

Teddington & Hampton Wick Voluntary Care Group

SPRING 2014

Dear Everyone

As I write this it is a beautiful sunny day and Spring is in the air, a welcome relief from those long wet days that we seem to have seen for some time now!

It's days like this that make you want to get out and about. Enclosed you will find information on our forthcoming outings. If you would like to come along to one of these and we hope you will, just give us a call, or fill in the form from the middle of the newsletter and send it back to us.

If you are not able to get out due to mobility problems, don't forget that we offer a befriending service (see information provided by Miranda in the last issue) whereby one of our volunteers will visit you regularly for a chat and a cup of tea if you live alone.

It's also coming up to the time of year to eat chocolate eggs, so before doing so read our article enclosed on how chocolate can be good for you, in moderation of course!

A warm welcome to any clients or volunteers who have just joined us.



Ali

All-in-One Richmond Card

The card gives you resident parking discounts, membership of the library service, membership at sports and fitness centres (a paid option which can be added to the Richmond card at Council operated sports and fitness centres), exclusive offers from local businesses and attractions. As a Richmond resident you will be eligible for one of the following:

- Up to 30 minutes free parking
- 10% discount on paid parking
- 20% discount for over 75's
- Free parking for DVLA band A vehicles

Card holders will automatically have library membership activated. Members can use any of the libraries across the borough and SELMS libraries further afield. Libraries are not just about books, they offer a number of other services including: audio books, regular events, reading groups, IT training and DVD hire.

If you already had a Richmond card, you will by now have received your replacement card in the post. If you have never had one and would like one:

Tel: 020 8891 1411

Blue Badge Scheme

Our volunteer drivers often experience difficulty in finding parking places when taking clients to doctors or hospital appointments. The Blue Badge Scheme provides a national arrangement for parking concessions for people with walking difficulties who travel as drivers or passengers. It allows badge holders to park close to their destination in 'on street places'. This could be really useful for any driver taking you for important appointments. If you think you may qualify for a badge call the Accessible Transport Unit on:

020 8831 6096 for more details.

Taxicard

The Taxicard provides subsidised door-to-door transport in licensed black taxis and private hire vehicles. Trips are paid for partly by the Council and partly by the Taxicard member. It is available to residents who are blind or who have long term, severe mobility difficulties and difficulty using public transport. Call Richmond Council on: **020 8831 6312** for more information.



The Electronic Prescription Service (EPS)

This is a new NHS service. It may be useful if you are on regular medication. Once you have registered, the pharmacy call you when your repeat prescription is due so that you know it will be arriving. They contact your GP for your prescription details, dispense the prescription and deliver it free of charge to your home address. Some local surgeries are already using this service so if you are interested it is worth asking your GP for details.

Outing to the Swan

On Tuesday 4th February we visited the Swan at Thames Ditton for a delicious pub lunch. We were so lucky to choose a sunny day! We were able to sit in the conservatory looking out on the river enjoying our lunch which we had chosen from a very varied menu. Mike, the friendly landlord looked after us very well. Please do let us know if you would like to join us on an outing (details enclosed), by either filling out and returning the enclosed form or letting the office know on:

020 8943 3112



EATING CHOCOLATE CAN BE GOOD FOR YOU!

Dark chocolate has recently been discovered to have a number of healthy benefits. While eating dark chocolate may lead to the health benefits described below, remember that chocolate is also high in fat so should be eaten in small quantities.

Studies show that eating a small amount of dark chocolate two or three times each week can help lower your blood pressure, improve blood flow and may help prevent the formation of blood clots. It also increases blood flow to the brain as well as to the heart. It may also help reduce your risk of a stroke.

Dark chocolate contains several chemical compounds that have a positive effect on your mood and encourages your brain to release endorphins, so eating dark chocolate will make you feel happier! It helps keep your blood vessels and circulation system healthy and is loaded with antioxidants which help free your body of free radicals, which cause damage to cells. Free radicals are implicated in the aging process and may be a cause of cancer, so eating antioxidant rich foods like dark chocolate can protect you from many types of cancer and slow the signs of aging.

