

Welcome

Scheme members, volunteers and supporters to the very first edition of the Time to Talk Befriending quarterly Newsletter!

We are delighted to write with such positive news following our first year of operation.

Happy reading!



What a difference a year makes!

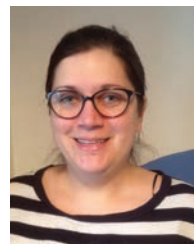
When I first met most of you I was working alone with the support of our brilliant committee Julie, Gen and Tyler. After a very successful year of operation I am delighted to introduce the newest members of the Time to Talk Befriending team!



**MEGAN
MCLOONE**

Social Work Student

Megan started a six month placement with us from the University of Sussex in January 2015. Megan has been working with me to assess and review all the incoming referrals. Megan will also be providing much needed advocacy for scheme members who require additional support. Although Megan will be leaving us in June she has proven to be a real asset to the Time to Talk Befriending team.



**SALLY
CRAWFORD**

Referrals Coordinator

If you are an older person who was part of the Time to Talk Befriending scheme in November / December 2014 you may well have received a hamper from the Vineyard Church in Brighton. If you did then it is Sally you can thank for the brilliant way in which the shopping and deliveries were organised. It was Sally's efficiency and strong organisation skills that led us to offering Sally the much needed part-time role of Referrals Coordinator at Time to Talk Befriending. Phew – that is a big sigh of relief from me that Sally agreed to join the team in February 2015 – welcome Sally!



**HANNAH
CARTER**

Volunteer Social Media Co-ordinator

Although Hannah works full-time she has a big heart for older people so currently volunteers as a befriender. In addition Hannah has very kindly taken on the role of Social Media Coordinator for Time to Talk Befriending. In doing so Hannah will help us keep abreast of the ever changing modern world!

In Hannah's words:

"I am proud to be a volunteer for such a kind caring charity which puts lonely, elderly people at the forefront of everything they do. I am happy to be a part of the Time to Talk Befriending team as I believe that the more lives we touch the happier we become as a community. I would highly recommend volunteering/befriending to others, as not only can it make a real difference to the lives of the person you are befriending but it's also great to hear the stories and experiences from older generations and how things have changed over the years - they are a constant source of inspiration that too few get to know. I love to share these wonderful stories with others, so that they can inspire generations to come!"

Thank you in advance for your time and for your support!



**CLAIRE
ABDELKADER**

Volunteer Review Coordinator

Claire has very kindly offered to take time out after work on a monthly basis to help coordinate the scheme member and volunteer reviews. Claire is also a volunteer befriender so thanks for all your hard work too Claire.

Volunteers and Scheme Members please kindly read this important information about Claire's role as it involves you – thanks!

- It is really important that everyone responds to the reviews so that we can monitor the progress of the befriending matches.
- The reviews will be issued by email or by post on a quarterly basis.
- The review will enable you to feedback any positive comments about the befriending match. We are already hearing about strong friendships that are developing which is extremely encouraging and worthy of sharing.
- We are always looking at ways to improve the service so the review gives you the chance to feedback ideas or concerns you might have.
- Your feedback is extremely helpful because we can use the data for funding applications. Without ongoing funding we couldn't run the Charity so your prompt response to our review requests is integral to helping us sustain and develop the scheme.

Thank you in advance for your time and for your support!

Can you help?

We are currently looking for a volunteer coordinator to work on a voluntary basis for 2 half days per month.

We would also welcome the services of an experienced grant writer! Do you have experience of writing application forms for funding and a spare hour or two every month? If the answer is yes please don't hesitate to contact Emily today on 01273 787125.

Thank you Volunteers!

On the 5th March we hosted a thank you evening for our volunteers. Without the dedication of the voluntary team we couldn't run the Time to Talk Befriending service so we want all our volunteers to feel appreciated.



Here are a few photo's taken from the night courtesy of Hannah Carter (thanks Hannah!).

For those of you who couldn't make it or who have just joined the team we would like to extend the thanks to you all too!

SPECIAL THANKS!

We would like to say a special thanks to one of our long standing scheme members **Muriel** who very kindly spoke to the volunteers who attended the thank you evening.

"Muriel your heart felt message about how being part of the Time to Talk Befriending scheme has helped you will no doubt stay in the hearts and minds of all those present. We are equally as delighted to have met you". Emily.

Chris started volunteering for Time to Talk Befriending after we met at a Brighton and Hove City Council meeting. Chris is a scheme manager at a Council run sheltered housing scheme in the City. He has had a number of voluntary experiences through the Charity which he very kindly shared at the volunteer thank you evening – thank you Chris.

Ellen was one of the first volunteers we recruited in 2014. Ellen is not only a brilliant befriender but she is also a very talented graphic designer and artist. It is thanks to her that we have a newsletter to share with you so thank you Ellen for your commitment, talent and time it is much appreciated.

