
A one-subject bulletin from the Trust, plus one advert!

Supporting Older People on the Peninsula

One-to-one help; information and advice; new Dementia group; Speech Therapy support

We are truly delighted to say that our relaunched programme to support older people is really working well. We've got a weekly contact point, special sessions and new groups, keen volunteers and a growing list of people being helped.

Can **you** help your neighbours? Regular commitment not necessary, every hour you can give is welcome. Do you know someone who needs help? Read on!

Some examples of the help so far

- Removed an old telly that was in the way
- Started home visits for a housebound lady
- Advised on Attendance Allowance and other benefits
- Helped with getting a slippery path cleared
- Found a laundry service that collects from home
- Short walks for a gentleman recovering from an operation
- 7 more people waiting to be seen for assistance

We're working with Age UK Cornwall and their "Living Well" programme. Training, mileage, support and DBS checks organised.

Every Monday afternoon, 1.30pm - 4.00 pm,
or by phone (823909) or e-mail rame.centre@thepeninsulatrust.org.uk

Living Well training and volunteer induction - find out about the programme and how the volunteering works. Includes "Safeguarding" training. **Tuesday 3rd March, 10.00 - 4.00 pm in the Public Hall, Liskeard.** We can try and arrange transport, please ask. We may run this day in Millbrook if people want it.

A new Dementia Support Group

The organiser behind the Memory Cafe in Downderry, and the new one in Torpoint, came to the Rame Centre and presented ideas for a Dementia Support group in Millbrook. We have enough interest, so the group will start soon.

Dementia Awareness Training. Find out more about the condition and how to help sufferers, also find out about the new group. **Tuesday 1st March, 2.00pm, in the Rame Centre**

Memory Café in Millbrook. This will run fortnightly, once a venue is found - more news soon

Activities and support for carers. We want to build a programme of support activities, including respite sessions so that carers can have some time off.

We have enough people to start, but need more to run properly. Can you help? Please come in to the Centre or contact Penny Madge at madge3lz@btinternet.com

Speech Therapy - conversation volunteers

We are working with the NHS Speech and Language Therapy service to help people recover after a stroke or other voice problem. They train volunteers to help people to communicate again, involving weekly sessions in the patient's home.

There is a full training programme for this vital support, which is in March this year. We are delighted to welcome Joan Treasurer from the service to Millbrook on **Monday 22nd Feb, 2.00pm, at the Rame Centre**, to describe the service and answer your questions.

Age limits for the service

There are none. Although the first focus is on older people, we'll try to help anyone who needs us.

This is a proper, old-fashioned Community Spirit programme. The more support we get, the more we can offer. If you've got an hour a month to give, that'll do fine - please come and join us.

Relaunch of the Rame Centre Art Wall.

We are starting again with our display of local art, crafts, plants and more. It all begins with a Grand Opening on **Saturday 20th Feb, 1.00pm**. Come along and see the new display! Everything is £50 or less!!! We are raffling this lovely painting by Eileen Lee to start us off - tickets £1 from the Centre. Local artists - amateur or professional - please get in touch to display your work.



Membership - come and join us

We are a membership-led community organisation, trying to meet some of the needs of our area. We're now in our second year, and it's going great - 467 people have joined to date, with more coming in each week. It costs £1 for life to be a member, which gives you a say in deciding our activities and aims. Please drop in to the Rame Centre and join us

How to find us

We're at 3 West St, Millbrook - next to Widdicombe's shop

We're open Tues, Weds, Thurs and Sat, 10.00 - 12.00, also Thurs 5-7pm.

Phone us on (01752) 823909

E-mail us on rame.centre@thepeninsulatrust.org.uk
