

RADFORD
VISITING SCHEME



FRIENDSHIP IN THE COMMUNITY NEWSLETTER

March 2017

Hello and welcome,

Have you heard of the Priority Services Register? If you're disabled, a pensioner or have a child under 5 in the house you can get help from your electricity and gas supplier. Just ring them up and ask to be added.

It'll get you free meter moving if it's hard to read, they'll convert your bills for free into braille, large print, audio tape, textphone or typetalk depending on what you need. Also if there's a power cut, you'll get your power back on first, and you'll get protection from cold callers.

Meanwhile, 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**



The Centre for Ageing Better released a report in December that said:

Ageing Better found that people aged 50 with fewer social connections, lower levels of income and education, and poorer health may have the most to gain from helping others.

Funders and organisations working with volunteers need to address this gap and make it easier for these people to take part. The Government's recently-announced £4 million funding to boost volunteering in people aged 50 and over is one opportunity to tackle this.

One of the report's authors, said:

“Organisations that support volunteering should be confident that participation does make a difference in terms of wellbeing and increased social connections in later life, especially for people who are less well connected and active now. Funders should put more resource into volunteering schemes that would benefit those people most and meet the costs of supporting them to participate.

Thanks to all our volunteers, many of whom are over the age of 80.

Clients and Volunteers

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

It's now easier to keep track of upcoming activities and all sorts of other things by checking our website, radfordvisittingscheme.weebly.com



Our volunteers were hugely helpful at the Fundraiser Event, thank you so much to everyone who came along and helped out with the many stalls.

Mandy Jouhal has been with us for 3 months supporting us in our work. Our thanks go to her now her placement has come to the end. Her experience at our scheme is summed up below:
Since I have arrived here I felt like home. I felt welcome and felt at ease. Everyone at RVS has been really nice and friendly and made me feel part of the team. I am lucky to have met such great people, thank you!

And lastly, Ni's Mum has kindly donated alpaca wool socks for all our service users that come from the family farm, Appledene Alpacas.

Recent Activities

We have a hive of activity here at RVS lately. We had all our Christmas activities, including our meal at Bilborough, shopping in Derby and our Christmas Buffet. This year we've visited Light Night, taken tea at The Footman's Rest and made healthy pancakes.

We also had a massive Fundraiser event. We had plenty of people who turned up and who took part in archery, a lucky dip, a treasure map a raffle and guessed the number sweets in the jar. We served hot drinks and Rochester made hot dogs.



Dates for your calendar

Coffee Morning: Every Thursday, 10:30-12:00

May 2017: Group Trip To Cadbury World

June/July 2017: The AGM

1st August 2017: Summer Trip to Skegness

6th August 2017: Pagan Pride

17th September 2017: Nottingham Green Festival