Dark chocolate contains some of the following vitamins and minerals in high concentrations:

- Potassium
- Copper
- Magnesium
- Iron

OUTINGS

SQUIRES – It's time to fill up planters and window boxes with a few colourful blooms, but you don't have to be a gardener to enjoy Squires! Just come along and have a cup of tea and a slice of cake over a chat and enjoy a browse around the well stocked shop. We'll be going along on Tuesday, 13th May. See Booking Form for details.

COFFEE MORNING/TALK BY THE FIRE BRIGADE – There will be a coffee morning and book sale on Saturday 14th June from 10:30 a.m. till 12:00 noon. We have also invited the Fire Brigade to come along and give us a talk. Did you know that the Fire Brigade will come to your home and carry out a health & safety survey free of charge! Come along on Saturday, 14th June and find out all about it.



SUNBURY WALLED GARDEN – We will be visiting the Walled Garden on Tuesday, 24th June. I can thoroughly recommend this trip as I went along last year. The tea shop offers a selection of scrumptious cakes and it's so relaxing to wander around the garden or just sit on a bench and enjoy the fresh air and sunshine, hopefully! See Booking Form for details.

PEMBROKE LODGE – On Tuesday, 22nd July we will be visiting Pembroke Lodge in Richmond Park for a cup of tea and a piece of cake. See Booking Form for details.

THE SWAN PUB LUNCH – On Tuesday, 19th August we will be off to the Swan for a pub lunch by the river. Do come and join us (a paragraph on our last visit is enclosed). See Booking Form for details.

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

Time to Talk Teddington

Have you lost someone in your life – perhaps a partner, parent or friend? Would it help to have someone to talk to? Would you like to meet other people in a similar situation?

If you are affected by bereavement or loss, it can help to talk to someone outside your immediate circle of friends and family. 'Time to Talk' Teddington is somewhere to visit once a month where, over a cup of tea or coffee, you can meet other people who have suffered a bereavement or loss. There will also be trained listeners if you would like to talk with someone on a one-to-one basis. This group is held on the 2nd Saturday of every month at 10:30 a.m. – 12:00 noon at the Church Hall, St Peter & St Paul, Church Road, Teddington. This is free of charge, there is no need to book and there is no religious content unless specifically requested.



STOP FLYERS AND UNWANTED LEAFLETS

The Council has produced "No commercial leaflets" stickers that can be placed above or on your letterbox to stop unwanted junk mail being delivered to your door. This can save you time and hassle as you will no longer have to sort through junk mail and you will also be saving the trees! You can order a free sticker by phoning **020 8891 1411**.

The Mulberry Centre

The Mulberry Centre is a local independent charity that provides practical and emotional support for anyone with a diagnosis of cancer, their friends and their families. They also support anyone who has lost someone they care about to cancer. The Centre offers a place for anyone affected by cancer to talk in confidence, relax and recharge, access information and find support from others. All services are free of charge and there are no age or postcode boundaries.

You are welcome to drop in Monday to Friday between 10:00 a.m. – 4:00 p.m.

The Centre also has a late night opening on the 1st and 3rd Thursday of each month until 8:00 p.m.

The Mulberry Centre is situated on Twickenham Road, Isleworth

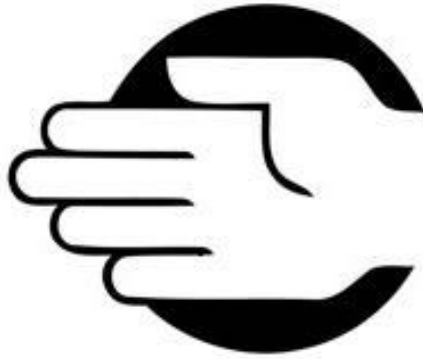
Tel: 020 8321 6304



SCAMS!

Please be wary of companies offering free services or discounts to senior citizens. If you need work carried out on your home it is worth checking with relatives, friends or neighbours to ask if they have had similar work undertaken on their properties. This will help you to avoid poor workmanship or overcharging. A company advertising a free survey may carry out the survey for free, but can then overcharge you for the work.

A reminder **NEVER** to let a stranger into your home, male or female even if they sound distressed and ask to use your phone. This can be a scam. Do not open the door, call the police and they will investigate the incident.



Teddington & Hampton Wick Voluntary Care Group
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0208 943 3112
www.tedcare.org.uk