

Welcome

Here we are again! – another Newsletter which means three months have passed and summer has arrived (sort of!). I have personally received some really positive feedback from our last newsletter so thank you to everyone who took the time to read it. I hope that the next edition is equally of interest. **Enjoy!**



Summer Picnic

GREAT COMPANY, AFTERNOON TEA, MUSIC AND SEAGULLS!

On the 17th June Brighton College hosted their annual summer picnic in St Anne's Wells Garden's, Hove.

Our scheme members are always welcome to attend the College events so invitations were sent out in our last newsletter. Although not everyone could make it a few ladies were present to enjoy the musical entertainment, company and food in abundance.

The sun shone all afternoon and the student's worked hard to make everyone feel welcome. For those of you who couldn't make it you will be invited to the December 2015 Carol service later this year. In the mean time the event was captured on camera so some of you might be able to spot yourselves! Especially Peggy who I am pictured with below! Great to see you there.

On a final and more personal note I would like to thank one of our volunteers Ashley Holloway for all her hard work replenishing the tea, coffee and cake. I am also grateful to a fearless seagull for not stealing my freshly made scone with cream and jam even though it tried it's hardest to do so!



Adventures around my room

Since becoming housebound my world has become my home and each room a different place.

In the winter I am in my one heated room. It holds my books, art materials and day bed. I stay here all day because otherwise I feel frozen. When the warm weather comes I am able to move a little more and explore 'my world'. So, feeling a little better, I decided to 'indulge' myself and grow some potted herbs on the roof of the shop I live above. Before I became ill this roof was covered in edible plants. Bees, insects and birds all came along.

As long as it is warm I can sit outside for a short while. I just did this with a friend who has recently started to visit me. Sitting in a different place I noticed our conversation was different from usual. I had a camera outside so that we could take photos for my Mum and Dad. Anita took a picture of me, and then of a lavender flower. I invited her to take more photographs. She walked around taking lots of photos in a different way than I would. She brought in new thoughts and new experiences of my simple potted herbs, ideas that I had never thought about. Anita noticed things that I wouldn't have noticed. She has been interested in conservation and the natural world from when she was a babe-in-arms. So we talked about what it feels like when we put our hands in the soil, and grow plants from seeds.



My drawing of a lavender cutting

Since being housebound I have lost the 'bare feet on grass' experience, and of sitting in a park looking up at a huge tree. This is likely to be a common occurrence among people reading this. I'm not well enough yet to do these things. But this conversation let me back in a little. The bit of soil I had in my hand as we talked, replaced the chunks of earth I used to move as a gardener. The pigeon sitting on the pot containing the small herb replaced the huge bushes that were full of sparrows when I worked with a spade and fork.

The remarkable thing about having someone to visit you - whether it be a friend or a befriender - is the world that they bring in. The conversations that I can have now put my necessarily 'simple' world into something much bigger. I don't feel so small.

Julsie, (happy) scheme member, Brighton.

How can you help?

Like all Charities we are solely reliant upon charitable grants and gift donations. Just £5 per month can seriously help us to maintain and grow the service- contributions are always very welcome. Special thanks to the volunteers and supporters who are already regularly giving.

Monthly direct debit payments:

HSBC, North Street Brighton

Sort: 401403 Account: 42110059

For a Gift Aid form please visit our website using the link below or call the office on 01273 787125 to arrange for one to be sent through the post.

<http://www.timetotalkbefriending.org.uk/about-us/fundraising>

Make a difference today!

Text TTTB13 £5 or TTTB13 £10 to 70070!

Or visit the following link:

<https://campaign.justgiving.com/charity/timetotalk-befriending/honouringolderpeople/view>

Ride Ronnie Ride

What can I say about this girl?! Apart from training to cycle 1000 miles in September 2015 she has been actively fundraising for the Charity!

Thank you Ronnie for undertaking this mammoth task – not only are the funds crucial to helping us sustain the service, but you are raising awareness about the need to honour our elders and reduce loneliness felt by hundreds of thousands of older people across the Country. Well done and good luck Ronnie! Special thanks also go to the lovely people who volunteered, participated and contributed to the Pub Quiz and Charity Clothes sale events – you know who you are! Believe me when I tell you that you have made a difference!



...this is Ronnie!

WHAT ELSE HAVE WE BEEN UP TO?!

Research

Time to Talk Befriending contributed towards a national research project in conjunction with the Campaign to End Loneliness. The aim of the pilot was to measure the impact of loneliness in later life. Please check out the following link for further details.

<http://www.campaigntoendloneliness.org/wp-content/uploads/Loneliness-Measurement-Guidance1.pdf>

In addition Time to Talk Befriending participated in a workshop called "Understanding Loneliness: the Future for Befriending" in conjunction with the Campaign to End Loneliness. Check out the following link for further information.

<https://www.youtube.com/watch?v=f9f90nF5IJU>

Honouring Older People Events (HOPE)

In May we led a facilitated door to door outreach project called HOPE.

The aim was to invite people aged 65+ (who are not known to services and possibly living alone in the community) to an event which not only honours their lives but enables them to have a voice about the need for service provision.

When we undertook this older people's outreach in 2012 the evidence clearly highlighted a huge need for befriending, connections to Churches and signposting to

groups, activities and services. We are therefore working in partnership with Sussex police, Churches and local agencies to tackle loneliness and hopefully reduce social isolation through the HOPE model. If the May – July HOPE outreach in the east is successful we will replicate the model across the City of Brighton and Hove.

For more information please visit our website.

<http://www.timetotalkbefriending.org.uk/our-service/community-outreach>

NB: I know that I have listed a number of links to our website but if you don't have the Internet please don't hesitate to contact me and I will send you further information by post.

Final words...

In response to a regular Church service held at Muriel House, a Brighton and Hove City Council sheltered housing scheme based in Hove, Reverend Philip Cook from Portslade Baptist Church has said:

"In my experience nothing and no one is too much trouble for Time to Talk Befriending to reach out to and support... I applaud the work that they undertake which is Christian based, in a spirit of love, compassion and concern... Their work is always for the benefit and edification of those whom they try to help."

Other quotes about our work include:

"I think Time to Talk is a very good service and I use it a lot. I have found the staff to be very helpful at all times."

Camilla Thomson from the Specialist Older Adults Mental Health Service.

"Your befriending service is a great asset to the community." Eric.

"You have changed my life - thank you!" M, Brighton.

"I have found the match you made spot on and really rewarding. I get so much out of it myself, it doesn't feel remotely like 'duty'. It feels like a life long commitment - a 'befriendship' - I could never imagine myself stopping seeing my befriender."

Ellen, Volunteer for Time to Talk Befriending.

That's it for now...

I really look forward to receiving your stories and feedback to include in the next October/November issue – don't forget to contact me if you have something to share! **Best wishes and blessings from Emily**



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