

Teddington and Hampton Wick Voluntary Care Group

Christmas 2010

**Teddington & Hampton Wick Voluntary
Care Group**

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

Phone 020 8943 3112

e-mail: office@tedcare.org.uk

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

Happy Christmas



1. Co-ordinator's Letter
2. Stroke Club; Handyperson Service Delivery; Our Tesco Bus
3. Donations; Convenient Mobile Phone; Telephone Scam Alert
4. EVENTS

Hello, Everyone

The days are getting shorter and winter is knocking at the door. This is always a hard time, especially for the very vulnerable. Let's hope this winter is not as harsh as the last one. If you find it difficult to get out for shopping give us a call and we may be able to put you on one of our shopping buses. *Please don't be afraid to ask us.* We can always work something out.

As always we have several outings to see us through the cold months. If you've never been before, why not give them a try. It's always a jolly way to pass an afternoon in the company of others.

So, with Santa and the reindeer on the horizon, and in the words of Tiny Tim, 'God bless you one and all'. Keep warm, and more importantly, keep positive.

Best Wishes for the festive season to all our clients and our wonderful volunteers.

Miriam.

MOVING ON

South West London Stroke Club

Reg. Charity 11335339

This social stroke club provides support and information for stroke Survivors, Carers and their Families. Varied activities are chosen by members with an aim to building up self confidence, keeping well and active and avoiding isolation.

For more information telephone:

Gill Ritchie on **020 8979 5877**

Or e-mail:

strokeinfo@aol.com (Teddington area)

(affiliated to the Stroke Association)

live longer in their houses and maintain a level of safety and security.

There is a charge of £30 for a two hour visit. Costs are kept to a minimum. They will accept either cash or cheque **and you will always be given a receipt.**

Apart from repairs, they will put up a shelf if it helps to clear floor space, fit new locks, check your security, change light bulbs change tap washers, or replace broken light switches. They also operate a garden tidy up service. In fact any job that will add to your safety and well being.

It seems a lot of money if you only want a light bulb changed and Age Concern suggests that you find one or two other jobs needing to be done at the same time. £30 is the minimum charge.

If you have a job you think they might be able to help you with phone **8876 0620** to arrange a visit.

We hold their leaflet in the office.

If you wish to contact Age Concern their number is: 0845 601 1149.

TESCO BUS

There are one or two empty places on the Tesco bus if you would like a seat. Please phone the office.

HANDYPERSON SERVICE



Age Concern's Handyman Service is designed to help disabled or people over 60 years with light repair jobs in their home which will enable them to

DONATIONS

We would like to say a huge thank you to all those who have donated to our group. We are always astonished at how quickly these individual amounts build up and enable us to continue our work.

As a registered charity we rely heavily on your donations. We much appreciate your generosity and we do our best to see that your money is put to good uses.



SERIOUSLY *BIG* BUTTONS ON THIS NEW MOBILE PHONE

Lloyds Chemist in Twickenham is selling a Binatone Big Button Phone for only £39.99. It has an extra large display, volume booster, loud ringer and strong vibration alert, and an emergency SOS button. It is hearing aid compatible.

This mobile phone is very easy to use. It would prove invaluable in an emergency and be a vital link with your family and friends. Lloyds chemist (Heath Road, Twickenham) will be very happy to explain all to you. Although it is a very simple

phone, designed to receive and send phone calls, you could also use it to send text messages.



TELEPHONE WARNING



We've mentioned this nasty little scam before but it has reared its ugly head again this Christmas. This is how it goes: A card is posted through your door from a company calling itself PDS (Parcel Delivery Service) suggesting that they were unable to deliver a parcel and that you will need to contact them on 0906 661911 (a premium rate number!)

Do not call this number – it is a mail scam. You will start to hear a recorded message and by now you will already have been billed £315 for the call.

If you do get a card with these details, please contact Royal Mail Fraud on 020 7239 6655.

EVENTS

New Year Lunch

Once again, Hampton Hill Voluntary Care Group has kindly invited us to join them for a New Year lunch at Fulwell Golf Club. This will take place on **Saturday 15th January** 2011. The price is £8.

Please note places are limited so if you'd like to come let us know as soon as possible.

The Weir



We are planning lunch at The Weir again one Tues in February.

We can't finalise the exact date yet but if you'd like to join us by the river, please let us know.

Bushy Park

Come to Bushy Park Visitor Centre on **Tuesday 8th March** for afternoon tea. If we're lucky the daffodils will be out and the spring will be in the air.

Pembroke Lodge

We're off to Pembroke Lodge for tea on **Tuesday 15th March**. Unfortunately, we must limit numbers

so we may repeat the trip on Tuesday 22nd March.

Guys & Dolls



This popular musical will be performed next April at St Francis de Sales church hall. If you would like to come we shall be attending the matinee at 2.30pm on **Saturday 2nd April**. See booking form for details. I can't promise you Frank Sinatra and Marlon Brando but it should be good!

Squires



Why not come along for afternoon tea at Squires on **Tuesday 12th April**. Stock up with spring flowers and Easter eggs.

Please fill in the attached booking form if there are any events you would like to attend and return it to the address at the top. Or if this is not easy to do, please ring us and we will add your name to the list.

