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Volunteer Week—a time to say thank you

To all volunteer colleagues

The voluntary sector came from the hard work of people volunteering their time to make sure local people had the support they needed.

Thanks to you that spirit continues and without it Age Concern could not provide the care and support older people in the City need.

I want to say thank you, on behalf of our clients, the Board and all of the staff team, not just for your hard work and the expertise you demonstrate all of the time, but also for the way you respect and acknowledge our clients, something sadly lacking in many of the organisations they encounter.

Stop for a moment, close your eyes and think about the face of someone you helped one day in Age Concern. They say thank you and so do we.

Jim

Gratitude is not only the greatest of virtue, but the parent of all the others.

Cicero

FREE tickets to volunteers to see the Fretful Federation Mandolin Orchestra



Call us 01273 720603 or pop into the office to collect your tickets. We have 4 tickets only courtesy of Adur Festival.

Enjoy!



The Magic of the Mandolin

Saturday 13th June
8.00pm - 10.00pm
The Barn Theatre,
Southwick Community Centre,
24 Southwick Street

An orchestral ensemble of mandolins, mandolas, guitars and mando bass. Programme ranging from classical to popular classics and modern masterpieces. Relaxing, stimulating and toe-tapping; unmissable!



Volunteering with Age Concern, what is it like ? Here is what you said

On what motivated you

'need to do something for others, keep brain active'.

'I am at an age when my parents/relatives are becoming more frail and in need of support (my mother died from Alzheimer's three years ago). Having to deal with the system, trying to get the care and assistance for my relatives, made me realise what a raw deal older people get. I no longer work full time, so I thought I'd like to put something back and see if I could be of assistance to other older people in need of help'.

'I had just retired and decided to get involved in something to do with older people'.

'I have been unemployed for quite a while due to illness and wanted to fill my week with something constructive. I had previously worked in a charity shop and enjoyed my experience there but decided to take on a more challenging role. I decided on Age Concern as I felt that older people were sometimes neglected in society and I had always enjoyed working with them'.

'I was motivated to volunteer at Age Concern to fill a gap following giving up work early. At one point I thought it would be easier to find paid work than get through interviews etc for voluntary work!! (not at Age Concern I hasten to add).'

The smallest act of
kindness is worth
more than the
grandest intention.
-Oscar Wilde

On what you enjoy, what makes you feel good

'I feel I'm doing some good - helping people in need, especially older people who, generally get a pretty poor deal'.

'being part of a team and meeting new people'.

'It is very rewarding to see, or, hear someone, who has contacted Age Concern, leave as a happier and more confident person'.

'helping people - trying to solve problems. Small things often make substantial differences to peoples lives'.

'I enjoy the interaction with the callers to the centre, something I miss since leaving the Post Office. I started volunteering at the centre in approx. September 2007. I thoroughly enjoy being able to pass my own enthusiasm for computing on to the people who drop in'.



On what makes it work for you

'working with such a friendly and helpful team of volunteers, the great variety of problems presented and the interesting people that I meet. I have worked as a volunteer for just over a year now'.

'It works for me because I am left to do it my way but with back up should I need it.'

'I like the camaraderie of working with the I&A team and everyone is eager to support one another. I've learnt a lot about the services and support available for older people and hopefully have provided the same to the clients. I'm hoping to use my experience and skills learnt here to go on to do a Social Work MA.'

'If it didn't work for me I wouldn't be here! That's the joy of volunteering'.

On feeling supported

'yes I do'

'it is sometimes difficult to locate an experienced member of staff for advice, or, guidance to assist with more challenging clients'.

'within AC, very much so. Lovely people with a wealth of knowledge - keen to pass it on'.

'yes by members of team and manager of the service'.

Gratitude is the
memory of the
heart.

Jean Baptiste
Massieu

What you also said

'I started as a volunteer nearly two years ago and have gained a lot of satisfaction by being able to help other people especially others of my age group who are not as fortunate as myself. I had thought about studying for a degree but by volunteering for Age Concern I could combine learning new things with doing something useful with the knowledge. The support of the staff and other volunteers has been invaluable and makes work an enjoyable experience'.

'I get rather frustrated with the computer software, it seems to be different on each computer, some of the programmes are vastly out of date. I seldom went down for a coffee as the kettle used downstairs was small and slow, then as soon as a new kettle appeared that was supplemented by the new vending machine!! And yes, I do appreciate that we are funded by donations'.



