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Goodness, it's that time again – are you ready for our newsletter for October/November 2016?



Season's Greetings: The trustees and staff of the Day Centre would like to wish all our readers and supporters very Happy Christmas and all the best for 2017.

General News: A lot has happened in this time. We continue to help new members get some time in the day centre but the waiting list remains a challenge for us. All we ask is that the people on the waiting list be patient - things do change all the time and hopefully we can help you sometime soon.



Give and Take Care: Age Concern Twyford and District have entered into an arrangement with Give&Take Care (G&TC) - a Community Interest Company (CIC), whose aim is to improve care for older adults in the UK. G&TC is a not-for-profit social enterprise based at Brunel University London and led by Prof Heinz Wolff and Dr Gabriella Spinelli.

Currently social care is provided through the NHS, which has limited funds available for this type of care; normally provided through family carers; or paid care, an expensive and often impersonal solution.

G&TC offer a 'care pension scheme' to those who volunteer to befriend the elderly, be it a relative or not. CareGivers record the hours of care they give, and bank the hours for later in life when they too are elderly and in need of care. At that time, they may 'spend' their credits to draw on G&TC to assist them.

G&TC mobilises society at large to tackle ageing and loneliness problems together. The care pension scheme is an incentive for more people to offer befriending to the elderly. It also enables people to make provisions for their own future old age when they will need help. Please give Sharon a call on 0118 327 3538 to find out how you can become involved



Drivers: We still need drivers to get members to and from the day centre. If you can help please give Debs or Gordon a call on **0118 934 4040**.

Driving our members free of charge doesn't affect your insurance in any way as legislation allows for it - provided you inform your insurers, and we pay you mileage rates, so your costs are covered as well. All we need is some of your time!



Member News: We had The Frantic Theatre early in October and the members love this as they never get the opportunity to see any live comedy. We

also had a new entertainer, Tony Tyler, a big band swing singer – fantastic. Harry Goff, a regular performer for us, singing popular songs and getting people to dance! We also had Dave and Ann with their craft fair, a fantastic selection of homemade crafts for sale – just in time for Christmas. In addition to this we had Rob Whelton with his selection of Belgian and other chocolates – many were sold, I wonder how many will last until Christmas?

We also said goodbye to two of long serving friends of the Day Centre, Christian Wrigley who was on the staff for 9 years as well as Sandy Poncia who worked as a volunteer in the kitchen on Mondays and Wednesdays and did it for 14 years. However we welcome Kayleigh to replace Christian and Kathryn has taken over from Sandy in the kitchen.



Outreach Programme. We continue to be active with this programme of providing *friendship and care*. During the last 12 months we have made contact with 348 people, 29 have become day care members and 8 have joined our Thursday lunch club. We have also made 25 presentations to clubs or attended coffee mornings to inform people about things they can do. It is so important to be able to reach out to people and if we can't help them immediately, we can point them in the direction of where they might get help. Loneliness leads to social isolation, which in turn can lead to serious illness. We want to help people avoid all of these, so if you know of somebody who is lonely, let us know and we will talk to them.

Sunday Club. Our last Sunday Club for this year will be on the 18th December, and this is a Christmas lunch, but as we can only seat a certain number of people, early bookings are essential, there is also a £6 charge for the Sunday Club on the 18th to cover the cost of the meal.

Fund Raising: Thank you to all the shoppers at Waitrose who put their green tokens into our collection pot, you managed to raise £441 for us and this goes a long way to cover the costs we incur providing special Christmas lunches during December to all our members - we expect to serve about 150 lunches this year.



Carer's Coffee Mornings. These start at 10.00am on every second Thursday in a month. Please join us, it is informal and relaxed – you don't need to be formally introduced. The next coffee mornings are on the 8th and 22nd December. Carers may also be interested in the Give and Take Care programme mentioned earlier. Some other good news is that Wokingham have launched a Carers Hub to assist unpaid or family carers.



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!