



# Friendship at Home

Newsletter | Spring/Summer 2016

# Friendship at Home

## Editor

Toni Herron/Lorna Duffield

## Contact Us

01472 602500

01472 694055 (Independent Living)

## Write to

Friendship at Home

c/o St. Aidan's Community Church

Grimsby Road

Cleethorpes

DN35 7RQ

## E-mail

admin@friendshipathome.org.uk

## Website

www.friendshipathome.org.uk

## Staff

Julie Rigby - Development Manager

Lyse Stephenson - Operational Manager

Dawn Charlton - Member & Volunteer Worker

Julia Sethi - Outreach Support Worker

Rhiannon Walton - Older People's Support

Toni Herron - Independent Living Support

Jenny Shipley - Independent Living Support

Dawn Nielsen - Monday Bingo Co-ordinator

Jackie Horby - Tuesday Club Co-ordinator

Marie Green - Wednesday Club Co-ordinator

Joan Wright - Thursday Bingo Co-ordinator

Lynne Wells - Thursday Club Co-ordinator

Lorna Duffield - Admin Assistant

## Trustees

David Walker - Chair

CLlr Ray Oxby - Vice Chair

Steve Griffiths - Treasurer

Shaughan Farrow

Richard McKinnon

Kevin Franklin

Mike Mercer

Ann Maggs MBE

Christine Motley



friendshipathome



friendshipatho1

## Friendship at Home Upcoming Dates

### Members' Annual Summer Party

Wednesday 17th August 2016

Cleethorpes Memorial Hall

*Tickets available 1st June*

### Members' Annual Christmas Party

Wednesday 14th December 2016

Cleethorpes Memorial Hall

*Tickets available 1st October*

### Fundraising Quiz Nights

Friday 5th August & Friday 25th November

Date, venue and time TBC

*Keep checking on our social media!*

*For tickets to any of our events please contact our office on 01472 602500.*

## Want to get involved?

Whether you have an interesting story to write about, a few jokes to tell or a recipe you'd like to share, we'd love to hear about it.

If you would like to make a contribution to our next newsletter, please send to the above address no later than **31st July 2016**.

The editor(s) reserves the right to edit/omit articles.

## Quiz Answers

(page 11)

1. Lamb
2. Flora
3. Antelope
4. Increase in Pollen
5. Wales
6. 24th June
7. Soft fruits such as Raspberries/Blackcurrants
8. The Queen of Hearts made some tarts
9. Melvyn Hayes
10. George & Ira Gershwin

# Management News

Hi to all our members and volunteers,

We hope you all had a lovely Easter and enjoyed an egg or two!

Celebration time; FAH has now been running ten years! So a huge thank you to all members, volunteers and staff that has made it the success it is. We will be celebrating this at our AGM on May 18th at the Memorial Hall with a free buffet and entertainment.

We've had a slight shift of roles and an increase in staff which is great news for FAH and members. Julie now manages the development side of the service and Lyse manages the day-to-day running of things. In December 2015 we secured Lottery funding for another five years to continue and develop our service so Dawn Charlton is now in post as the new Member and Volunteer Co-ordinator.

We've also secured funding to employ Julia Sethi our new Outreach Support Worker who will be working mainly in Immingham and surrounding areas. Jenny Shipley has also joined the team as Independent Living Support.

Exciting news that we are now sharing the brilliance of FAH's work with 'Caistor Cares' which will launch in June. FAH will work in partnership with them to provide a befriending service for older people in Caistor.

We have our summer party coming up in August at the Memorial Hall where it will be a Hawaiian theme... hula skirts at the ready! There will be afternoon tea, entertainment from Henry Bowen on steel drums, a disco, raffle and a quiz. All members welcome.

We are also enjoying daytrips in the near future to Castle Howard, Boundary Mill and Whisby Garden Centre to name a few. If any of our befriended members would like to come along you're more than welcome.

June is Volunteers Week and FAH have so many wonderful volunteers! We really do value your time and commitment to us and thank you sincerely for making so many older people smile; as a thank you we have a meal arranged for you for all your hard work and dedication.

As always, if anyone has any ideas for daytrips, speakers or restaurants please feel free to share them with us and we'll see what we can do!

