

REACHING OUT

The Newsletter for Volunteering in Health

June 2017

We're on the move!

From 7th June, Volunteering in Health will be based at Teignmouth Hospital. From here we will continue to provide all of our existing services, but our new base also means that we will be able to launch a new Information Centre, providing information and support to local people.

To run the Information Centre smoothly we will be looking for new volunteers to join our 182-strong team to welcome visitors to the centre and provide them with initial information and support. To find out more about this new volunteer role, please contact our Volunteer Co-ordinator, Em Flint.

Obviously we will take a little time to move and settle into our new home, so we ask that you please bear with us for the first few weeks as we find our feet. We will endeavour to keep everything running as smoothly as possible during this time.

We would like to thank Teignmouth Hospital for inviting us to work so closely with them. This closer link will enable us to work together more effectively, resulting in better support for all our clients.

We would also like to thank Marks & Spencer's Spark Something Good project which has provided a grant and volunteer time to help get us set up. Last year Marks & Spencer chose us as their Charity of the year and raised over £5000 for us. Thanks also to the Incredible Fund and Graham Price, Chair of Teignbridge District Council for their financial support towards our move.

The centre will be launched on **Saturday 15th July at 1.30pm** with a sponsored walk from other local hospitals to the centre. Please come along and join us for a cream tea and for the official opening of the Information Centre. If you'd like to join us for the walk or sponsor us, please get in touch!



ANNUAL GENERAL MEETING

Thursday 14th September
2.00pm-4.00pm
Bitton House, Teignmouth

Everyone Welcome
Refreshments provided
RSVP 01626 771695

Bingo!

On Wednesday 13th September there will be a bingo night at the Langstone Cliff Hotel fundraising for Volunteering in Health. It's just £10 for the night, for several games of bingo with cash prizes, and even includes tea and cake! Please contact Miia at the office if you'd like to come.

100 Club

We have got a few spaces left in our 100 club this year. It costs just £12 for 12 chances to win £40.00. Contact the office if you would like a number!

Our New Contact Details

Volunteering in Health
Coastal Information Centre
Teignmouth Hospital
Mill Lane
Teignmouth
Devon
TQ14 9BQ

01626 771695

On The Web

volunteeringinhealth.co.uk
twitter.com/vih_devon
[facebook.com/
volunteeringinhealth](https://facebook.com/volunteeringinhealth)
info@volunteeringinhealth.co.uk

vh volunteering
in health
...reaching out

Starting Conversations Across Generations

Class Six pupils from Shaldon School contacted us last November as they wanted to reach out to lonely people in their community through letter writing. They each wrote a lovely letter introducing themselves and asking questions about their new friends and what school was like for them.

We matched the pupils with some of our clients so that they could start pen friendships. The pen pals were an average 70 years apart in age, so times have certainly changed a lot! Many of the pupils, who live far away from family, don't have grandparents living locally and similarly many of our clients don't have grandchildren nearby, meaning that this might be the only relationship they have with someone of that generation.



As more letters were exchanged, people started asking if they could meet each other. So the pupils organised a violin concert and Christmas party to invite their new friends to, even making beautiful gifts for them, thanks to a donation from The Helen Foundation. The party was a great success, with some of the clients even performing poems and songs of their own!



Next up, in March, we got together again, this time to share and compare memories. These were collated and put together to create a book, which we hope will be a souvenir for this project and as a tool to start conversations across generations. Thank you to local artist Laura Wall who gave us permission to use one of her beautiful paintings for the cover. Copies of the book will be available to browse or buy from the new Information Centre.

In May we got everyone together again to get creative! Local artist Tim Starkey ran a portrait making workshop, where the pupils and clients painted portraits of each other. Another local artist, Lisa, worked with the group to create clay tiles. This work will be on display at Funky Aardvark until 23rd June and at the Information Centre after that.

The final event will take place on 23rd June, when the class will be hosting a croquet and cream tea afternoon at the school before they move on to their secondary schools in September this year.



Home Help Service

Did you know we offer a Home Help Service?

Our friendly staff can help you with cleaning, light gardening, laundry, shopping and simple DIY tasks. All work is completed by criminal records checked staff for £12.50 per hour.

To find out more, please contact our new Home Help Service Co-ordinator, Marj Dawson.

Gifts in Memoriam

One way to support us is to leave a gift to VIH Health in your will.

After making provision for your loved ones, we would like you to consider leaving a set amount or a percentage of your estate to VIH.

This will help us to continue to support lonely and isolated people in our community for years to come.

Memory Services

We are very pleased to now be offering a weekly Memory Café in Teignmouth, thanks to a grant from The Claire Milne Trust. Our Memory Café is held **every Thursday from 10am-12pm at The Alice Cross Centre**, and you are very welcome to stay on for a delicious lunch afterwards!