Activities, Events and Pastoral Support Recommendations

As valued scheme members there are a number of groups, activities and events you can link into across Brighton and Hove but we have included a few this quarter that we hope might be of interest.

This list is by no means exhaustive so if you have an interest you would like to pursue or if your situation changes and you would like support to access services please do not hesitate to contact us on 01273 787125 and we will do our up most to signpost you to the right place.

Home and Company

Home & Company is a home care services company owned and managed by Julie Gibson and Loretta Harrison who have worked together previously to promote best-practice in health and social care. "We believe there is a better and different way to provide help at home".

How are they different? They want the people they visit to feel that they are living life to the full so they have brought together a complete range of quality home care services that can be accessed easily and delivered by people they can trust. The quality of the people is paramount so they have handpicked a great local team who they know personally.

They can provide company and regular or one-off help with:

- shopping • meal preparation
- cleaning and laundry • administration
- appointments/activities • pets
- hobbies • computers/tv/telephones
- hairdressing • beauty treatments
- gardening • osteopathy
- foot care • benefits advice • home security
- building and repairs
- decorating • window cleaning

If you would like to find out more call Julie and Loretta on 01273 434190

Friendship Centre Lunch

Holland Road Baptist Church, Holland Road, Hove.

Fridays 11.30am – 1.30pm

£3 for main meal and desert

**Welcoming, warm and friendly environment!
Delicious fresh home cooked food.**

Brighton College

As valued scheme members you will all be invited to attend special events hosted by students and teachers at Brighton College. Transport can be provided by the College and Time to Talk Befriending will be present. Please see the enclosed poster for further details.

Honouring Older People Events

A great time of singing, inspirational stories, befriending, tea and home made cake!

Held in the lounge at Patching Lodge between 1.30pm – 3.00pm on:

21st May 2015	17th September 2015
18th June 2015	15th October 2015
16th July 2015	19th November 2015
20th August 2015	17th December 2015

Free Entry!

Hosted by Centre Church Brighton

Time to Talk Befriending attend every month and are often invited as a guest speaker.



Church Service

Future 2015 service dates:

Monday 18th May
Monday 29th June
Monday 27th July
Monday 24th August
Monday 21st September
Monday 26th October
Monday 23rd November
Monday 21st December

**time to talk
befriending**
Honouring Older People Events

in partnership with local Churches and IBTI Bible college.

Are pleased to invite older people from the local community to:

CHURCH SERVICE

3:00pm - Monday 27th April 2015

Muriel House, Ingram Crescent West, Hove, BN3 5NS

Holy Communion, Sermon, Hymns (old and new), Tea, Cake and Befriending.

There is a space available for everyone so we hope to see you there!

If you live close by and need a chaperone to enable you to attend please contact Emily Sinclair at Time to Talk Befriending on 01273 787125.



Pastoral Support

During a research study that the founders undertook in 2012, older people told us that they would like to receive prayer support. Many people also wanted to be connected to a local Church. The founders of Time to Talk Befriending would therefore like to extend the offer of confidential prayer to our scheme member and volunteers. We also have strong links with Churches across Brighton and Hove so are happy to make introductions.

If you would like further information about the information listed here or details about other available services and activities please contact Emily on 01273 787125.



time to talk befriending
tackling loneliness together

RIDE RONNIE RIDE

spinning sprightly to honour older people

RONNIE IS CYCLING 1000 MILES FROM LAND'S END TO JOHN O'GROATS IN SEPTEMBER 2015

Why?! I hear you say! To raise money for **Time to Talk Befriending!**

Time to Talk Befriending believes that the elders living in our communities should be honoured and respected - not forgotten. I am therefore spinning sprightly to honour older people and raise money for this worthwhile cause.

Although this is an extremely mental and physical challenge I am REALLY excited about the hard core training ahead. I can't however do this alone - I need your help!

Do you have a heart for older people?
Would like to help reduce feelings of extreme loneliness felt by thousands of older people living in Brighton and Hove?

Can you spare a few pounds to donate to this worthy and life-giving cause?

If the answer is yes please sponsor me today!

THE BIG BIKE RIDE BOUTIQUE
30th May, Holland Road Baptist Church
10am - 3pm, £5 entry
Please bring clothes, shoes, bags and accessories to swap in our wonderful popup boutique. Live music, tea drinking and much more...

“ As someone who works with older adults in the Brighton community, I felt completely inspired to take this challenge! I have been bowled over by the positive difference that volunteer befrienders have made in the lives of older people who used to spend long periods of time alone. ”



To find out more, visit www.facebook.com/rideronnie ride
timetotalkbefriending.org.uk

Charity Events

Do you have any quality clothing items, accessories or shoes you would like to donate to the **'Big Bike Ride Boutique'** cause? Or perhaps you can bake a cake or spare some time on Saturday 30th May to help out? Please contact Emily on 01273 787125 or email emily.sinclair@timetotalkbefriending.org.uk to discuss if any of the above is of interest.

