



Alfriston Echo

October 2018



Where has this year gone?

We have had another busy summer, with seaside outings, trips to the theatre and a river boat cruise.

This has been a year of changes. Ayesha our Activities Coordinator retired in April to spend more time with her grandchildren. She still visits us and has offered to entertain on occasions which is lovely. Ayesha had been with Alfriston since 1st February 2010.

Liam was employed following Ayesha's retirement and is enjoying his role as Daycentre/Activities Coordinator.

Nigel had been helping out on the mini-bus for 9 months when we employed Mark who has taken to the role as mini bus driver perfectly. A big thank you to Nigel, as we would have been completely stuck without him.

Already the team are preparing for this year's Christmas Show which will no doubt be lots of fun. A special thank you to Tim and Ken Harris who I know will attempt to make actors out of us all!!

I always like to take this opportunity to thank the staff and volunteers for all they do in making the Day Centre and Outreach service possible.

With Love

Lisa



Sunday Lunch Dates 2018-2019



18th November
16th December
17th February



Check the Website for information on further dates

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



Introducing Liam

Hello!

My name is Liam Burke and I am the new Activities and Day Centre Coordinator here at Alfriston. Having previously volunteered at the Blackfriars Settlement in Lambeth, helping to run groups and activities for those who suffer with mental illness, I am thrilled to be here at the Alfriston Day Centre to share my passion and ideas for helping people, as well as to learn as much as I can.

I have a particular passion for helping to reduce social isolation. Studies have shown that being isolated is as bad for you as smoking, yet government figures show at least 200,000 older people regularly go over a month without speaking to a friend or relative. It does not have to be that way. Places like Alfriston are vital to this country. Our mission to reduce social isolation at the Day Centre is something I truly believe in.

In the short time I have been here, I have been humbled by the welcome into the Alfriston family I have received from Staff, Service Users and Volunteers. Few places have an atmosphere quite like Alfriston Day Centre! I look forward to being a part of the family here for a long time!



The Kaleidoscope Project celebrated its 50th anniversary on the 5th June this year. Social entrepreneur and philanthropist Lord Andrew Mawson invited Kaleidoscope representatives to a Canapé Reception in the Cholmondeley Room and on the Riverside Terrace at the House of Lords to thank them for the good work they have carried out in the community over the last half century. Among those attending were the reverend Eric Blakeborough who founded Kaleidoscope at John Bunyan Church Kingston in 1968, and his son Martin, Kaleidoscope CEO.

Tim, our cook of the last ten years, along with our former manager Di Double both attended. Alfriston were mentioned and commended during the speeches. It was a great day for Alfriston to be recognised this way.

In Memory

Audrey Warner
Janet Corley
Mark Roy
Derek Mumford
Debbie McCarthy

Harvest Festival

This year's Harvest Festival was a success. A big thank you to Rev Stan Brown for conducting the service, and to Margaret Turner for playing the piano so beautifully. We must also give thanks to the Shrewsbury House school for their generous food donation.

ALFRISTON OUTINGS 2019

LITTLEHAMPTON
Wednesday 12th June
£18

WORTHING
Wednesday 24th July
£18

EASTBOURNE
Wednesday 21st August
£18

RIVER TRIP
(including Fish & Chips)
Wednesday 11th September
£33

Please contact the Day Centre to book.
020 8399 4289



Introducing Mark

Hi I'm Mark the new mini-bus driver at the Alfriston Day Centre. I started at the beginning of August, and am enjoying my new role. The staff, volunteers and service users have all been great and helped me to settle in very quickly!

"Dick Whittington" – The Alfriston Christmas Pantomime 2018

An excellent Pantomime script has been written by Ken Harris, service user, volunteer, and talented thespian. Rehearsals started in October. The production will be directed by Tim Carter, our cook and excellent Pantomime Dame! Performance dates will be confirmed soon. Due to limited space we can unfortunately only invite service users to the performances.



OUTREACH BEFRIENDING SERVICE



Our Outreach Befriending Service is a free service which matches friendly, trained volunteers with older people in our community who may be experiencing isolation or loneliness and are unable to come to the Day Centre. The volunteers make regular visits to offer companionship.

Feeling lonely and isolated is increasingly being recognised as contributing to poor health outcomes, so befriending is a vital part of the service we offer.

If you are interested in becoming a volunteer, or you know an older person who would benefit from the service, please contact Lisa or Tina.

**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 - 9.00pm Saturday 2pm – 5.30pm 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 organises monthly Sunday afternoon tea parties for people aged 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

Get Ready for Christmas!



The **Christmas Shop** will open on Monday 10th December until Friday 14th. Christmas cards, small gifts and wrapping paper will be for sale. Our annual **Christmas Cake Raffle** will also take place that week.

**Donations for the Christmas Shop needed!
Bric-a-Brac, Christmas Cards, unwanted gifts,
wine, biscuits etc.**

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

**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 older 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.
Where there is a will, there is a way to help others.



DONATIONS

Donations are gratefully received throughout the year. These help us to raise much needed funds to continue the work of the Day Centre. The team at Alfriston would like to thank all those who donate and support us.

Hairdressing appointments available with Carole
Chiropody appointments available with Lisa
Hearing Aid Batteries available from the office

Please contact the Day Centre to make an appointment
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