Finally, the sun is finally upon us and it's great to be able to cast aside the woolly jumpers so we hope you all have a lovely and sunny summer!

***Best wishes from all the team xx***

# Trustee News

Hello and welcome to Spring!

As I write this on a lovely warm sunshine filled morning, I remember all those fabulous springs of yesteryear, and more importantly look forward to many more. Isn't it wonderful to see all the flowers and trees coming into bloom, hear the birds singing in the morning etc. The start of another fabulous year. Life doesn't get any better for me. I am sure you have lots of memories of spring days. Perhaps you should share the with us in the next newsletter or on Facebook? Just a thought.

You will see I am sure, later in this newsletter, mention of dates, venue and timings for our forthcoming events, such as Annual General Meeting (AGM) and Ten Year Celebrations! Yes, I know! Ten years! That's how long we've been around and we intend to celebrate it with you throughout this year. Speak with your club facilitators, or anyone at the office and they can let you know what's going on.

Our AGM and the first celebration is scheduled for Wednesday 18th May 2016 at Cleethorpes Memorial Hall.

To remind you and let new members know, the main purpose of an AGM is to comply with legal requirements etc laid down by the Charities Commission, such as the presentation of our audited accounts, appointment of auditors for the coming year, election of trustees, and of course an opportunity to meet formally and informally with stakeholders such as our members, volunteers and others that support us. We also take this occasion to look back over our successes and achievements in the past year and look forward to the future.

We have also invited a number of other agencies to come along and exhibit during the AGM so that they may help to inform all of us of other services that are available. In addition, of course there will be the opportunity to meet with members, staff, and trustees and to network and chat. Come along and join us and share some cake and laughter.

If you require any further information at this stage, then please do not hesitate to get in touch.

We look forward to seeing you then.

Best regards,

**David**

David Walker  
Chair

# Queen's 90th Birthday

**W**hether you are a fan of the Royals or not, it's hard to ignore the fantastic accomplishments that the Queen has achieved. And even if you don't have a HRH before your name, celebrating your 90th Birthday is pretty spectacular!

HRH Queen Elizabeth II was born on 21st April 1926 and people up and down the country have been joining in with the celebrations. Buckingham Palace announced a series of events that have been taking place throughout April and May and will continue throughout June.

On May 12th – 15th there will be a HRH 90th Celebration Extravaganza taking place at Windsor Castle consisting of 900 horses and more than 1,500 riders and performers. Luckily, for those of us at home, ITV will be broadcasting a two hour live special hosted by Ant & Dec.

On June 10th, which is also the Duke of Edinburgh's 95th Birthday, there will be a service of Thanksgiving at St Paul's Cathedral and June 11th sees the annual Trooping of the Colour, the official celebration of the Queen's Birthday.

Aside from all of the official events taking place in the Capital, there will be many local events taking place and more than a few street parties too! So however you decide to celebrate, or even if you don't, we would just like to say



*“Happy 90th  
Birthday Ma’am!!”*



# Notice Board



## Blue Badge Holders

Need only pay the minimum Car Park charges at Grimsby Hospital regardless of how long they stay. Present your Car Park ticket and Blue Badge at the window near the ticket payment machines to be processed after you have parked your car.

## Thank yous

Special thanks to the following people their recent donations to our cause!

Jim Atkin  
Phillips 66

Jimmy Charlton  
Lincs Walking Group  
Focus Adult Social Care  
Sally Francis  
Hazel Winchester  
VS Group Holdings

We also managed to raise an incredible £471 from our Fundraising Quiz Night held on 1st April!

Huge thanks to all the volunteers, members and companies who donated wonderful raffle prizes, to everyone who came along on the night, and of course to our fabulous quiz master Jimmy Charlton!

## Bus Passes

From 23rd May 2016, bus passes will now be issued by Centre4 and Foresight, rather than the local council.

To apply for a bus pass or for more information, please contact either organisation using the numbers below.

Foresight: 01472 269666  
Centre4: 01472 236688

## Blue Badge Holders - Free Cinema Ticket

Parkway Cinema Cleethorpes participates in the CEA Disabled access scheme.

CEA provide a Cinema Exhibitors' Association Card. This is a national card that can be used to verify that the holder is entitled to one free ticket for a person accompanying them to the cinema. The card is valid for 1 year from the date of issue.

