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## Hello again and welcome to our newsletter for August and September 2015.



**General News:** I hope that some of you were able to get away for a summer holiday? Now that the days are drawing in and with the knowledge that the clocks will turn back at the end of October makes one want to bottle some of the lovely days we have had and keep them for later, like a good home made jam!

We had a very special birthday in August, Dennis Shepherd one of our long standing members, a keen gardener and keeper of the Day Centre keys, celebrated his 90<sup>th</sup> birthday. To record the occasion, he was presented with a jigsaw puzzle of himself in the garden. He has completed the puzzle and it is now in a frame in the day centre and it looks great.



We have installed a Defibrillator at the Day Centre. Did you know that Defibrillators can save lives? In a study of CPR and defibrillation for cardiac arrest under ideal conditions, survival with normal neurological function occurred in 38% of cases. Assuming survival without defibrillation to be zero, this is equivalent to saving the life of 2 out of 5 people using defibrillation. Furthermore, when considering only those with a heart rhythm correctable by defibrillation, survival rate was 59%, equivalent to saving 3 out of 5. We have installed the Defibrillator in a safe outside the front door of the day centre so that is accessible to the public. Instructions on how to get access to the Defibrillator are clearly printed on the door of the safe.



**Drivers:** I am always looking for volunteer drivers, we have got some good ones that we rely on regularly and we do appreciate what they do, however a few more will make it easier for them so please contact us if you have a car and can spare a couple of hours in a week, we will even refund you mileage covered. If you think you can help, please give us a call **on 0118 934 4040**.



**Member News:** Our membership numbers are growing at a steady pace. We believe that more and more people are beginning to understand that we do provide a lot of fun at the Day Centre, many people are concerned that the Day Centre is a place where “old people” just sit around with



Gordon Holmes – Day Centre Manager – 0118 934 4040  
Age Concern Twyford and District is a Registered Charity providing care for the elderly. Charity number: 800919

not much to do. This is not the case, we provide loads of entertainment, normally with people getting up and dancing. It is a lively and fun place, with lots of laughter and people joining in with quiz programmes, giant crossword puzzles and other games!

During July, we had a visit from the National Citizen Service (NCS). The NCS provides a programme, called “The Challenge” designed for young people to get involved in community work during a 14 day programme. The programme with us took place in two phases. The first phase was reported in the last newsletter.

The second phase as promised, consisted of the group returning with all sorts of games for the members, the afternoon was spent showing them how to play the games and challenges to see who could win. Some of the new games left the members a bit perplexed, but the interaction was great and everybody had a wonderful time



**Outreach Programme.** We are introducing a new phase of outreach during September. One of our staff members will be acting as a Member Advisor, visiting elderly people in the district. We are introducing this on a trial basis in an effort to reach lonely people, informing them of how they can benefit from becoming a member of the Day Centre. Social isolation can be very detrimental to one’s health and we are doing all we can to help people avoid isolation. So if you know of anybody who you think is socially isolated, let us know and we will go and visit them.

**Sunday Club.** You may want to make a note of the following dates: 18<sup>th</sup> October, 15<sup>th</sup> November and the 13<sup>th</sup> December. This club is great for beating the Sunday afternoon blues – come along and have a chat with friendly people and a nice cuppa tea – there is no charge for the club, although you may want to make a donation, which does go towards covering costs.

**Carer’s Coffee Mornings.** Will now start at 10.00am on Thursdays, please come along and join in. If you are caring for somebody, and don’t want to leave them alone, bring them along – we will take care of them. The next Carer’s Coffee mornings for your diaries will be on the 8<sup>th</sup> and 22<sup>nd</sup> October, the 5<sup>th</sup> and 19<sup>th</sup> November, and the 3<sup>rd</sup> and 17<sup>th</sup> December. Please join us, it is informal and relaxed – you don’t need to be formally introduced.



If you don’t want to receive this newsletter, please let us know and we can simply take you off the mailing list. But we really don’t want to lose touch with you, so please stay with us!

