

# **Teddington & Hampton Wick Voluntary Care Group**

## **SUMMER 2013**

### **Dear Everyone**

I have now been with the team for 7 months! I would like to take this opportunity to thank you all, clients, volunteers, committee members and office team for making me feel so welcome!

Teddington is a truly beautiful place and to see it in 'full bloom' now that the summer has finally arrived is wonderful. Walking on an evening in Bushy Park is just magical. Having said that, I do hope you are all managing to keep cool in this remarkable weather (see article included 'Beauty isn't only skin deep' for tips on keeping cool).

Please do not hesitate to give us a call if you need a helping hand, particularly whilst the weather is so hot. We do understand that the heat can make things more difficult as regards getting around, shopping, etc.

A big welcome to our new volunteers who have recently joined us and a big thank you to everyone for donating so much time and effort in making such a difference!

***Ali***

## **A FEW WORDS FROM MIRIAM.....**

'Dear Everyone',

I have been writing that for 14 years and so you may be surprised to see that there is a new name on the front page. Ali, who joined us several months ago, will be taking over the newsletter in future. Owing to family commitments I shall no longer play a key role in the office, however I am sure I shall see many of you on outings, etc. It has been a real privilege working for you and I wish you all well. Thank you.

## **DOUGLAS BROWN MBE**

Some very sad news - Douglas Brown MBE died on Tuesday 23 July aged 91. He was the founder of our Community Care Group and will be sadly missed by those who knew him. He was a real gentleman with a passion for the theatre. It was an honour to know him.

## **BUSHY PARK CHESTNUT SUNDAY.....**

Sunday, 12<sup>th</sup> May was a beautiful sunny day for the Bushy Park Chestnut Sunday. A big thank you to all our volunteers who turned out to help with our Hoop La Stall. Great fun was had in putting up the tent, manning the stall and taking the tent down again at the end of the day (probably the funniest bit for anyone watching)! There was a really 'summery' feel to the day with a fun fair, stalls and lots of events. The parade was very interesting and colourful. A good time was had by one and all and we raised £151.41!

## PHYSICAL ACTIVITY CAN BENEFIT YOUR HEALTH

Any increase in your physical activity can benefit your health, including your heart health. However, **it's important to build up your activity level gradually** – especially if you have not been active for a while.

Here are some tips to help you to get started.....and keep going.

- Start slowly and at a level that suits you. Don't be over-ambitious. Just set yourself small, achievable goals to start with.
- Gradually build up how long you exercise for, how often, and how intense the activity is. As you get fitter, you will be able to do more.
- Try to do something every day and build a healthy habit. Plan a time in your day when you will do your activity. Use your diary or a calendar if it helps. Regular, moderate activity is better than occasional bursts of vigorous activity.
- Choose activities you enjoy. We're all more motivated if we're doing something we enjoy.
- Vary your activities. This will help to maintain your interest and avoid boredom, or maybe try a new activity.

Physical activity is important for heart health in people of all ages, including older people. Physical activity can also help to prevent falls, and can help you stay mobile and independent. It also helps to slow down the progression of osteoporosis (bone thinning disease). If you have difficulty walking or if you have mobility problems, it is still important to be as active as possible to help keep you and your heart healthy. Even a small amount of physical activity is good for you and is better than doing none at all. Ask one of the health professionals looking after you – such as your doctor, cardiac rehab team or exercise specialist about what types of activity you could do. Your local library or local authority leisure services will be able to tell you what is available locally that would be suitable for you.



## BEAUTY ISN'T ONLY SKIN DEEP

Your skin is your largest organ. It covers your body in a protective layer. Our bodies are made up of 60% water! Water hydrates our skin and makes us feel good. We all know that it is a good idea to drink about 2 litres of water a day (coffee and tea doesn't count). If this sounds like an awful lot, don't worry just keep a glass of water by your side or if you are out and about take a little plastic bottle of water with you (but never put this in the sun, the water will taste of plastic and plastic tasting water is very bad for you). Take regular sips and you will be surprised how much water you will drink in a day. If you become dehydrated this will lead to fatigue and a general feeling of being unwell. It is vital to drink plenty of water especially in the warmer weather. If you don't drink enough water your body will not function as well as it should and this can result in urine infections, aching limbs and joints, tiredness, etc.



