

RADFORD
VISITING SCHEME



FRIENDSHIP IN THE COMMUNITY NEWSLETTER

December 2016

Hello everyone,

Excitement! Adventure! TINSEL! Few things cheer me up more than the chance to drape sparkly things all over anything that can't outrun me.

If you're not quite as enthusiastic about the holiday season as I am, don't forget that people born before the 5th of May 1953 can get a tax free Winter Fuel Payment to keep you warm.

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.

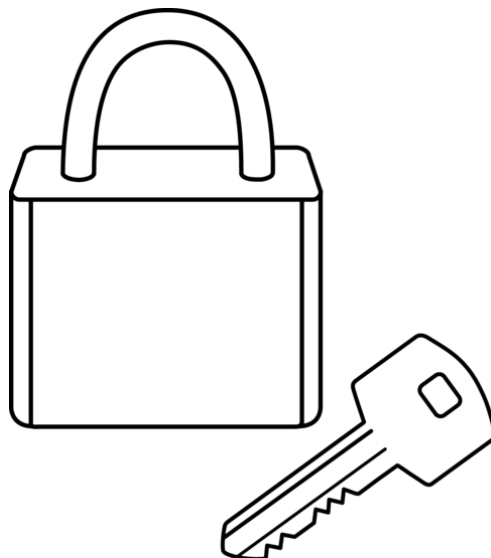


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Just below are a few tips to see you through winter, but don't be scared- this is the perfect time of year to snuggle up warm at home.

Home security checklist during the winter

- As the nights get darker earlier, leave a light on inside your home. Remember to choose low energy lamps.
- Use a timer switch to operate the lights as it starts to get dark. Change the times that the lights come on to simulate an occupied home.
- Make sure your front door is well lit. Use dusk to dawn lighting that automatically comes on as it gets dark.
- Make sure you keep your doors and windows locked at all time.
- When you go out, always close and lock external doors and windows, even if you are just going out for a short time.
- Window locks can be seen from outside and could deter a burglar from forcing the window
- If you have deadlocks, use them. They make it more difficult for a thief to get out again. But don't leave the key near the door or in an obvious place nearby.
- If you have a flat roof extension the windows above, it should always be locked.



Clients and Volunteers

We have so many lovely new people, all of whom are very welcome to come and enjoy all the activities.

Speaking of activities, we haven't had an unbooked coffee morning all autumn and winter due to events such as seated exercise, gardening, and various arts and crafts.



We've had two recent events, as Ron and Robbie both have their birthdays on the same day.

And Jameela celebrated a more immediate birthday- she has a new granddaughter!

Our volunteers now have a new opportunity to increase their skills. We're teaming up with fellow charity Disability Direct to offer **free** DBS checks to all our volunteers so that our volunteers can enjoy all the benefits of having an up to date DBS, and also to meet and mingle with the volunteers and service users of Disability Direct.

Recent Activities

We have barely stopped moving here at RVS lately. While the sun was still with us, we had an impromptu picnic in Radford Rec, where we then went on to feature at Curry In The Park, meeting new people. We've had medieval adventures at the Martinmas festival, visits to the Castle for an art exhibition, and a trip to Ludorati the board game café.

More recently we've been at a pumpkin carving workshop at Windmill gardens and planted up our spring bulbs here at the coffee morning.



Dates for your calendar

6th December- Shopping Trip to the Guildhall Market in Derby.

8th December: The Nottingham herbalist is back with all her stock!

13th of December: Christmas Dinner at the Pelican in Bilborough.

22nd December 2016: Christmas party here at All Souls.