



Alfriston Echo

Summer 2019



DAY CENTRE
& OUTREACH SERVICE

Where has the last five months gone? It seems only yesterday that we were having Christmas parties and planning the Pantomime!

Summer is fast approaching, and we look forward to our coach trips to the seaside. Littlehampton is a new addition for this year.

Liam has just completed his first year with us and Mark and William complete the transport team. Tim, Tony and Elaine feel like part of the furniture. I would like to take this opportunity to thank the staff team for all their hard work and individual personalities which make them a great team to work with, and also to say goodbye and thank you to Tina, who has worked at Alfriston for five years, and will be greatly missed. We wish her the best of luck on all her plans for the future!



As always a **BIG THANK YOU** to every volunteer, whether you donate five minutes of your time, or five days a week I value everything you do to make Alfriston possible.

With Love

Lisa

Sunday Lunch Dates 2019



19th May
23rd June
18th August
15th September
20th October
17th November
15th December



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



I have been in my role as the Activities and Day Centre Coordinator at Alfriston for a year now, and during that time I have learned a huge amount (including 20+ different ways people want their tea!)

Organising Activities at the Day Centre is about more than just keeping people entertained, or filling time. Research studies have shown that a reduction in activity is not always due to natural ageing processes, and is more often due to a lack of facilities and funding that help provide accessible activities for Older People.

A report from the Alzheimer's Society showed that 50% of carers felt their relatives did not have enough to occupy them during the day. Increased activity and engagement can have a positive effect on quality of life and contribute to other important outcomes including mortality rates. Research also shows that inactivity and low levels of engagement lead to loss of physical function, social isolation, behavioural symptoms and poor quality of life.

Things like Bingo, singing, dancing, are fun activities at their heart, but they also have an important function in promoting health. The hope is that by providing a safe place for older people to attend, they are still able to meet their social needs, as well as their need for mental and physical activity.

Liam

ALFRISTON OUTINGS 2019

LITTLEHAMPTON
Thursday 13th 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



Our Pantomime this year was "Dick Whittington". The Show was performed twice and enjoyed by two capacity audiences after a full Christmas Dinner. The Script was written by talented volunteer Ken Harris who worked as a professional on the West End Stage in the 1960s.

The rags-to-riches hero of the story was played with thigh-slapping panache by Lisa, our Manager and the love interest was provided by Tina who played the delightful Alice Fitzwarren. Alice's Father, the bumptious cigar-smoking Alderman, was played by Ken and Tim (Our Cook) was type-cast as Dame Sarah the Cook who

had a crush on The Alderman (And just about every other man!) and a rat problem in the kitchen. Dick's amazing cat Maisie was charmingly played by Karen, and salty performances were given by Liam and Mark as Captain Nelson and Half Nelson, two sailors who sail the cast to the Spice Islands to seek their fortune. The Sultan of Occorom ("a rather backwards country" – try spelling it the other way around!) was amusingly played by Anthony. The war between Good and Evil was conducted by Aileen, who gave an outstanding performance as Good Fairy Bow Bells (aka "Bow Legs"), and Wicked Queen Rat played by Elaine with villainous intensity. Our enthusiastic and versatile chorus of Alfriston Volunteers played London Bells, Sea Creatures and Rats.

Once again Ken should be congratulated for the beautiful props he made which ensured that the "Ballet of the Bells" and the "Ballet of the Sea Creatures" were two of the shows visual highlights. Other highlights: Liam and Mark's "Bright & Breezy" rendition of "All the Nice Girls Love a Sailor", Queen Rat's dramatic death scene (With the help of a wheelchair) and the arrival of the ugly sisters (Michael and William) in the Finale – They had turned up to the wrong pantomime!

Next Year we are giving you a rest from Panto: An Old Tyme Music Hall is planned for your Christmas entertainment this year.

Yours, Tim

Christmas & Easter Service

Our Christmas and Easter Services were a big success. A big thank you to Rev Stan Brown for conducting the service, to Margaret Turner for playing the piano so beautifully at Christmas, and to Linda Bridges for performing at Easter.

In Memory

*Aileen Emerson
Muriel Ball
Margaret Damerham*

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.

For More Information
Contact 0208 241 7574
Or 0800 716 543

Technology Support with Liam

People who grew up without technology often find it overwhelming and difficult to use. The whole world seems to understand it, leaving you feeling left out and confused.

But it is never too late to learn! Learn how to use your mobile phone, tablets, laptops, cameras, radios, etc.

If you are interested, please speak to Liam and arrange a one to one session, free of charge or sign up for one our group sessions.



Introducing William

Hello, I'm William Young. I enjoy working with older people so it's truly a privilege to be here at Alfriston as a minibus driver. I grew up in Zambia, Africa and have also worked as a minibus driver in California, USA. It's great to chat with our Service Users and find out about their histories, and I look forward to getting to know everyone a lot better as time goes by.

William

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

Remember Alfriston in your Will

Leaving a gift in your Will is one of the most powerful ways to make sure that Alfriston Day Centre is able to provide its services to older people for years to come.

The Centre plays a huge part in enriching the lives of older people who attend, with many relying on the service as their only means of companionship and entertainment.

Please speak to Lisa if you wish to leave a gift for Alfriston



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.

Alfriston will gladly accept New and Gently Used items such as:

- Jewellery and Accessories
- Art and Craft Supplies
- Ornaments
- Gifts in original packaging
- Wine & Spirits
- Clothes and Shoes in good condition
- Unused Greetings and Christmas cards
- Large print and picture books
- Toiletry Sets
- Confectionery



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

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