



NEWSLETTER NOVEMBER 2009

FREE festive open day

- ❖ Contact family, relatives and friends anywhere in the world
 - ❖ Bring your Christmas cards and these will be posted for you free of charge.
 - ❖ Enjoy mince pies and refreshments whilst you are there and return home with a gift.
- C all Annette on 01273 720603 to find out more and to book a place. If it is difficult for you to make your own way, transport is available on request.



On Saturday

5th December

At Family

Investments

17 West Street

Brighton

10am—2pm



Staff, Volunteers and Trustees Xmas Celebration
Fri 18 Dec 2009 at 1.30pm
in Prestonville Road

We look forward to your company, in the spirit of giving and receiving, Secret Santa and something for the buffet.

Let us know what you are bringing for the buffet and we'll add it to the list. Call Annette 01273 720603

Please note
the office will close at 1pm on
that day.

Xmas Closure

**We are closed this Christmas
from 1pm
on Thursday 24th December
and will re-open at 10am
on Monday 4th January 2010**

**The Crisis service continues to operate
throughout the holiday season.**

The Big Knit 2009 (with Innocent and Sainsbury)

A warm thank you to everyone who took part to this year's Big Knit.

739 items were knitted that will raise £325.16 to benefit older people's groups such as the 'Old Spice Cooking Group'.

Every knitted warmer makes a difference. Splendid!



Listening event

Jack Hazelgrove,
Chair of the Older
People's Council B&H

Listening Event— shaping the future of care together

We were able to facilitate this event on 29 October for people living in Brighton & Hove in partnership with the OPC and LINK (Local Involvement Network).

Notes of the discussion groups are available on our website together with Age Concern BHP Consultation Response to the Government.

[Www.ageconcernbrighton-hove.org.uk](http://www.ageconcernbrighton-hove.org.uk)

I recently created a website as a show of appreciation to my loving mother, Deborah Jordan. For many years, she's written poems about her life but, because she believed they were no good and no one would want to read them, her secret passion has only recently come to light. It's a pastime she adores and, after a little convincing from me, she's allowed me to reproduce them on the blog "Mum's Poems" (<http://mumspoems.blogspot.com>). I hope Woman's Weekly readers might visit the blog and enjoy her heartfelt words, and also that the site inspires many more to get online and share their talents.



Best of the verse: James
with his mum, Deborah

James Callahan, via e-mail

MY MUM

M is for making the best out of me.
O is for the others you always see.
T is for the troubles we both have shared.
H is for the home with you always there.
E is for ever that I'll tell everyone.
R is the reason that I love you mum.

The above article appeared in Woman's Weekly in October. I have known for sometime of Debbie's poetry. It is 'second nature' to her, does not think too much about it, She's been doing it for years. Thanks to her son, we, and the rest of the world, can enjoy her heart felt poems. I selected the one above as it seems to fit the article perfectly. With best wishes. *annette*

Age Concern Older People's Projects in Marmion Road, Hove

The Lunch Club for over 55's at Marmion Road provides a 3-course lunch at low cost. The Club offers activities and trips as well as friendship and support. At present we serve around 60-70 meals a week and provide trips out once a month. There is also a transport service available.

The lunch club offers trips out in our minibus to a range of local places of interest – parks, gardens, National Trust homes, and shopping

centres – always finishing with tea and cakes!

The club also offers social activities

including: *Games * Arts & crafts * Table Tennis * Boccia (Bowling)

Fitness for Older People.

We offer a range of fun keep fit classes for older people. The classes are delivered by qualified specialist instructors and include * Fitness to music * Indoor bowls * Stretch classes....and much more

For more information about Age Concern older people services in Marmion contact us on **01273 731724**



Welcome to Jackie who is co-ordinating the projects in Hove, Michelle Scott, Lunch Club Cook and all the volunteers supporting the projects. .

LifeLines launches its new Activity Partners project

It may require effort to start a new activity or join a group . LifeLines' new Activity Partners project aims to encourage over 50s to take part in activities.

Activity Partners will be matched with people over 50 in the Queens Park, Turner and Craven Vale areas of Brighton, and will accompany the older person on a weekly basis (or more regular if agreed) in activities such as walking, swimming, exercise classes, Tai Chi, Boccia, knitting or indeed any activity the older person

might want to do. It is hoped that in this way isolated people, or people at risk of becoming isolated, can be linked with existing groups or organisations offering activities in the local area.

If you are interested in becoming an Activity Partner and helping an older person get out of the house and get involved in a local activity, please contact the LifeLines team.

If you think you would like to be matched with an

Activity Partner, or if you know someone you feel would benefit from being matched with an Activity Partner, please get in touch.

Contact:
Janette Palfrey or Gwyn Chanlewis
Telephone:
(01273) 508118



Email:
lifelines@ageconcern-bhp.org.uk

Address:
2A Port Hall Road
Brighton BN1 5PD

Postal Scam

The Trading Standards Office are making people aware of the following scam:

A card is posted through your door from a company called PDS Parcel Delivery Service) suggesting that they were Unable to deliver a parcel and that you need to contact them on

09066611911 (a Premium rate number).

DO NOT call this number, as this is a mail scam Originating from Belize.

If you call the number and you start to hear a recorded message you will already have been billed £15 for the phone call.

If you do receive a card with these details, then please contact Royal Mail Fraud on 02072396655 or ICSTIS (the Premium rate service regulator) at www.icstis.org.uk



Free 60+ Water Confidence Swimming Lessons



Active for Life Project is supporting a pilot

project to help people make the most of the Free Swimming Scheme in Brighton & Hove. Free water confidence sessions/swimming

lessons are available for people aged 60+ who would like to take part in 6 weeks of lessons to help them make better use of the Free Swimming Scheme run in Brighton & Hove. The lessons take place at the following times/locations:

King Alfred 60+ Monday's 3.00 – 4.00 p.m.

St Lukes Swimming Pool 60+Wednesday's 3.00 – 4.00 p.m.

If you are interested in taking part and to find out about the next start date call 01273 292569 or email activeforlife@brighton-hove.gov.uk

Remembering Anna Jones

Age Concern office closed on 02 November as staff and volunteers paid tribute to Anna Jones who died from breast cancer on 23rd October. Anna's involvement with Age Concern began in 1986 and over the years she got to work on most services from nail cutting, to crisis service, managing clubs and activities, information and advice and others that no longer exist. We shall remember her enthusiasm and desire to 'do something' combined with a sense of humour.

Welcome to new volunteers

Jacqueline and Elizabeth have joined the team in the Computer Drop in Centre. Welcome to you both and we hope you will enjoy your time with Age Concern.
