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Hello everybody, are you ready for our newsletter for August and September 2017?



General News: We hope you all had a wonderful holiday break? The Day Centre operated as usual during August, but with fewer staff as they also needed a break. My break is coming at the end of October, when I will be retiring, so this is my last newsletter.

As of the 1st November, Debs Heffernan will be carrying on as Centre Manager and she will be supported by Ekin Brigden the Administrative Manager as well as the team of Carers and Volunteers. For those of you that don't know the Carers, they are Sharon, Brenda, Wendy and Amanda. Ricky our handyman and driver is here on all four care days and Wendy Goodwin keeps the space clean and tidy. Let's not forget Debbie in the kitchen who has been turning out great meals for our members for many years. Last but not least is Janet who runs our Outreach programme and she is doing a fine job engaging new members. I will be leaving a really good team behind to look after our members.



Janet our Outreach Co-ordinator recently did a Sky Dive over Hinton to raise money for the charity and at the time of going to print, she had raised £920 and is hoping to get to that £1000 mark, so if you have a spare pound or two or three etc., I am sure she will be happy to receive them on behalf of the charity – well done Janet.



Give and Take Care: This is growing and picking up momentum, we are exchanging about 20 hours per month at present with 18 Care Givers and 13 Care Receivers, so... come on the people who need befriending care, give us a call and we will match you up with somebody nice. We have a new Locality Manager, Siobhan Atkinson, who joins us on the 1st November, replacing Dawn Sines who is now the Business Development Manager for Give and Take Care CIC. Dawn still spends time with us as a support person and maintains contact with our Twyford partners. She will be responsible for opening up and supporting other localities on a Country wide basis – good luck Dawn and thanks for all the help you give us. If anybody would like to know more about our befriending scheme and becoming a CareReceiver or as a CareGiver, please call our office on **0118 3273538**.

Member News: It has been a sad time for us as we have lost many of our friends these last two months, Peter Mouldsley, Tony Felton, Violet Goulden, Malcolm Evans and Doreen Rowbottom – there have also been some falls, with Wendy Gosheron in hospital due to a fall and Ann Jones being treated for a heart condition. Our thoughts go out to the families who have lost a loved ones - our friends,

and we wish a speedy recovery for those that are not well - we miss you at the Day Centre.

If you thought we are flexible in our services in the past, we have become even more flexible. We often get last minute cancellations, so rather than have an empty seat, we may call you up to say we have a space available, and if you want to come in at short notice, we would be happy to accommodate you.



Outreach Programme. Not only is the outreach programme helping people to find out about services they can get in the district and about the Day Centre, but as you saw earlier our outreach co-ordinator raised over £900 for us and she has asked us to increase our security at the Day Centre. As a result we have upgraded the door access control, in and out of the building and the building is now monitored by recorded CCTV, which helps us to keep tabs on who comes and goes and when – so BIG Brother really is watching you now.



Carers Coffee Mornings. These still take place on the 2nd Thursday of every month, come along and get the latest news and updates for carers. We recently had a group of 15 or so carers in for coffee and cake and they were pleased to hear from us that we can offer them last minute spaces for their people if we have a last minute cancellation, so if you are on a waiting list, you may get a call from us offering you a place for the day. We thought this might help some carers get respite when they don't expect it and also the opportunity to do something while we take care of their charges.

Twyford Together Health and Wellbeing Group. This group, which is concerned about the health and wellbeing of Twyford residents, meets regularly and they were recently introduced to a new Rehabilitation Service at Bridge Park. If you need rehabilitation after hospital treatment please call 0118 934 2121 for more information.

Sunday Club. Our Sunday Club is continuing as before, these take place on the 3rd Sunday of every month, sometimes it is just tea and a chat and sometimes, tea, a chat and a movie, so don't be lonely on a Sunday, give us a call on 0118 934 4040 to book a place at a Sunday club session.



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!

Now rather than say goodbye..... I will say that I hope to see you again in the future as I will still be friends with the Day Centre.