We recently took a group of clients to the Pavillions to see "Music and Memories", which was enjoyed by all! Music has been shown to be very beneficial to people living with dementia, so we are really pleased to have recently received funding from the outgoing Mayor of Teignmouth, Terry Falcao, to purchase ipods so that our clients can listen to music of their choosing during our Sessions. This was following his recent visit to our Music for Memories group. Thank you also to Teign Music who helped us choose suitable instruments for this group.

Carers Week 12-18 June 2017

We have a range of activities going ahead this Carers Week, including a trip to Ocombe Farm and a lunch at Censi's.

There is also a Singalong with Acoustic Adrian at The Alice Cross Centre on Friday 16th June which is just £7 including a fish and chip lunch.

Our Carers Group meet on the last Wednesday of the month from 2pm-4pm at Bitton House.

To find out more about any of these events, or how we can help you, please contact our Carer Support Worker, Jackie Milan.

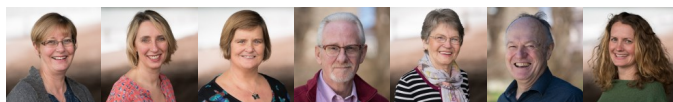
We Need YOU!

Do you want to make a real difference to people in Teignmouth, Shaldon, Dawlish and Chudleigh? Could you give as little as an hour a week to visit a lonely person at home, drive them to a medical appointment, or help at a Memory Café? Would you like to join a friendly organisation that really values its volunteers?

We'd love to hear from you! Contact our Volunteer Co-ordinator, Em Flint, to find out how you can join us.

Portraits

Thank you to local photographer, Rachel Palmer, who took on the challenge of making us all look beautiful for some professional portraits! These will be displayed within the Information Centre and our website making it easier to put faces to names.



Case Study

Volunteer Gordon Robbins has made a huge difference to the life of one of our clients, Michael. Each week, Gordon visits



Michael, who is a wheelchair user living in a nursing home so doesn't get out and about much. Michael told our Reminiscence Co-ordinator, Jeniffer Gillett, that Gordon's visits are the highlight of his week.

Throughout his life, Michael has been a keen poet and now Gordon takes his handwritten poems away and types them up for him, even posting some to the queen! He wrote a beautiful poem for Her Majesty for her birthday and was absolutely thrilled to receive a reply! One of the pupils from Shaldon School is also a keen poet and has been matched with Michael as a pen pal and they are enjoying sharing their poems with each other.

Now Gordon is helping Michael research his family history and brings in print outs of his findings for Michael. Thank you Gordon!

Horsemanship for Health

Horsemanship for Health is a rural social enterprise based in Netherton, dedicated to improving life-long education, health and wellbeing opportunities for local people. They work with individuals with complex physical, emotional or learning needs, to promote an ethical approach to horsemanship, farming and healthy living. They also offer gentle sessions for anyone who would like to reconnect with or overcome a fear of horses.



Thanks to a grant from The Incredible Fund, Horsemanship for Health has invited some of our clients to come for Taster Sessions with their beautiful horses. The sessions can be particularly beneficial for people coping with bereavement or living with dementia.

We might be in a book!

Freelance journalists Ben Laurance and Jenny Little are writing a book about life in coastal communities. They visited Teignmouth to discover more about the issues faced by an area with an unusually high proportion of older residents.

They said: "We wanted to talk to Volunteering in Health because we'd heard good things about its activities specifically in alleviating loneliness and isolation. It's an impressive organisation clearly doing very valuable work that genuinely improves lives. Volunteering in Health clearly works extremely well for the clients, and, importantly, gives fulfilment to the volunteers themselves."

We are really looking forward to seeing the finished book—good luck Ben and Jenny with the rest of your research!

Funky Aardvark

Community-run art gallery, Funky Aardvark, has kindly offered us their exhibition space throughout June. We will be displaying some of the work that has been done with Shaldon School as well as information about all of our services. Pop in to see what we've been up to!

Funky Aardvark run a range of arts and crafts workshops so it's a great opportunity to find out more about what's on offer.

Volunteer Drivers are Key



Transport Processes Review

Thank you to our "TPR Team": Colin Shirley, Alwyn Oakley and Richard Winterton. All three are volunteer drivers with us and have invested several hours into reviewing some of the processes used by our busy Transport Desk.

A range of improvements have been made to how the desk operates, which we hope has made things run more smoothly for the volunteers running the desk, clients using the service, and our drivers.

If you have any feedback about any of our services please do let us know as it is all taken on board and we will make changes where we can to ensure the best possible service for everyone.

Parkinson's Awareness Talk

On Tuesday 20th June, Parkinson's UK are holding a Parkinson's Awareness Talk from 10.30am-12.00pm at Teignmouth Fire Station. This is open to all, but please contact our Volunteer Co-ordinator, Em Flint, to book your place.