



Alfriston Echo

February 2017

Hello everyone, Belated Happy New Year!

We had a good time at Alfriston over Christmas; Tim wrote and directed our pantomime 'Babes in the Wood' which was enjoyed by service users, volunteers and staff. (Tim is not just a talented cook).



In December the staff team attended the Kaleidoscope awards ceremony in Abergavenny; many of the staff team received several nominations. I was so proud when Ayesha won the 'Service User Champion Award', much deserved.

The staff and volunteer team continue to work incredibly hard, which makes the success of Alfriston possible.

I wish you health and happiness for the coming year.

Best wishes Lisa

Sunday Lunch Dates 2017

There will not be a Sunday lunch in February

19th March
23rd April
14th May
11th June
2nd July
13th August
17th September
22nd October
19th November
10th December

Centre opens 10am – 2.30pm
Lunch served at 12 noon

Three course lunch £10
Transport if required £3 return journey
Please contact the centre if you would like to book



Alfriston Christmas Party and Panto

The Christmas Party days and panto were greatly enjoyed by all. Tim prepared a turkey lunch with all the trimmings on both party days as well as directing and starring in the panto Robin Hood and the Babes in the Wood.



Welcome to our new Service Users and to our new Volunteers

Rev. Ken Walker

Ken Walker has been conducting the Alfriston Easter and Christmas Services for many years. He always had the difficult job of choosing the winner of the Easter bonnet competition. He came to Kingston in 2002. This Christmas was his last service as he is now leaving and moving to a new area.

We wish him and his family all the very best.

ALFRISTON OUTINGS 2017

Redfields Garden Centre
May 10th

£17

Coach, tea/coffee & cake

Hobourne Bashley
May 17th Wednesday

'A Little of What you Fancy'
Coach, Show, Lunch, Cream Tea
£40

Worthing
14th June Wednesday
£17

Eastbourne
12th July Wednesday
£17

River Trip
6th September Wednesday
3 hour river trip
fish & chip lunch
£30

Please contact the Day Centre to book
020 8399429



Alfriston staff team at the Kaleidoscope Annual Awards Ceremony Abergavenny in December 2016



Ken Walker with Lisa and Tim



Tolworth Girls School Christmas Tea Party.

A group of Service Users enjoyed an afternoon at Tolworth Girls School in December. They were entertained with a concert and then had tea and cakes served by the girls.
'It was a lovely afternoon'

*In Memory
Paul Ferro*

*Richard Cockran
Margaret Newsom
Marjorie Seamen
Daisy Potter*



**ALFRISTON DAY CENTRE AND BEFRIENDING SERVICE.
A COMMUNITY HUB FOR OLDER PEOPLE**

Alfriston Day Centre is a vibrant, caring place for older people to enjoy social interaction. Outings and activities with transport are available if required on the Alfriston minibus. The Day Centre is open from 9.30am each day. On arrival, tea and coffee is served and there is an opportunity to socialise before lunch. We serve a tasty home-cooked two course meal which is followed by stimulating afternoon entertainment, which may include musical entertainment, quizzes and reminiscence discussions. Hairdressing services are available every day in our salon, as well as frequent chiropody and manicure services. We also supply hearing aid batteries. Our outings are very popular and include theatre visits, day trips on the river and to the seaside. These are open to users and non-users of Alfriston Day Centre.

Our free Outreach Befriending Service links friendly trained volunteers with older people in the community who are feeling isolated or lonely, and are unable to attend the Day Centre. Volunteers make regular visits to provide companionship and social interaction.

**PLEASE CONTACT LISA OR TINA IF YOU WOULD LIKE TO VOLUNTEER OR REFER SOMEONE FOR THE DAY CENTRE OR OUTREACH
020 8399 4289**

**The Star Café.
Mind Drop in Centre at Alfriston Day Centre
Thursday 6pm -9.30pm
Sundays 2pm – 5.30pm**

The Drop-in Café is an out of hours service that offers low level support and low cost meals to people with mental health issues, whether diagnosed or not. The Café is open to anyone who lives, studies or works in or around Kingston upon Thames and who has mental health issues.

**For more information
contact: 020 8255 3939
vicky@mindinkingston.org.uk**

**CONTACT THE ELDERLY
A Lifeline of Friendship**

The Surbiton Branch organize monthly Sunday afternoon tea parties for people ages 75 or over. Each older person is collected from their home by a volunteer driver and taken to a volunteer host's home for an afternoon tea party.

If you would like to attend please phone us and we will tell you more about it.
020 8399 4289

**REMEMBER A CHARITY
IN YOUR WILL**
Help the work live on...

Remember Alfriston in your Will

Some of our service users have left us a gift in their will to enable other isolated elderly people in Surbiton to receive help. We rely on donations to keep the centre running.

If you are able to leave us a gift in your will so that a part of you will live on with us, then please ask Lisa how to go about this. It is not a complicated process, and we are members of 'remember a charity' who can assist us to make this happen.

Chiropody service available twice a month at Alfriston.

Hearing Aid Batteries available

**For chiropody or hair appointments contact the day centre
020 8399 4289**

We have a hairdressing salon in Alfriston. Call Michelle or Carol for an appointment.

Open Door

The Lounge. Christ Church. King Charles Road
2.45-4.30pm alternate Thursdays

An opportunity to enjoy tea and cakes, make friends and be entertained.

Contact
June Walker 8399 3396

Arthritis Care

The Arthritis Care group meet on the 3rd Tuesday of each month 7.30pm – 9.30pm at Alfriston. Information and literature about arthritis. Guest speakers, entertainment, refreshments and outings. Transport can be arranged to collect and drop you home.

020 8399 4289