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**Volunteers’ Newsletter, May 2019**

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

**Welcome to the May 2019 newsletter.   
The sun is making appearances and our little Cornish roads are getting busier. We’re dreaming of long, balmy evenings at the beach… is it summer yet?**

**AGM**

The annual AGM meeting will now take place on the 13th of May at 2.30pm at the Methodist Church, 10 Killigrew Street, Falmouth. We are expecting one of the Samaritans ‘talks team’ to be joining us as guest speaker. Please let the office know if you are planning to attend (and if you are bringing a client with you) so we know how many to expect for tea and cakes after the main meeting.

**Befrienders’ meet-up**

The usual Courtyard Deli meeting for all (or any) befriending volunteers will take place on Saturday 4th May (10.30-12.00). Do come for a coffee and chat and to raise any issues or concerns.

**Falmouth University Garden Party**

On the 24th of May between 11am-3pm there will be a garden party at the Wood Lane Campus of Falmouth University, in conjunction with the degree shows. As well as an opportunity to look at this year’s graduate shows, there will be traditional garden party games, a plant sale, and workshops. Refreshments will be available on the day for a donation. Everyone is welcome.

We are not organising this trip, but the organisers have kindly invited us, and want to encourage the elderly community to attend. You and/or your client should make your own way to the campus, but it would be good to have an idea of numbers so do let us know if you plan to go.

**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.

Please remind your client to book via the office as soon as possible to ensure they get a place, and let us know if you plan on accompanying them!

Clients can also 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).

**Volunteers needed urgently**

We now have a growing waiting list of clients in need of befrienders, 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 who is able to speak any Cantonese to support an elderly lady who was born in Hong Kong
* Someone who doesn’t mind visiting a heavy smoker

**Falmouth Community Day**

On May 16th from 10-4 there’s a Community Day in Falmouth where local businesses and charities will be gathering on the Moor to promote their work, offer free taster sessions and more. We will be attending to spread awareness of what we do and hope to recruit some volunteers. It would be lovely to see you there, have your input, and I’m sure it will be a buzzing day.

If you are free to help on the day, any support would be much appreciated.

**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 will be taking over the running of the lunch club from May now that Sally has stepped down.

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 for volunteers on Saturday 6th of April has been postponed as very few volunteers were able to attend. The session will now take place on Saturday 2nd November. Please put that date in your diaries.

**Memory project**

We have now gathered around 20 pieces of spoken audio material of about ten minutes each. We’re working with the local community radio station, Source FM, to create a series of about five hour long radio programmes interspersing our clients’ memories with suitable music. The first show is ‘in the can’ and will be aired soon.

**Memory café**

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

**FAC Contacts:**

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CHARITY NUMBER: 259 184

Programme for 2019

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