



Alfriston Echo

Autumn 2017



DAY CENTRE
& OUTREACH SERVICE

Hello everyone.

Summer is nearly over and Autumn seems to be on the way. We have had a good summer at Alfriston with outings to Eastbourne, Worthing, a River trip and visit to Epsom theatre.

We have started planning for Christmas, and rehearsals for the annual Pantomime performed by Staff and Volunteers will soon begin.

Through the 'ups and downs' of Alfriston life, Staff and Volunteers remain committed and hard working. I would like to thank everyone who puts in so much effort to make the lives of older people in our community that little bit brighter.

With best wishes *Lisa*



Sunday Lunch Dates 2017/18

22nd October
19th November
10th December

2018
There will be no Sunday Lunch in
January
11th February
18th March



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



Morning coffee in The Pavilion
Worthing June

We are really pleased that Rev Dr Stan Brown, from Surbiton Hill Methodist Church will be taking our Harvest and Christmas Services at the Day Centre this year.



CHRISTMAS EXTRAVAGANZA SHOW AT HOBOURNE BASHLEY

Thursday 30th November 2017

Enjoy a Show with Christmas
Lunch & Afternoon Cream Tea
£42

Please contact Lisa or Ayesha
to book



Eastbourne July

*Welcome to all
New Service Users
and
New Volunteers*

CONGRATULATIONS

Congratulations to our volunteer Karen who took part in the March World Winter Games in Austria. She won gold & silver medals in the Downhill Slalom and Giant Slalom.



Christmas Party Days 2017

The Alfriston Christmas Party
Days & Panto will be
Thursday 21st December
Friday 22nd December



River Trip September

In Memory

*Rosina Gibbs
James Osbourne
Peter Tarrant
Olive Turnbull*

Christmas & New Year Dates

The Day Centre will be closed on
**Monday 25th & Tuesday 26th
December.**

Re-open on Wednesday 27th
December.

Closed on **Monday 1st January**
Re-open on Tuesday 2nd January
2018





Christmas Shop Fundraising for Alfriston

There will be a Christmas Shop with Bric a brac, Christmas Cards & ideas for Christmas gifts.

If you have any items to donate they will be much appreciated.

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



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

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 is 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 socialize before lunch. We serve 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**



**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.

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