



Alfriston Echo

February 2018



DAY CENTRE
& OUTREACH SERVICE

I hope you all had a lovely Christmas. Our summer outings are all arranged and we are waiting for some warmer weather. The Volunteers lunch was a great success. Massive thanks to Tim for the delicious buffet. Alfriston now has 63 volunteers across Outreach and the Daycentre, without whom The Alfriston Services would not be possible. The Staff Team are as committed to Alfriston as always.

I would like to wish all our Service Users, their Families, Staff and Volunteers a happy, Healthy and peaceful New Year

With best wishes *Lisa*



Sunday Lunch Dates 2018



18th March
22nd April
20th May
17th June
19th August
16th September
21st October
18th November
16th 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
020 8399 4289

Panto Review by Tim Carter



Abenazar with Widow Twanky



Ping & Pong in action with Wishy Washy

This year's Pantomime 'Aladdin' was performed by Staff and Volunteers to two full houses after our Christmas lunches. Great fun was had by all, including (we hope!) our audience.

The script was co-written by talented thespian Ken Harris (volunteer & service user) and Tim (Alfriston Cook). Ken played the villain 'Abenazar' and Tim 'the Dame', Widow Twanky. Lisa was a dashing principal boy as Aladdin and Ayesha played the beautiful Princess Jasmine attended by Tina, her resourceful lady in waiting. Comedy was provided by Anthony who played the dozy laundryman, Wishy Washy, volunteer Karen gave a charming performance as Peaches 'n' Cream, the little laundry maid.

Hilarious were Nigel and Dave who played two inept policemen Ping and Pong and two soppy genies. Strong performances were given by volunteers Aileen as Noodles and Paul as the Emperor of China. Glamour came in the form of four dazzling jewels, Elaine 'Diamond', Carole 'Emerald', Norma (Nigel's wife) Ruby and Lisa Chiropodist was 'Sapphire'.

We would like to thank Carolina, Nigel's daughter, for playing 'Tiger Lily' at such short notice.

Highlight of the show was the exotic 'Ballet of the Jewels' and Lisa's 'magic carpet ride over Nigel's shoulder. (Nigel is a retired fireman!)

Ken is already at work on the next panto script 'Dick Whittington'.

ALFRISTON OUTINGS 2018

WORTHING

6th June Wednesday
£17

EASTBOURNE

4th July Wednesday
£17

RIVER TRIP

5th September Wednesday
3 hour river trip
with fish & chip lunch
£32

Please contact the Day Centre to book.
020 8399 4289

Malcom Dickey and Keith Waller presenting a cheque from the Table Fellowship.

Thank you to the Fellowship for their generous donations.

In Memory

*Irene Wallis
John Vinson
Beryl Sims*

The Alfriston Christmas Service in December was attended by the Deputy Mayor

Thank you to Rev Dr Stan Brown for the conducting the service.



Outings & Entertainment

We have our summer outings organised. The seaside trips are always very popular. It's an excellent chance to spend the day on the coast.

We have been fortunate to book new and different entertainers in the last year. Sian organises a drama afternoon which everyone enjoys. Simon does ballroom dancing. We have new pianists too as well as our regular performers

We are always on the lookout for a variety of entertainment, so if you have any ideas please get in touch.

Ayesha

OUTREACH BEFRIENDING SERVICE



Our free befriending service celebrated its 6th anniversary in January. The service has grown over the years from a small pilot scheme into one that is recognised by health professionals and Adult Social Services. It is aimed at older people in our community who are unable to attend the Day Centre and who may be feeling isolated at home. Our friendly trained volunteers visit the person in their own home to provide them with companionship on a regular basis.

We had a Volunteers Lunch at the Day Centre in January and it was wonderful to see everybody and thank them for the marvellous work they do in reducing social isolation in our Community.

We will be running training sessions throughout the year, so please contact us if you would be interested in becoming a Volunteer Befriender.

If you know an older person who is housebound and you feel would benefit from regular visits, please give us a call.

CONTACT LISA OR TINA IF YOU WOULD LIKE TO VOLUNTEER OR REFER SOMEONE TO OUR OUTREACH SERVICE. 020 8399 4289

The Star Café Mind Drop in Centre at Alfriston Day Centre Thursday 6pm-9.30pm Sunday 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 Carole for an appointment.



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

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