

# Teddington & Hampton Wick Voluntary Care Group

## SUMMER! Newsletter



Dear All

We've had a lovely summer so far even though it has been a bit of a scorcher at times.

I hope you're enjoying our trips. If you have any suggestions for outings please let the office know. Look out for the new outings on the back.

Once again, welcome to our new clients and especially to our lovely volunteers, without which we couldn't possibly run our group. Thank you



Enjoy the rest of the summer, before you know it it'll be christmas!

*Jules*



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

## Are you struggling to use your local train station?

This is from South Western Trains:



“If your local station is not accessible for you, please get in touch with our Customer Service Centre and we can arrange alternative transport (usually a taxi) at no extra charge. This will take you from the nearest or most convenient station for you to the closest accessible station, so that you can continue your journey.”

- Customer Care Centre on 0345 6000 650 – it’s open 06:00 to 22:00 every day except 25 and 26 December

## Silver Sunday – 6 October



The Baptist Church, Teddington are having a FREE informal afternoon tea with music for the older person or perhaps you’re younger with an older neighbour who would really enjoy an afternoon out – if so, why not bring them along? All very welcome and a great way to make new friends.

Please book your place before 23 September by calling:

**020 8977 8000 or email: [office@teddingtonbaptist.org.uk](mailto:office@teddingtonbaptist.org.uk)**

If you need help with a lift give the office a call and we will try and help you out.

## A note from our chairperson.



Hello Everyone,

As we don't often hear cheerful news I thought I would pass some on. As you are all aware, we are completely self-funding and raise the money in various ways the most significant of which are your kind donations, so thank you.

Earlier this year a long standing client died and amazingly left us a share of her estate.

Whilst her dying is very sad and we will all miss her, her kind thought has helped us to keep the voluntary care group running so we can provide our continued help and support to you all, which I know is why she kindly did it.

Mary Tavendale

**SHOPPING BUS FREE TRIAL – (usually £4)**



Come and give our shopping buses a go. Worried about losing your independence, don't be. We just pick you up from home drop you at Tesco and let you do your own shopping, then take you home after. It's a great way to meet new people so give the office a call and book your place. 020 8943 3112

**Thinking of getting a walker or need a wheelchair?**



We have a small selection in the office which could be yours, all we ask for is a donation to the group, so don't miss out.

## OUTINGS & EVENTS



**Reminiscing at Holly Lodge** with tea + cake  
Tuesday 17<sup>st</sup> September – **LIMITED NUMBERS**



**AGM & Afternoon Tea** – Methodist Church  
Saturday 12<sup>th</sup> October 2pm – official stuff + tea +cake



**Lunch & Bell Ringing** - Molesey  
Tuesday 22<sup>nd</sup> October – **LIMITED NUMBERS**



**Winter Coffee Morning** – Tea, coffee, cake and catchup with friends.

Saturday 16<sup>th</sup> November 1030 – 1200  
After, there's Seated Zumba at 12:15 if you fancy giving it a go (£3)



**Christmas Party** – Methodist Church  
Saturday 7 December – a good old knees up



### PLEASE NOTE:

No need to send any payment, outings can be paid for on the day.

**DON'T FORGET**, to book any trips you **MUST** either send in your booking form or call the office to reserve a space.

020 8943 3112