

Teddington and Hampton Wick Voluntary Care Group

Easter 2011

**Teddington & Hampton Wick Voluntary
Care Group**

**c/o Methodist Church, 1 Stanley Road,
Teddington, Middlesex TW11 8SB**

Phone 020 8943 3112

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Office hours Monday to Friday 9:30 to 11:30am



1. Co-ordinator's Letter
2. Free Telephone Helpline;
Rubbish Collection; Scam Alert:
Falls Prevention; Hard Times
Ahead
3. Taxi; Yoga
4. EVENTS

Hello, Everyone

I hope you all survived the winter – my goodness it seemed to go on for a long time! However, spring is here at last and we can all breathe a sigh of relief.

I know we often grumble that times are hard, but I'm sure many of you will have noticed that in recent months they really have got more difficult. Higher prices and cutbacks are beginning to bite home and we are all feeling the pinch. Many charities are struggling to keep going and we are no exception. Funding has been cut back from everyone and we are continually looking at ways of staying afloat.

Fortunately, we have very loyal volunteers. We appreciate all they do for us and we shall certainly do *our* best to continue to help you all.

On a brighter note, we have outings planned for the summer months and we are full of energy and enthusiasm to make life easier and more enjoyable.

Happy Easter and Best Wishes to Everyone.

Miriam.

FREE TELEPHONE HELPLINE

Branches of Age Concern and Age UK have combined to offer help and advice on many subjects. By pooling their resources they are able to keep their helpline open for longer: Mondays to Fridays from 10 am to 4 pm.

If you wish to contact The Helpline their number is: **0845 600 1090** or **0845 601 1149**.

SCAM ALERT!

Beware of a phone call telling you that you have won a huge amount in an American lottery. The caller is very persuasive and will appear to be genuine. Once you are sucked in he will offer to send a courier around to your home to pick up the necessary fee (in cash) which will release the money for you.

Don't be taken in. It's amazing how many sensible people are.

RUBBISH COLLECTIONS

If you (or someone you know) are frail or disabled you may find it very difficult to drag your rubbish bins from your house to the allotted collection point on bin day. If so, you can contact the Council and they can arrange for your bins to be collected from your doorstep and

returned to your doorstep. So, don't struggle on – give them a call!

To enquire further the Council would like you to ring: **08456 122660**.

STOP FALLING AROUND

Apart from any long term damage, having a fall can seriously batter your confidence and affect your lifestyle, so falls are best avoided in the first place.

If you are afraid of falling, feel unsteady, or even had a fall, your GP may refer you to a Falls Clinic where you can learn gentle movements to strengthen your limbs, back, ankles and pelvic floor muscles.

Classes are held at Teddington Pools in Vicarage Road, Teddington so you will not have far to travel.

HARD TIMES AHEAD?

In the past twelve months our costs have risen and our income has fallen. Currently we are running at a loss.

We have recently set up a Funding Subcommittee whose job it will be to see what can be done to improve things by looking for additional sources of income and/or ways of reducing costs. We will keep you informed of its progress.

Mary Tavendale, Chairman

TAXI! TAXI!

Some people still do not know about the two taxi schemes available to disabled residents of the borough and it might be worth explaining the difference between the two.

The first is administered by the Accessible Transport Unit in Waldegrave Road, Teddington and is called the *Taxicard Sceme*. This is for people with a long term or permanent disability that badly impairs their mobility. It will allow you to travel by taxi at a flat rate of £1.50 plus any amount shown on the meter above £11.80. Criteria for this concession includes difficulty in using public transport or walking any distance. Understandably, it cannot be used for difficulties solely associated with carrying shopping etc. A part of this form may well have to be signed by your GP.

The second idea is the *Richmond Transport Voucher Scheme* which is designed for people with a temporary problem with mobility, those who need short-term assistance. You will keep a book of vouchers to be used for payment with approved local taxi companies.

Perhaps one of these two schemes could be of immense value to you.

You can download an application form or contact them by post, telephone, or in person:

Disability Action & Advice Centre (DAAC)

Waldegrave Road

Teddington

TW1 8HT

020 8831 6312

Opening Hours: 9am - 5.15pm.

Filling in forms is a bore but in this case it is probably well worth the effort. If you have difficulty, please contact our office and we will seek out a volunteer who can help you.

Incidentally, DAAC will also be able to tell you about the Council Shopping Bus Scheme.



YOGA AT ELLERAY HALL

Come to Ellera Hall at 1pm on a Friday and join others for a new chair-based yoga class, suitable for all abilities. Non-Members: £1.50, Members: 50p.

Practised for centuries, Yoga can ease your aching limbs and soothe your mind. Bring it on.

EVENTS

Thamescourt, Shepperton



Our trusty volunteers have found a lovely new venue for a pub lunch on the river at Shepperton.

Once the private residence of the Dutch ambassador, it is now a very nice pub/restaurant. You may know of it already.

We are offering two dates as we know this outing will be popular: Tuesday **10th May** and Tuesday **24th May**. Please do join us on one of those days for a super lunch in beautiful surroundings. See the booking form.

Coffe Morning

We will be holding a coffee morning and a Bring & Buy stall on Saturday **11th June** at the Methodist Church. Do come along and enjoy a chat with old friends or new.

And if you would like to bring any home-made cakes with you we won't say no!

Picnic in the Park



Our picnics have become so popular in recent years that we are offering a choice of two dates this year: Tuesday **12th July** and Tuesday **26th July**. Do join us for a super tea and fun rides on the bicycles. Please see booking form for details.

Pembroke Lodge

This is one of our favourite places and having tea at Pembroke Lodge is one of the nicest things to do in Richmond Park, rain or shine. We are having afternoon tea again on Tuesday **16th August** and hope you will be there.

Please see the booking form and tell us you will be coming.

