



FRIENDSHIP IN THE COMMUNITY NEWSLETTER JULY 2017

Update

Our AGM was held on Thursday 22nd June. Our management committee has now been elected for the year, mostly the familiar faces who have worked so hard for us before, and we have a new committee member- Katherine Bellchambers-Wilson, the Nottingham Herbalist who is a regular speaker to our coffee mornings.



Coffee Mornings

We have so many talks and activities coming up! We have guest speakers, arts and crafts, outings to exciting places, in fact there's so many activities I'm taking over the next page to talk about them.

If you ever want to see the most up to date list of all our upcoming events, you can go to our website at <http://radfordvisittingscheme.weebly.com/upcoming-events.html>

Forthcoming Events

13th July- Chris Baxter Baskets will be coming to the coffee morning to show us how to weave traditional willow craft.

20th July- Alison from the Nottinghamshire Beekeepers Association will be coming to tell us all about the lives and times of bees.

27th of July- The Robin Hood Legacy will be along to tell us all about the more interesting parts of the local legend.

1st August- The annual seaside trip! We're off to Skegness, there are still a few places available so please let us know. The lovely people at Co-Op have given us a massive gift basket full of goodies, and this will be raffled off during the trip for £2 a ticket.

10th August- 40/50s tea party. Twisted Teas are coming to give us a wonderful historical tea party!



Outreach Work

We have a shiny new stall, and you're likely to see us at the following events:

6th August- Pagan Pride in The Arboretum.

19th August- Hyson Green Cultural Festival in Forest Recreation Ground.

17th September- The Green Festival in The Arboretum.

14th October- Martinmas Fair at Lenton Priory.

TBA- Curry In the Park In Radford Recreation Ground.

TBA- Nottingham Unites in Lenton Recreation Ground.

Feedback Form

You're going to see attached to this newsletter a feedback form, asking for your honest opinions on how we're doing in the coffee mornings and how we can make them better. They have a special slip at the bottom for your name, but nobody at Radford Visiting Scheme will be reading the information at the bottom of the slip.

The reason we have that slip is because we really value your opinion and we want to thank you for it, but at the same time you should be able to give your views freely. So, we had an idea. We'll get an external party to open all the forms, cut off all the slips before they let us see the forms, and then one of those slips will go on to win a £10 voucher at the Victoria Centre.

Your confidentiality will be assured, and we get to thank you for your time and help in making the coffee mornings better.



Below are a selection of articles that we feel you might enjoy.

- Older people should carry shopping or take up the non-competitive sport martial art of Tai –Chi to improve their strength and balance and avoid falls, experts say.
- Gardening and dance classes can also help, according to the Centre for Ageing Better. The charity estimates four in 10 over 70s underestimate how important good strength and balance is to reduce the chances of falls. (Nottingham Post).

Sewing is still a popular hobby and people swear by its calming benefits.

A survey conducted by Sewing Quarter states 95% of people who use sewing as a tool to relax say it helps lower their stress levels, while those who do not sew are almost twice as likely to feel stressed than those that do.

Researchers state speaking a foreign language is not only useful abroad, it can protect you if you suffer a stroke. A study of more than 600 stroke victims by Edinburgh University found 40.5 per cent of those who were multilingual recovered normal mental functions after a stroke. (the Metro)

Nearly three-quarters of the 500 over 75s quizzed as part of the charity's Sing your heart out campaign, admit they have forgotten lots of things – but can still remember the words of their favourite songs. Many say music has the power to help them remember pivotal events from their past, such as the day they met their partner (14%), a special day (12%) or their wedding day (8%).

Furthermore, 92% agree that singing along to music lifts their mood, 81% think it helps keep their mind active, while 63% says it helps them forget health worries. (Evening Post 2016)