## BLUEBERRIES BOOST BRAIN FUNCTION!

The anti-oxidant power of blueberries has been shown to be particularly useful in stabilizing brain function and protecting the neural tissue from oxidative stress. Studies have shown improvements in memory and learning while reducing symptoms of depression.

The riper the berries the more anti-oxidant power they contain. To assess the ripeness of the berries look at the colour. Riper berries are a darker blue. Blueberry season is mid-late summer, June – August. Most frozen berries are picked at maximal ripeness and frozen, so can still provide you with nutrients if you are unable to purchase fresh ones.



## SCAMS!

Please beware! There has been a case in Teddington whereby an 89 year old gentleman was driven to the Nat West Bank in Teddington High Street to withdraw cash for work done on his house.

The good news is that the bank staff were onto it immediately and prevented the gentleman withdrawing cash. Police were called and the matter is under investigation.

The message is: Even if you have had work done, it is NEVER acceptable to be driven to a bank to withdraw cash - reputable builders/craftsmen do not work like that.

If in doubt - Only complete that part of the transaction in front of family or friends. If in doubt ring 999.

There have also been some offences over the past few days where suspects have phoned residents, asking for bank details and claiming to be the police. **As you know, police would NEVER ask for full bank details over the phone.** It would appear that suspects are mainly targeting elderly and vulnerable residents so please beware and pass this message on to everyone you know so that we can help look after our neighbours.

## OUTING TO SQUIRES

We went to Squires on Tuesday, 21<sup>st</sup> May and although it wasn't a particularly warm day, the rain held off. There was lots to see – Squires has an amazing selection of fancy goods and gifts. We all enjoyed a welcome cup of tea in the recently refurbished café. There is plenty of space, it's light and airy and they also offer some very tempting cakes and pastries! The plants made a spectacular display all grouped in their different colours. The rhododendrons and azaleas were a blaze of colour! Well worth a visit so if you haven't been before or would like to join us next time do let us know on 0208 943 3112.



## AGM

Our AGM will be on Sun 20 Oct 2013 at 2.30pm in the Methodist Church hall. Please join us to hear all our news and enjoy a good cuppa.



# OUTINGS

## COFFEE MORNING

Come along and have coffee with us on Saturday, 21st September. There'll be books to buy and homemade cakes. Transport can be provided.

## THE MUSIC MUSEUM

Come and see one of the world's foremost collections of automatic musical instruments on Tuesday, 12<sup>th</sup> November fascinating! There will be a tour followed by tea, coffee and biscuits. Transport can be provided.

## CHRISTMAS COFFEE MORNING

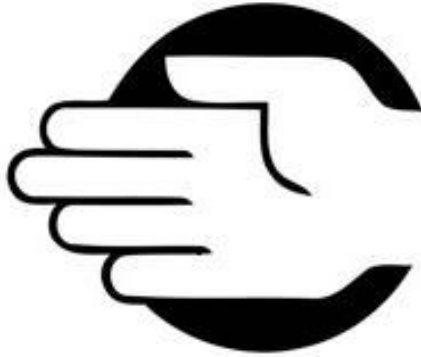
We are having our grand Christmas Coffee morning and Bring and Buy on Saturday 23 November at 10.30am. Do come along and join us. Transport can be provided.

## CHRISTMAS PARTY

This year our party will take place on Sunday, 8<sup>th</sup> December at 2.30pm in the Methodist Church Hall, Stanley Rd. Teddington. Come along for some festive cheer! Transport can be provided.

Please note that in the past few months we have received some complaints about our pick up times for outings. We must stress that when details of outings are given it is not possible to state exactly what time the bus will arrive. There may be road works or traffic jams or the driver may decide to reverse the order of collections. The time taken to collect someone from their home can vary. We can only ever say what time the bus will start the pick ups and advise people to be ready **FROM** that time onwards and to wait inside your house until you are called for. Usually it takes an hour to collect everyone so some people will be first and some a little later. I hope this makes things clear. Sincere apologies for anyone who has been misled.

**EVENTS please contact the office if you would like to come to any of our events 0208 943 3112**



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