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**Volunteers’ Newsletter, March 2019**

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

**Welcome to the March 2019 newsletter.
The days are getting (much) warmer. Spring is sprung early.**

**Volunteers needed urgently**

We have a long waiting list of clients now, 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.

**New recruits**

Our new part-time ‘outreach worker’, Heather Lawry has started work in the villages and rural areas around Falmouth and Penryn. Abbie Jones-Walters, our new office administrator, is also now in post and will be working Wednesday, Thursday and Friday (10 - 2).

**Safeguarding**

Safeguarding is an increasingly important part of our befriending work, and so we will be running a safeguarding presentation/training session for volunteers on Saturday 6th of April. Hopefully as many volunteers as possible will attend. The session will last around 1½ hours and will be followed by a sandwich lunch to enable some networking. Please note that this session replaces the usual monthly befrienders’ meet-up.

**Befrienders’ meet-up**

Speaking of which, the meeting for all (or any) befriending volunteers this Saturday (2nd March) will be at the Courtyard Deli (10.30-12.00). Do come for a coffee and chat and to raise any issues or concerns.

**Handyman help**

Jack is our ‘man with a van’ (and skilled carpenter) available to help with any small jobs you or your clients or friends may have. 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. We are keen to increase numbers at the fortnightly art class, so if you know any budding Van Goghs (or complete beginners), get in touch.

Sally Pine will be standing down as volunteer leader of the monthly lunch club after the April one – for the summer at least. Angela and Rita will be running the lunch club from May.

**Memory project**

The last few interviews from the 2017/18 reminiscence project are being edited to leave us with around 20 pieces of spoken audio material of about ten minutes each. We’ve agreed with the local community radio station, Source FM, that we’ll do a series of (about five) hour long radio programmes interspersing our clients’ memories with suitable music.

**Excursions**

Dates and destinations are still to be confirmed but we are hoping to do two long (full day) trips and one half day this summer. We are planning some new venues and will be sending out a client newsletter during March with this information and much else.

**Memory café**

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

**AGM**

The annual AGM meeting has been scheduled for the 20th of May. Venue still to be confirmed.

FAC Contacts:

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[www.falmouthbefriending.org.uk](http://www.falmouthbefriending.org.uk). CHARITY NUMBER: 259 184

Programme for 2019

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