

# Teddington & Hampton Wick Voluntary Care Group

## WINTER NEWSLETTER 2017

Dear Everyone



Christmas will soon be upon us so I hope you've started dusting off the decorations and are writing your Christmas cards.

I know I said it last time but a big thank you to those of you who have kindly given us a donation. It all helps to 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.

Remember, although we're not in the office at the weekend we can still help with drives during this time. Just phone the office with **ANY** drive requests and **ALWAYS** try and give us as much notice as possible.

*Happy  
Xmas*



*Christmas,*

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

## Christmas Day Lunch at Elleray Hall

The Churches of Teddington are inviting you to a Christmas Day lunch at Elleray Hall with entertainment, carols, mince pies and more..



If you would like to go, call **Colin** on **020 8977 8000** to book your place. The festivities will be from **11 am – 3:30 pm**  
Transport can be provided, just let Colin know if you need it.

## Getting a bit forgetful



**or feel a bit lonely sometimes?**

Why not try one of the **Teddington Memory Cafés**.

A friendly place to meet new people for a chat over a cup of tea.

The cafés are in two of our local churches

- **St. Peter's & St. Paul's Church, Teddington** – 2 January. (1<sup>st</sup> Tuesday of the month)
- **St Marks Church, Teddington** – 18 December & 16 January. (3<sup>rd</sup> Tuesday of the month)

## Had a fall?



It's easy to lose your confidence when you've had a fall. Here are a few helpful tips to get you bouncing back and out and about.



- Don't put off going out it will only get harder
- Try a short familiar route for your first outing
- Call a friend or neighbour to go out with you the first time
- Try using a walking stick or walker to begin with
- Go out in the daylight and take your time
- Don't be afraid to ask for help and advice

There are plenty of other aids available for your home and some can be obtained free of charge, so check with your GP or district nurse.

The British Red Cross do hire out some aids such as wheelchairs and toilet seat risers, you can contact them on **020 8944 0246** for more information.



We have a wheelchair and a walker in the office which you can also borrow for a **short time**.

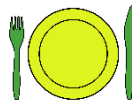
## OUTINGS & EVENTS

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

**The Real Alternative Panto** – Saturday 13<sup>th</sup> January  
Oh yes it is!



**Lunch at Merits Restaurant** – Thursday 8<sup>th</sup> February  
Lovely grub in Richmond College



**Coffee Morning** – Saturday 24<sup>th</sup> February  
Tea, coffee, cake & a chat



**The Musical Museum** – Tuesday 27<sup>th</sup> March  
Includes tea & cake



### REMEMBER:

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).**