In addition to holding the **'Big Bike Ride Boutique'** we are hosting a **'Pub Quiz like no other!'**

Join us on Thursday 14th May from 7pm at the Robin Hood Pub, 13 Norfolk Place, Brighton, BN1 2PF.

£2 Entry per person, 6 players per team, prizes and much much more!

Donate

As a small Charity we are completely reliant upon gift donations and charitable grants to sustain the project.

If we are to fulfil our promise of reducing feelings of loneliness felt by thousands of older people in our City then we need your help to continue to grow.

If you feel it on your heart to financially contribute towards sustaining and developing Time to Talk Befriending service then here is how you can give:

Monthly financial contributions or a one off payment can be made to:

HSBC, North Street Brighton

Sort: 401403 Account: 42110059

Cheques can be made payable to Time to Talk Befriending and sent to: West Werks, 41-43 Portland Road, Brighton, BN3 5DQ.

Adventures around my room

First a little story about about how I became 'Her Indoors', as my partner calls me! My life changed completely in 2009 when I became ill. A short while later I was more or less housebound.

To begin with I was too poorly to see people and lost contact with many friends. I had to concentrate on keeping as well as I could and my world very quickly became very small. I was too ill to read or listen to the radio. I could only go out for essential medical appointments and became more ill doing so. But as my condition slowly changed I found ways to improve my situation, and I decided to develop methods to expand my world. I contacted Brighton Library in order to receive books from their Home Delivery Service. I love books and thought this would be wonderful. Little did I know but it was going to be much better than that.

The incredibly friendly and supportive Home Delivery Service Library Officer, Annie Cannan, brought the books to my home and would often stay for a chat. A while later she asked if I would like her to contact Time To Talk Befriending, as they seemed a really nice service. After a visit from their founder, the lovely Emily Sinclair, I was quickly matched with the equally fantastic Ellen.

I found that having a befriender is the most amazing thing. To begin with I was completely surprised that someone would want to come to see me. My confidence had fallen low and I felt so ill that I had forgotten that I was likeable! Ellen doesn't mind that I'm under a duvet most of the time, resting on a pile of pillows. I didn't think I would have anything to talk about, but we were so well-matched that we chat



about a hundred things all at once. I don't know if anyone reading this feels the same, but I never 'follow my nose' any more. I can't meet a friend in a café, go to the cinema, or – worst of all for me – see any art. These simple things that made me who I am disappeared, almost overnight. With Ellen visiting me these things are coming back. We talk about art, our respective upbringings, her son, how I am feeling. It is an amazing friendship that we are developing, as it revolves solely around both our interests. It is a different type of relationship from that of a friend, partner or family member as there are no expectations and no history. We simply like each other and enjoy spending time together.

I'm an artist and Ellen a graphic designer. We both love artistic pursuits. At the moment we are talking about our family histories and looking at my family photos from the 1960s, and now I am drawing them – the picture is one of them. We have even been 'colouring in' together, and both want to use our time together talking and drawing. For me, having a befriender is so enlightening, a life-changing experience that can develop at the pace and in the direction that the befriender needs. I've gone from thinking 'Why would anyone want to visit me?', to 'I'd be devastated if Ellen was no longer able to come'.

Julsie, (happy) scheme member, Brighton.

A final word from Emily

I have witnessed first hand how small gestures of kindness and friendship can transform people's lives through the Time to Talk Befriending scheme. There is a huge amount of good will from our volunteers that should be shared and used as encouragement to others. I strongly believe that the good of this world should be celebrated so I am introducing a news section within future Newsletters that you can all be part of.

In 2012 I chose to give up watching the news and stopped reading the newspaper. I made this decision because I was fed up with the doom and gloom that was (and still is) being advertised through the media on daily basis. Although dramatic events, incidents of abuse and acts of crime will continue to be broadcast there is an incredible amount of good taking place right under our noses. I therefore wanted to do something out of the norm by encouraging people to share positive real life stories through the Time to Talk Befriending Newsletter.

Do you have any inspiring stories or past experiences that you think might make other people smile?

Do you have positive words of encouragement that you would like to share?

Have you or someone you know made a difference in someone's life that could be shared and celebrated?

Have you heard or read about something positive that is newsworthy and worth sharing?

If the answer is yes to any of the above then I would love to hear from you!

Final words of encouragement for all our volunteers, scheme members and supporters:

"We shall never know all the good that a simple smile can do."

"Spread love everywhere you go. Let no one ever come to you without leaving happier."

Mother Teresa

Take care everyone until next time!

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