slight delay to the start date but we’ll be properly under way in the New Year. The lottery money will enable us to spread 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 so if you know anyone who might be interested in such a post, let us know.

**Administrator**

We will also shortly be advertising for a new part-time administrator as Sarah has left us. We are very grateful to her for all her hard work over the last eight months. Again, if you know anyone who might be interested in the position, let us know.

**Charity not Christmas cards**

Are you or anyone you know thinking of donating to charity this year rather than sending Christmas cards? If so, would you (or they) consider supporting Falmouth Age Concern?

If any donor is a UK tax payer they can increase their donation by 25% by using Gift Aid. Please contact the office for further details. Alternatively, anyone using MyDonate (see below) can benefit from BT collecting Gift Aid on FAC’s behalf.

**Co-op Local Community Fund**

Don’t forget 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.

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We will now have the opportunity to raise much needed funds to support our work in the local community and be able to run interesting events, clubs and classes.

Every time members shop at the Co-op, 1% of what they spend on Co-op branded products and services helps fund community projects.

Members need to choose which cause to support by signing into their [membership account](http://localcommunityfund.newsweaver.com/CoopLocalCommunityFundPayment/l2bdhfjep5t1gvjhkd9nqd?a=5&p=1859644&t=2046029) or by calling the membership helpline on 0800 023 4708. Falmouth Age Concern will be available for members to select until November 2019. Once members have selected the cause they want to support they can then shop at any Co-op Group stores across the UK to raise money for that chosen cause. We will receive two payments as part of the Local Community Fund. The first payment will be in **June 2019** and the last payment in **November 2019**. Our page on the Co-op membership website can be found at <https://membership.coop.co.uk/causes/22980> and includes information about our charity and how much we’ve raised to date.

The nearest store in our area is on Boslowick Road, Falmouth but there are approximately another 20 stores throughout Cornwall. The Co-op Funeral Care in Penryn will also benefit our cause. In the last round of the Community Fund the Boslowick store raised over £8000 which was shared between 3 charities. The more members that choose Falmouth Age Concern the larger our share will be!

**MyDonate**

Did you know that anyone can donate to Falmouth Age Concern using MyDonate?

MyDonate is a zero commission, not-for-profit service from BT and provides a secure, easy-to-use way for millions of people to raise money for the charity of their choice. Every penny of the money that donors contribute goes directly into our bank account. BT even collects Gift Aid on our behalf to maximise fundraising. Being on MyDonate highlights a cause to existing and potential new supporters, who can set up their own pages to fundraise for a charity.

We will be including a link on our website very soon.

Clients being supported

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

**Handyman and other help**

We are waiting for DBS clearance for a ‘man with a van’ who is keen to help us with any small jobs and has already done some garden clearing and delivery work for one of our staff. Other services such as cleaners are also available. FAC is unable to *recommend* any contacts, or specify the hourly rate any tradesperson may charge.

**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 the ‘new-look’ site is being discussed at our committee meeting in December.

**Read all about it!**

There is a really nicely produced new local magazine (free) which you can pick up from the library, one-stop-shop and many other outlets.

*InFalmouth* magazine is on its second issue and has an interesting piece on a certain well-known local charity. Do read it and pass it on.

**Clubs and Classes**

**Photography Class**

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

**Games Club**

The club is held on the last Wednesday of the month starting at 2pm, finishing at 4pm. There will be no games club at the end of December however (Boxing Day) so David and friends will see you in January.

**Lunch Club**

The November Lunch Club was enjoyed by most people, with only one ‘dissenting voice’. There will be no lunch club in December as it will be replaced by the Christmas event.

**Art Class**

We’d still like 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 are continuing to explore the possibility of an exercise class next year. Could volunteers please ask their clients if they had any suggestions for clubs or classes that they would like to attend.

**Memory Cafés**

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

**In December they are holding a party on the 11th and a Christmas lunch on the 18th.**

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)**.**

Cornwall Home Library Service – ‘Befriending with Books’

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 at Christmas**

Abbeyfield are offering free meals between the 24th of December and the 4th of January. At Tresillian House, 3 Stracey Road, Falmouth TR11. To book and for full details, call 01326 314832.

**‘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 (paid for) service to help people with administration tasks within the home. This 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.

**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 | 4th December 10.30 at Palacio Lounge |
| Art class | Tues 11th December Maritime Museum 2:30 |
| Film club | Next TBC – January 2019 |
| Games club | Next one in January, Princess Pavilion |
| Photography | Huddle, Church Street (NB: booking essential, please don’t just ‘turn up’). |
| Lunch club | Christmas lunch 15th December at Princess Pavilion – booking essential. |
| Befrienders’ Meeting | Saturday 1st December 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 the office (details below) to unsubscribe.

Contact: Peter Maxted, Manager:

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.*