

OUTINGS AND EVENTS

Coffee morning – Methodist Church

Saturday 24th June **10.30 – 12.00.**

Why not catch up with friends for a good old natter.



Sunbury Walled Garden (limited numbers) - £10 inc transport

Wednesday 12 July – **2pm (pick ups from 1pm)**

Seasonal blooms plus a nice cuppa and a piece of cake.



Companion Cycling & a Cuppa, 2pm – Saturday 19th August

Picking up from 1pm (**£2 donation**)

LIMITED NUMBERS, so book early to avoid disappointment.

Enjoy a gentle ride through Bushy Park. No need to worry about pedalling, just enjoy the ride.



Denbies Winery Train Tour & Tea – Monday 11th September.

Picking up from 1pm.

Exact price TBC - £20-£25 incl. tour, transport and tea and cake.

REMEMBER: You **MUST** phone the office to book any of our outings. This ensures your name is on the list and will avoid disappointment.
0208 943 3112, Mon-Fri from 0930-1130 or leave us a message.

Payment for outings will be collected on the day (cheque or cash).

Teddington & Hampton Wick Voluntary Care Group Spring 2023



Dear All

Spring is definitely upon us with a hint of summer thrown in. It's lovely to see all the flowers coming out.

I hope you're enjoying the longer days and able to get out and about more.

Our workload has increased and we've been working hard to help everyone get to their appointments and social events but on occasions we sometimes just can't find anyone to help. I know this is disappointing for you but I hope you understand that we do try our best.

We have a few more outings to come so take a look at the back page and give us a call if you fancy coming to any of them.

Jules, Hilary & Sara



Our office opening hours are: **Monday – Friday from 0930-1130**
tel: **020 8943 3112** Please leave us a message outside of these times.

www.tedcare.org.uk

AgeUK Richmond are offering help with using technology



If you are 65 + and living in Richmond upon Thames, Connect to Tech can help you get online and get connected. You may be new to the world of IT & computers, or you may be looking to develop your existing skills. There are lots of benefits to being online!

You may want to:

- Use a laptop, computer smart phone or another device for the first time
- Learn how to use the internet
- Learn how to shop online, use messaging apps, make video calls (Zoom, Skype, Facetime) or how to find information online.
- Improve your confidence
- Resolve a problem with a device
- Explore the benefits of being digitally connected.

They can discuss your skills and what you are looking to achieve over the phone. We can then provide an option(s) to best suit you, that may include:

- Loaning you a tablet to learn with at home – no home internet connection needed.
- One to one support to help you use a device you already own or have borrowed from us – at community locations.
- Group sessions on particular topics.
- Advice on what device to purchase to meet your needs.

You can also just turn up to one of our regular drop-ins listed below.

All our Connect to Tech services are **free of charge**, except when you book a home visit to help fix a technical problem with a device you own, such as setting up a computer, printer, or other device – in this case, a £10 per hour charge applies.

For more information about help with computers, tablets or smart phones please email connecttottech@ageukrichmond.org.uk or call **020 8744 1965**.

Travel Companion service from AgeUK

Do you know someone who'd like to feel more confident getting out and about? AgeUK Travel Companions service can help.

Travel Companions can provide free support to people aged 50+. We can help them build the confidence they need to make journeys independently, whether it's by foot, bike, or public transport.

FREE sessions to help you feel more confident and comfortable making trips around your local area.

You'll be paired up with your own Travelling Companion who can accompany you on any type of journey - whether it's by foot, public transport, taxi or even bike - and will help you build the confidence you need to travel independently.

Simply give AgeUK a call or email them, and they will connect you with your local Travelling Companion

Call: 020 8744 1965 or Email: wellbeing@ageukrichmond.org.uk