'I joined Age Concern as a volunteer because I had long thought that older people had the worst deal, both from welfare services and society at large. They seem to be regarded as a burden, with no account taken of their contribution in their younger days.

When I retired, and we moved to Brighton, I joined the I & A service in 2000 and have enjoyed being a member of the team ever since. My contribution is modest, but I get satisfaction from the fact that it helps Advisors to carry out their role in dealing with clients'.

'as is often the case I volunteered for the I&A service at Age Concern having been helped by them when I found myself far from home and dealing with a critical situation. It crossed my mind that I might in the future be able to repay in some way. Imagine how pleased I was to find on my return, that the Brighton Hove Portslade were right on my door step and they were advertising for volunteers. It was meant to be. Since September last year I have finished my initial training and am now qualified to work as a volunteer adviser. What I love most is that we are always learning from each other, regularly invite colleagues to our team meetings and are positively encouraged to take up external training. Life is never dull on the desk'.

**Thank you indeed
to everyone who responded**

annette

From Volunteering at Age Concern To working at Age Concern

.....is the move Patricia, Rachel, Denise, Lisa, Bee, Merlin, and Mikhail, successfully made -most good it is ... both ways-.

Liz is the latest volunteer to have secured full time employment, in the city, last month. Congratulation, and we wish her all the very best in her new job.



Welcome to New Volunteers

We've welcomed Stephen and Patrick on the Information and Advice service, Sarah and Katharine have joined the Counselling service, and Christopher and Michael are working in the Computer Drop in Centre. We wish you all an enjoyable and rewarding experience with Age Concern.

Volunteering opportunities

We recruit volunteers on the following services:

- Information & Advice
- Reception
- Computer Drop in Centre
- Horizons (re-habilitating service)
- Shops
- Counselling
- Community Development



If you can dedicate 3 hours of your time per week minimum we would love to hear from you. Contact us on 01273 720603 and speak to our Volunteer Co-ordinator on Mondays, Tuesdays or Wednesdays.

Take a look on our website to find out more about what we do.

www.ageconcernbrighton-hove.org.uk

You can complete our on-line application for volunteering or email :

jean.calder@ageconcern-bhp.org.uk

We've also added videos on the website to highlight volunteer week.

Volunteering with LifeLines

Lifelines is a partnership project led by Age Concern. The project aims to support Active Ageing by working with older people, to provide more opportunities for older people to become socially and economically active.

It recruits volunteers to

lead activities and services that contribute to the well being of older people.

Volunteering with Lifelines requires time, energy and an interest in:

- meeting people
- being prepared to share and learn new skills

- helping address the needs of older people in our city.

If you are interested in volunteering with Lifelines contact Jeanette Palfrey or Gwyn Chanlewis on 01273 765271

Email lifelines@ageconcern-bhp.org.uk



Lifelines are moving to new premises

From 10th June they will be at 2a Port Hall Road Brighton BN1 5PD

New Every Morning

*Blessed awakening from night's deep slumber
Plans for the day race through my head
As the welcoming sunshine, all doubts are as under
I eagerly rise from out of the bed*

*Every new morning there stretches before me
Tasks to achieve before darkness claims
If it were not so my days would poor be
My very existence would seem in vain*

*Hope is Love of Life, a poet cries
His words inscribed over a publicans door
O grant me the wish that whenever I rise
Fresh challenges greet me as they have before!*

Ann

.....If you keep taking tiny steps you can travel far, they can take you to the stars!.....



Thank you Ann

**The poetry group meets fortnightly on Fridays
1pm-2.30pm in Prestonville Road**

FREE AFTERNOON EVENT ON THURSDAY JUNE 11TH By John Cheves

WRVS Heritage Plus presents an **Old Time Music Hall event at Portlside Town Hall on Thurs June 11th from 1.30-4pm.**

Entertainment will be provided by a group called 'Merrymakers Music Hall', who do lots of old First World War songs, and dress up in great outfits of days gone by.

The show will be in two 45 min sets from 1.30-2.15pm then 30 min break for high tea then 2.45pm to 3.30pm (with a 15 minute singalong afterwards) then another cuppa before home.

Entry to the event is **free** and there is free parking available too.



Photo from WRVS heritage Plus Archive

Heritage Plus celebrates and documents peoples individual and community histories through regular activities, events and outings.

Nicola Bengel, WRVS Heritage Plus Project Coordinator, 07901552164 , Tue, Wed, Thu.