Printed application forms are available from the cinema or can be downloaded. For more information you can visit their website or give them a call on the numbers below. A processing fee of £5.50 is chargeable per card. This is to be sent along with the completed application.

[www.ceacard.co.uk](http://www.ceacard.co.uk)

Minicom; 0845 123 1297

Tel; 0845 123 1295

# Ernie's Chuckle Corner

by volunteer Ernie Grindle

A true story from the Manchester news.

Last Wednesday a passenger in a taxi heading for Salford leaned over to ask the driver a question. He gently tapped him on the shoulder to get his attention.

The driver yelled, lost control of the cab, nearly hit a bus and then stalled 6" from a large glass window.

For a few moments everything in the cab was silent, and then the shaking driver said, "Are you okay? I'm so sorry but you scare the daylights out of me!"

The badly shaken passenger apologised to the driver and said he didn't realise that a mere tap on the shoulder would startle someone so badly.

The driver replied "No! No! I'm the one who's sorry, it's entirely my fault. Today is my very first day driving a cab! I've been driving a hearse for 25 years!"

The Cinnamon Trust is a national charity, based in Cornwall. They have been in operation for thirty years, and provide a great service for older people and their pets, such as fostering, or long term care.

It can be difficult for pets to be taken to the vet, dogs to be walked, and other routine pet related tasks to be carried out, if owners are struggling with mobility and other problems. A Cinnamon Trust volunteer would hopefully be able to help in these situations and ease a great deal of worry.

## Who pays?

The Trust does not make a charge for it's services, but it naturally hopes that pet owners who benefit from it's work will make a contribution towards the cost.

It is hoped, for example, that an owner would remember the Trust in a will when a bereaved pet would be coming into it's care. The Cinnamon Trust is dependent entirely on voluntary contributions. It receives no state or local authority aid.

For much more detailed information, or to make a request for assistance, please contact us on 01736 757900.



## The Cinnamon Trust

The National Charity for elderly and terminally ill people and their pets



Does your dog miss his daily walk? If you are an elderly or terminally ill owner and would like some help please contact us.

Tel: 01736 757900

Email: [sherry@cinnamon.org.uk](mailto:sherry@cinnamon.org.uk)  
[www.cinnamon.org.uk](http://www.cinnamon.org.uk)



Chris  
Pa  
20







*Christmas  
Party  
2015*



*Friendship at Home*



# Georgie's

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✿ *Hair* ✿ *Beauty* ✿ *Nails* ✿

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DN31 1DZ



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DN32 9NP

Tel: 01472 360 808

# Our Activities

Monday  
**Exercise Class**  
New Age Kurling

10am - 11am  
St Andrew's Church  
St. Peter's Avenue  
Cleethorpes

Session price £2  
Including refreshments

*If you would like  
to attend any of  
our groups,  
please call  
Friendship at  
Home on*

**01472 602500**

Monday  
**Social Club**  
Bingo, Hoy & Quizzes

1pm-3pm

Lucarly's  
Wilton Road  
Humberston

Entrance fee £2  
Includes refreshments

Tuesday  
**Exercise Class**  
Shibashi (Tai Chi)

10am - 11am  
St. Aidan's Church  
Grimsby Road  
Cleethorpes

Session price £2  
Includes refreshments

Tuesday  
**Social Club**  
Speakers, quizzes, raffle  
& bingo

1pm - 3pm

The Scout's Hut  
Carr Lane  
Grimsby

Entrance fee £2  
Includes refreshments

Wednesday  
**Social Club**  
For those with memory  
concerns or low mood  
Games & lighthearted fun

10am - 11.45am

St. Aidan's Church  
Grimsby Road  
Cleethorpes

Entrance fee £2  
Includes refreshments

Thursday  
**Social Club**  
Speakers, quizzes & bingo

10am - 12 noon  
Beacontorpe Methodist  
Church  
Grimsby road  
Cleethorpes

Entrance fee £2  
Includes refreshments

Friday  
**Exercise Class**  
Chair Based Exercise

10am - 11am

Beacontorpe Methodist  
Church  
Grimsby Road  
Cleethorpes

Session fee £2  
Includes refreshments

Thursday  
**Prize Bingo Club**

1pm-3pm

Scarcho Library  
St. Giles Avenue  
Scarcho

Entrance fee £2  
Includes refreshments

*All clubs run weekly; however please note some clubs do close in  
August and for the Christmas period.*

