



**Teddington & Hampton Wick
Voluntary Care Group**

NEWSLETTER January 2025

Dear All,

I hope you all had a lovely Christmas. I'm glad I have a pair of elastic waisted trousers to allow for those extra mince pies! Thank you for all your cards and gifts.



Check out our new outings coming up. Give us a call if you fancy attending any of them. Some are limited numbers so names will be picked out of a hat if oversubscribed.

We are always here to help, so if you have any questions or are worried about anything don't hesitate to pick up the phone and call us. You can leave a message out of hours, and we'll get back to you the next morning.

We wish you all a very happy and healthy New Year

Jules, Hilary & Lisa



Our office opening hours are: **Monday - Friday, 0930-1130.**

Sometimes we have to change the office hours so, if you want to visit the office, please call first to avoid a wasted journey.

Tel: **020 8943 3112** (Please leave us a message outside of these times).

Email: office@tedcare.org.uk Website: www.tedcare.org.uk

Address: 1 Stanley Road, Teddington, TW11 8TP

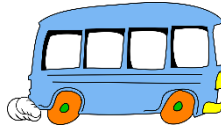


Recycle your hearing aids.

Don't throw away your old hearing aids, we can recycle them for you. Just drop them in the office or give us a call and we'll pick them up.

One of our volunteers collects them and gives them to a charity to recycle them.

Shopping Bus



Don't forget our shopping bus every Thursday & Friday starting around 0930.

It's a door-to-door service with a small charge of £4 to cover the cost of the bus. The first trip is FREE so why not give it a try.

The Thursday morning bus is FULL and there are only two spaces left on the Friday bus. We are happy to run a Thursday afternoon bus if any of your friends want to join us. We also go to Sainsbury the first Thursday of every month. You might know someone who might benefit from using the bus, it's a good way to make friends, keep independent and have someone to carry your shopping.

Outings & Events

We are always looking for new ideas for outings and events so if there is anything you fancy doing or somewhere you want to visit, just give the office a call and let us know.

Some Helpful information

CILS Information Navigation Provided by Richmond AID

The Information Navigators can help in many ways, including:

- Offer information, advice and support on a range of subjects
- Help you to find the right services to support your needs
- Support you through the health & social care system

Information Navigation areas include:

- Housing
- Benefits
- Grants and food vouchers
- Social and leisure opportunities
- Employment, education and independent living
- Transport and mobility
- Access, aids and adaptations
- Consumer issues
- Befriending

CONTACT US

We can help you if you are looking for support for yourself, a family member, friend or someone you are caring for. The service is free and confidential.

Email: advice@richmondaid.org.uk

Phone: 020 8831 6464

Website: www.richmondaid.org.uk (Click on CILS)

Text/SMS: 07894 215 835

Outings and events

The View restaurant – Richmond College

3 course lunch, £24 inc transport

Tuesday 21st January – picking up from 1030

We will need your menu choices before Fri 10th January so please call and book asap.



Coffee morning – Methodist Church

Saturday 22nd February **10.30am – 12:30pm**

A natter and a coffee with friends. There's always cake too!



Another Mystery Afternoon trip. Wednesday 26th March

Time TBC, who knows where we might go?

Just call the office and put your name down and we will let you know nearer the time where we are going.



Soap Making Workshop afternoon - Holly

Lodge, Richmond Park.

Tuesday 22nd April, picking up from 11:30

£10 inc transport, tea/coffee, cake, savoury & sweet biscuits

A fun afternoon and you get to bring home your creations!

Limited number of spaces.



Please call the office to book and reserve your space to avoid disappointment.

0208 943 3112. Payment will be collected on the day of the outing (cheque or cash).



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