

# Teddington & Hampton Wick Voluntary Care Group

## SUMMER NEWSLETTER 2017



**Dear Everyone**

Summer has definitely arrived. I hope you're enjoying the long summer days and keeping cool in the heat. A great excuse for ice-cream, well it's my excuse!

A big welcome to our new clients; I hope you are enjoying our outings and finding the shopping bus helpful, they're always a great way to meet people and make new friends.

I'd like to give a huge thank you to everyone who has given us a donation. Our group is self-funded, so we rely on your kind donations to help keep the group running.



The office is **only** open:

**Monday – Friday from 0930-1130 tel: 020 8943 3112**

Please leave us a message outside of these times.

*Jules*

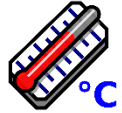


[www.tedcare.org.uk](http://www.tedcare.org.uk)

## Staying Safe in the Sunshine



Some medications are less effective if stored at temperatures higher than room temperature (approximately 78° Fahrenheit or about 26°C), check the label, they might need to go in the fridge when it's hot.



Drink plenty of water. It's easy to become dehydrated without realising, so drink a few extra glasses and take water with you if you go out.



Wear sunscreen, sunglasses and a hat or use a brolly.



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## Tips to help prevent being conned/scammed

*If someone knocks on the door:*



1. Put the chain on
2. Don't let anyone in, unless you're expecting them
3. Don't be embarrassed to say 'No' to people or ask them to leave

4. Remember, if it sounds too good to be true, then it probably is

Did you know that you can set up a password with your utility company so you know that they are genuine if they send someone round? Phone your utility company to find out how to do this.

### ***Postal scams***



These are sent by post and may be addressed to you directly by name. Postal scams contain fraudulent claims to try to con you out of your money. Watch out for lotteries or prize draws, including foreign lotteries, claiming you have won a fortune. These often look legitimate, with barcodes or ID numbers.

### ***Telephone scams***



**NEVER** give **ANY** bank details, pin numbers or personal details to **ANYONE** who has called. They often pretend to be from your bank, phone provider like BT, or local council offering refunds for your council tax.

If in **ANY** doubt just **HANG UP** the phone and speak with a friend or relative about it.

Finally, remember that you can dial 999 if you're suspicious or the caller won't leave, or 101 if you're not in immediate danger but want to report an incident.

## OUTINGS & EVENTS

If you missed the chance to go to the Sunbury walled garden in the Spring, you're in luck, we're planning another visit.

**Here's a taster of what's coming up:**

**Sunbury Walled Garden** – Wednesday 19<sup>th</sup> September  
Tea and a walk in the garden



**AGM – Methodist Church** – Saturday 7<sup>th</sup> October  
Official stuff and a cup of tea



**Pub Lunch** – Tuesday 17<sup>th</sup> October  
Lovely grub in a Shepperton Pub



**Christmas Party** – Saturday 25<sup>th</sup> November  
Music, tea, cake and Santa



**Coffee Morning** – Saturday 9<sup>th</sup> December  
More tea, coffee & cake



You **MUST** either phone the office or send us your outing form to book any of our outings. This ensures your name is on the list and will avoid any disappointment.

**020 8943 3112**

**Do NOT send any payment with the form. Payment will be collected on the day of the outing (cheque or cash).**