



Teddington & Hampton Wick
Voluntary Care Group

Winter 2011

Hello Everyone

Well the autumn is truly upon us and Christmas is looming just around the corner. Here in our little office we are all muffled up with our two heaters blasting and our fingerless gloves on! It's not easy staying warm, especially if you don't move around very much. Heating is so expensive. There has been so much gloom and doom in the air but I hope you all stay warm through the cold months and let's hope the winter is not too long.

In the press we read that the 'Big Society' is having real problems and we too have noticed a drop in the number of volunteers we have. However we have been truly overwhelmed by the goodwill and energy of our volunteers in this past year and I should like to express our heartfelt thanks to all of them for all they do. I am sure I speak for all our clients when I say this.

So thank you and best wishes to you all, and let's hope that 2012 is even better.

Miriam



A WORD FROM THE CHAIR

Our new style AGM was a great success with lots of people in attendance. So we will do the same next year.

At the AGM we handed everyone paper and asked for comments and suggestions. We were delighted with the feedback. So if you have any useful suggestions give the office a call.

Mary

CARING HANDPERSON SERVICE

Do you have some odd jobs that need doing? Perhaps you'd like some draught proofing fitted or you'd like some shelves put up or maybe you just need some electrical repairs. Call the Age Concern Richmond upon Thames Handyperson Service on 020 8876 0620 for more advice. The service is available for anyone over 60 or disabled in Richmond. There is a small subsidised charge.



GOING DIGITAL



From April 2012 all televisions in the South East will start to go digital. Your home television may need to be modified or retuned to receive the new signal. In the coming months you may be bombarded with leaflets and information about this. If your equipment does need retuning, you may well be eligible for free service and will be contacted direct in advance, but if not make sure that the tradesman you use has been checked for reliability. If you need advice on this you can call the BBC's Switchover Help Scheme on 0800 4085 900.

Please do not hand money over until you are satisfied that the job has been done!

FIRST CONTACT

Information and advice by phone.

First Contact is a regional Information and Advice Helpline from Age Concern.

The service offers help with many things such as Health, Housing, Benefits and Legal matters etc.

Please call 0845 600 1090

Open hours Mon – Friday 10am – 4pm

BEWARE!!

It may be the season of goodwill but sadly it's also the season of scams! We have been asked to pass on a warning of a new postal scam.

You may find a card put through your letter box by a company called PDS (Parcel Delivery Service) saying they were unable to deliver a parcel for you and asking you to call a given number. **DO NOT CALL THIS NUMBER!**

This scam originates in Belize. If you call the number you will be charged a minimum of £315, and there is no parcel!

If you receive such a card please call Royal Mail Fraud on 020 7239 6655

PALS

Have you heard of the Patient Advice and Liaison Service (PALS)?

They are a confidential advice and support service helping you to sort out any concerns you may have regarding NHS treatment. If you are a carer, patient or relative of a patient they will guide you through the services available from the NHS. They will listen to any concern you have and support and advise you. They may point you in the direction of others who can help you or they may decide to meet with staff and managers if their intervention is needed.

If your query is simple and you don't want to bother your GP or you are not sure who should be approached, PALS will be there for you. They will help in more serious matters, but they advise you to first approach the manager of the clinic or surgery concerned.

They are based in Thames House in Teddington High Street and their phone number is 020 **8973 3111**. Of course, if you need more immediate medical advice you should call NHS Direct on

FREE ANTHRACITE!

A kind person is offering 1 tonne of free anthracite to anyone who would like it. Free delivery. Call the office for details.

EVENTS

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

NEW YEARS LUNCH Sat 14 January 2012

New years Lunch Now here's something to look forward to. A lovely lunch with entertainment at the Fulwell Golf Club. Many of you will have been before and I know will recommend it. The cost is £10 to include bus fare.



Bushy Park Visitors Centre

We are off for tea in Bushy Park again on **Tuesday 20 March 2011**. Why not come along for a cuppa and a chat. Hopefully we'll see daffodils. Won't that be cheerful!

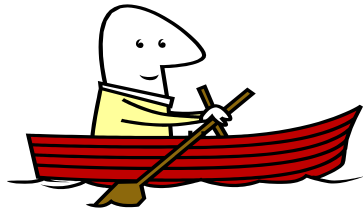


Coffee Morning

It's always pleasant to meet up for a coffee break. We are having a coffee morning on **Saturday 3 March 2011**. Do come along to have a chat with old friends and maybe meet some new ones, too. We look forward to seeing you there.

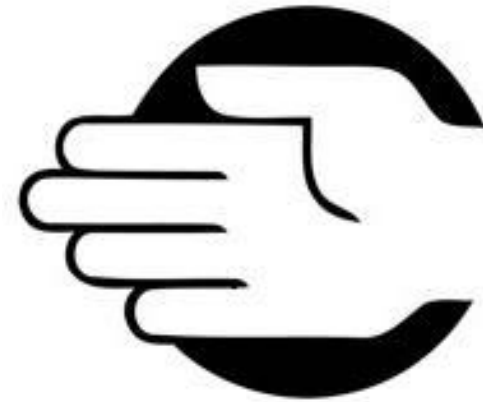
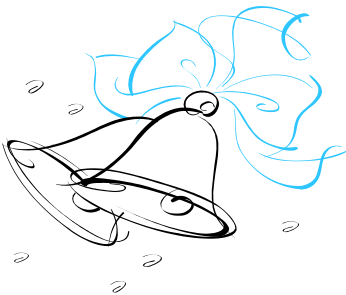
Thamescourt

February always seems a gloomy month so let's have a cosy lunch looking at the river and watching the boats go by. Join us at the Thamescourt Hotel on Tues 28 February or on Tues 6 March. See booking form for details.



Bell Ringing and Lunch

It's quite a while since we went bell ringing so Jane our Friday bus driver, has kindly organised for us to go again on Tuesday 7 February. For those who have never been, I can tell you its great fun. We have a demonstration of bell ringing in St Mary's Church East Molesey and then we adjourn to The Bell Inn across the road for lunch. What could be nicer! See booking form for details. Numbers are limited so don't delay!



Teddington & Hampton Wick Voluntary Care Group
c/o Teddington Methodist Church
1 Stanley Road
Teddington TW11 8TP

0208 943 3112

BOOKING FORM

Either ring us on 0208 943 3112 or return the form to:

Teddington & Hampton Wick Voluntary Care Group
 c/o Teddington Methodist Church, 1 Stanley Road
 Teddington , TW11 8TP

Tick as applicable

Transport
 Comeg Needed

NEW YEAR LUNCH AT FULWELL GOLF CLUB Saturday 14 January 2012 Mid morning pick up Cost £10 (including bus)	<input type="checkbox"/>	Bus £3
BELL RINGING AND LUNCH Tuesday 7 February 2012 Mid morning pick up	<input type="checkbox"/>	Bus £3
THAMESCOURT HOTEL Tues 28 February 2012 Pick ups late morning	<input type="checkbox"/>	Bus £3
COFFEE MORNING Saturday 3 March 2012	<input type="checkbox"/>	
THAMESCOURT HOTEL Tues 6 March 2012 Pick ups late morning	<input type="checkbox"/>	Bus £3
BUSHY PARK VISITOR CENTRE Tuesday 20 March 2012 Afternoon pick up	<input type="checkbox"/>	Bus £3

Let us know if you are bringing a wheelchair or walking aid.

Please let us know ASAP if you have to cancel so we can offer your place to someone on the waiting list.

NAME.....TEL.NO.....