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**Volunteers’ Newsletter, June 2019**

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

**Welcome to the June 2019 newsletter.
Summer is comin’ in… The sun is out (mostly) and the students are on their way home and starting to be replaced by tourists.**

**AGM result**

The annual AGM meeting took place on the 13th of May at 2.30pm at the Methodist Church. We heard updates on the charity’s accounts, operation and engagement. We also heard a speech by the Samaritans ‘talks team’, followed by tea and cakes.

**Memory project**

We’ve been working with the local community radio station, Source FM, to create a series of six hour long radio programmes interspersing our clients’ memories with suitable music. The six shows are ‘in the can’ and the first one will be aired on Saturday the 1st of June, at 11am, and thereafter every Saturday at 11. Tune in on 96.1 FM locally, or listen on the internet from anywhere in the world. Feedback will be well received!

**Befrienders’ meet-up**

The usual Courtyard Deli meeting for all (or any) befriending volunteers will take place on Saturday 1st June (10.30-12.00). Do come for a coffee and chat and to raise any issues or concerns.

**Excursions**

On Thursday 20th June 1.30 - 4.30pm we will run a half-day trip to Trebah Gardens and D-Day memorial exhibition with afternoon tea included, all for just £5, payable in advance. This trip is now fully booked.

Clients should book now for the Saturday 14th September Full-day trip (with lunch included) to Penlee Gallery, Penzance, with a stop at Marazion (subsidised cost to clients - £10).

**Falmouth Community Day**

We attended a Community Day in Falmouth to spread awareness of what we do and hope to recruit some volunteers. It was a successful day and we managed to recruit volunteers and receive referrals.

**Volunteers needed urgently**

We still have a growing waiting list of clients in need of befrienders (we’ve had 13 new referrals this month alone!), so need some new volunteers to help with befriending. If you are not currently visiting anyone and would like to start again, have the capacity to take on another client or know anyone who might be a suitable volunteer, please get in touch. We’re also running a recruitment campaign so if you know anywhere that might take a poster or some leaflets, please let us know.

We’re specifically seeking the following people:

* A male volunteer with an interest in the outdoors and the sea to visit a chap in Penryn
* Someone with transport who is interested in music, engineering and sound systems to visit out past Longdowns
* A volunteer to help with a younger client (55) with anxiety, preferably of a similar age

**Office hours**

Peter (Manager) is now working Mondays, Tuesdays and Thursdays and Abbie, our office administrator, is now working Wednesday and Thursday (10 - 4). For urgent help and emergencies, Peter is also available 24/7 on his mobile.

**Handyman help**

Jack is our ‘man with a van’ (and skilled carpenter and picture framer) and is available to help with any small jobs you, your clients or your friends may have – however he is getting quite booked up. He’s also a skilled picture-framer if you need anything of that sort done. Contact the office if you have any jobs that need doing (at very reasonable rates).

**Help us raise funds**

If you ever shop at to Co-op in Boslowick, it would be of great help if you joined their membership scheme – this is free and easy. Once you’re a member, a percentage of what you spend will be donated to a charity of your choice - Falmouth Age Concern is one of the Co-op’s local charities for 2019 (and they have a rather good wine selection, too!)

**Clubs and Classes**

Details of all the 2019 clubs and classes have been circulated to all of our current clients and remain the same, with great feedback from all attendees of the art, games, book and lunch clubs. We are still keen to increase numbers at the fortnightly art class, so if you know any budding Van Goghs (or complete beginners), get in touch.

Angela and Rita have now taken over the running of the lunch club.

If your client would like to take part in any of the clubs and classes, please encourage them to call the office to discuss.

**Safeguarding**

The safeguarding presentation/training session will now take place on Saturday 2nd November. Please put that date in your diaries.

**Memory café**

Falmouth memory café meets on the 2nd and 4th Tuesday of the month.

**Falmouth Stroke Community Café**

Falmouth stroke community café meets on the last Tuesday of the month, from 10am to 12 noon at the Princess Pavilion. It provides an opportunity for those affected by or at risk stroke to socialise and discuss experiences in an open and friendly community setting. Contact Simon Eastment for more information on 07703318825, or at simon.eastment@stroke.org

**Falmouth Friends – Dementia Café**

An opportunity for people living with dementia and their families/carers to meet in a safe space and socialise, relax, eat and drink together. The dementia café takes place on Mondays and Thursdays between 3 and 4pm. Booking is essential to attend, please call Sharon on 07826842179/01326 312833.

**FAC Contacts:**

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CHARITY NUMBER: 259 184

Programme for 2019

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