# Local Events

*Saturday 25th June 2016*

**Armed Forces Day  
Cleethorpes Seafront**

*Saturday 16th July 2016*

**Cleethorpes Carnival**

*Saturday 13th & Sunday 14th August 2016*

**1940's Weekend  
Cleethorpes Coast Light Railway**

*Sunday 14th August 2016*

**Spirit of the Blitz, Live Music Show  
Parkway Cinema, Cleethorpes**

*Wednesday 17th August 2016*

**Friendship at Home Member's Summer Party  
Memorial Hall, Cleethorpes**

*Wednesday 5th October*

**Older People's Advice Day  
Memorial Hall, Cleethorpes**

*Friday 11th November 2016*

**1940's Day, Live Music, Afternoon Tea  
The Oaklands Hall Hotel, Laceby**

*Wednesday 14th December 2016*

**Friendship at Home Member's Christmas Party,  
Memorial Hall, Cleethorpes**

# Spring/Summer Quiz

- 1. Which type of meat is traditionally more popular in spring?*
- 2. What is the name of the Roman Goddess of spring?*
- 3. What kind of animal is the 'Springbok'?*
- 4. Allergies are more prevalent in spring due to what?*
- 5. The popular spring flower, the Daffodil is the national flower of which country?*
- 6. When is the Christian festival of Midsummer Day?*
- 7. What is used as the filling of a summer pudding?*
- 8. In 'Alice's Adventures in Wonderland', what was done all on a summer's day?*
- 9. Which actor, later to find fame in 'It Ain't Half Hot Mum', played the part of one of Cliff Richard's friends in the film 'Summer Holiday'?*
- 10. Which brothers wrote the song 'Summertime'?*

*Answers on inside cover*



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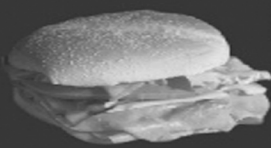
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Friendship at Home Newsletter May 2016

**01472 697277**

# Strawberry Bread Pudding

*Try a slice for breakfast or as a delicious dessert!*

Preparation: 15 minutes

Cook time: 40 minutes

Serves: 12

## Ingredients

- 2 tablespoons butter
- 7 slices day-old bread, torn into small pieces
- 115g fresh strawberries, chopped
- 3 eggs
- 300ml milk
- 180ml cream
- 85g strawberry jam
- 150g caster sugar, or to taste
- 1 teaspoon vanilla extract
- icing sugar for dusting



## Method

1. Preheat oven to 180 C / Gas 4. Melt the butter and use to grease the bottom and sides of a 20cm square baking dish.
2. Toss the bread with the chopped strawberries and place into the greased dish.
3. Beat the eggs, milk, cream, strawberry jam, sugar and vanilla in a medium bowl until frothy. Pour over the bread and lightly press down with a spatula until the bread has absorbed the milk mixture.
4. Bake in the preheated oven for 40-45 minutes, or until the top springs back when touched.
5. Dust with icing sugar and serve warm with ice cream or cream - and extra strawberries if desired!

## Useful Contact Numbers

Anglian Water  
(Queries &  
Emergencies)  
0845 145 145

Phone and Ride  
01472 324440

Northern Powergrid  
Electricity Failure  
0800 375 675

Adult Social Care  
(Single Point of  
Access 24 hour)  
01472 256256

National Grid  
Gas Escapes  
0800 111 999

NHS Non-Emergency  
Medical Advice  
111

Falls and  
Respiratory Service  
01472 313535

Police  
(Non-Emergency)  
101

Older People's  
Enquiries N.E. Lincs  
01472 324640

Fire and Rescue  
(Non-Emergency)  
01472 372500

Out of Hours  
Emergency GP  
01472 256222

Pension Service  
0845 60 60 265

Diana Princess of  
Wales Hospital  
01472 874111



Friendship at Home  
C/O St. Aidan's Community Church  
Grimsby Road  
Cleethorpes  
N. E. Lincs  
DN35 7RQ

Tel 01472 602500 / 01472 694055  
Email [admin@friendshipathome.org.uk](mailto:admin@friendshipathome.org.uk)

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