

RADFORD
VISITING SCHEME



FRIENDSHIP IN THE COMMUNITY NEWSLETTER

August 2016

Hello everyone,

My name is Naomi, and I'm the administrator here at RVS thanks to a grant from Awards For All. I've been working here since April, and in that time I've met lots of lovely people, taken part in sorts of activities, and generally had adventures.

I hope you're all enjoying the sunshine- after June 2016 was the wettest June on record, we're finally getting to see some sunshine. I've found some tips for staying safe in the sun, and I've also added dates for your calendar.

If you've got any ideas for activities or outings, I'd love to hear them. You can email me at naomic@radfordvs.org or call me on 0115 970 1722.

I hope you enjoy this newsletter.



Kindly sponsored by **LOTTERY FUNDED**

Staying Safe in the Sun

The big bright thing in the sky is everywhere right now, so BBC Advice has this to say to avoid heatstroke.

What to do:

1. Seek shade between 11am and 3pm.
2. Sport a hat with a brim and shades. The face and neck are the areas most commonly affected by sun damage.
3. Slap on the sun protection. The paler your skin the higher the Sun Protection Factor (SPF). Nothing under a factor 10. Freckles or red hair? Think 20+
4. Choose sunscreen that protects against UVA and UVB (the two main types of damaging sunlight). Reapply regularly, especially after swimming.
5. Drink plenty of water to avoid overheating.
6. Watch those moles. If any change, itch, bleed or spread, get them checked by a doctor.
7. Fake it. Gone are the days when having a fake tan meant looking like a zebra. There are so many options out there for a year-round tan. Exfoliate, then slap it on.



Clients and Volunteers

We've had few big birthdays recently, with Les Dexter reaching 80 this year, C.C. Rochester reaching 60 on the 13th of June, and Edna reaching 80 on the 6th of July.

A new lady called Kathy has also started with us, an art and craft enthusiast from Australia who's settled in very well and been very welcome at our coffee mornings.

The coffee mornings in question have been full of fun activities, one of the most popular of which was planting. We've filled up pots with verbena, lavender, aloe vera and various delicious cooking herbs.



And as always we have our Chair Harjit, who regularly comes in to deliver well-received talks about various health conditions that are of interest to the attendees.

A special thank you to all our volunteers who are still visiting their people, we very much appreciate your time and effort. And a thank you to Robbie, who has braved heat, rain, lightning and everything else the weather can throw to help set up and staff stalls at the first two Radford Primary car boot sales.

Recent Activities

It's been busy time here at RVS. We've been planting flowers, herbs and succulents, and taking advantage of the good weather to have a picnic in the recently refurbished Radford Recreation Ground, as well as taking part in the Radford Primary car boots sales. We've been further afield too, with trips to Asda and a splendid garden party at the Windmill Community Garden.

Most excitingly, we had our annual trip to the seaside this year. On the 26th of July, 25 people boarded a coach to Bridlington, and proceeded to enjoy the sand, sea, and the ice cream. The weather stayed mercifully dry until we were on the coach home, and so we spent the day exploring the harbour, paddling in the beach, and gently strolling round the gardens.



Dates for your calendar

29th September 2016: A talk from Katherine Bellchambers-Wilson, the Nottingham Herbalist.

6th of October 2016: The start of a six week seated exercise course.

December 2016: A trip to Morrisons to enjoy all the Christmas offers.