

Friendship at Home Newsletter

Summer 2023 Edition



Contact Us



Call

01472 602500



Email

admin@friendshipathome.org.uk



Write

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Operational Manager

Amanda Sparkes

Deputy Manager / Dementia Community Support Worker

Toni Herron

Social Club & Virtual Activities Coordinator

Clare Mills

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Dawn Gibson

Over 75's Project Coordinator & Culture Club Coordinator

Beth Sparkes

Volunteer Manager

Katy Cross

Community Link Worker

Leon Bellamy

IT Support

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Administration & Service Support Coordinator

Our Trustees

Ray Oxby

Ann Maggs MBE

Mick Swales

Michael Bateson

Kristina Parker

Rob Walsh

Kristine Green

Hello Summer!

Dear Friends,

Welcome to our Summer Edition Newsletter where you can find information about our services, keep up to date with our upcoming events and also see what we have all been up to over the last few months.

If you have anything you would like to share with us in our next newsletter, from articles, poems, recipes, jokes, funny stories or special pictures, we would love to hear from you!

You can contact us via the options on the left of the page, or come and chat to us in person at one of our clubs or promotional stands around the community.



Summer 2023

Management News

Hi to all our members and volunteers,

Welcome to our Summer Newsletter, isn't it lovely to see the sun shining and flowers blossoming, the only downside is the birds tweeting at 4am! Our lovely members have enjoyed a number of activities and daytrips, such as a trip to see The Christmas Memories Show at Hull New Theatre and a trip to the Fishing Heritage Centre. Some of our lucky members even had a lovely afternoon out with a Fish and Chip lunch provided by Morrisons!

We have started our seasonal triobike sessions provided in partnership with St Hugh's HMT, which enable people to experience a bike ride along routes such as the seafront, with the wind in their hair but not actually have to pedal.....how excellent is that!

Members have also enjoyed Friendship At Home's first overnight trip to Beamish which was a huge success! It was an excellent hotel stay, a visit to the working museum and social activities in the evening- ideas for our next overnight trip are already flowing in!

It was great to see many of our members enjoying the celebration parties with quiche and cake for King Charles III Coronation. Members loved the little commemorative coins and chocolate to mark the occasion. Our next big party is the Summer party at the Memorial Hall in August. We have an afternoon of entertainment planned, as well as lovely food and company!

We are planning further day trips in 2023 to James Herriot World, Bomber Command in Lincoln and Wentworth Garden Centre in Rotherham, (see events page for details). We are also adding an additional choir session to our list of weekly clubs to meet demand and help us accommodate even more older people who love to sing! Our Memory Lane Choir have recently performed at the open day for Old Norse Lodge, numerous community friendship groups and are also performing at the Armed Forces Day on 16th June at 4pm. Please come along and support us!

Since our last newsletter we are very proud to have been awarded 'Charity of the Year NEL' as part of the 2023 Civic Awards; which is testament to the fantastic work carried out by all our staff and volunteers to enrich the lives of our local older people. The volunteers that support the service are not only selfless and humble, but often go unnoticed as key support to our community. This award hugely recognises the priceless support that the voluntary sector and volunteers provide across NEL.

Thank you to all of our wonderful volunteers and welcome to any prospective volunteers that are soon to join or thinking about joining us.



Management News

Talking of special volunteers, we want to give special and heartfelt thanks to Julie Rigby for 16 years with FaH and wish her well, as she has retired from her Development Manager role. Great news- Julie is still about volunteering for us and maybe even joining her 'friendship family' again in the near future as a trustee.

We also want to say a big thank you to Dylan, our digital student, who completed his placement with us in May- Dylan has been an absolute pleasure to have with us, updating all our literature, website and teaching staff new digital skills. Thank you for your patience and enthusiasm and bringing new ideas and innovation to the team.

FaH's newest service, Home from Hospital, is going from strength to strength- this supports older people being discharged from hospital. We can help transport the person home, make sure their immediate needs are met; have shopping/food, check utilities are on, install a safety Carelink unit for extra reassurance. We also undertake a full wellbeing check that can support with wider issues, such as, housing, finances, memory concerns, carers support, social isolation.

FaH, Age UK and Carelink recently hosted the Older People Event on the 31st May as part of the Later Life Partnership which was an excellent opportunity to showcase the wide range of local older peoples community support. We are so lucky to have an excellent array of community services and support in NEL to serve the needs of older people. Watch out for the next older peoples event in October.

The Friendship at Home team would like to thank all who donate to us. Our whole charity was born from a legacy in 2006 to fund 3 years of support to lonely and isolated older people in the Cleethorpes area. Now in our 17th year and with the knowledge that we have helped thousands of older people over the years, we will continue to provide support and friendship to those who are lonely and isolated in the North East Lincs area.

**Best wishes,
From all the Friendship at Home Team**



Charity Of The Year

We are passionate about improving the quality of life for older people living in North East Lincolnshire and with the help of our wonderful volunteers, work hard to provide friendship and support services to those who may be feeling lonely and isolated.

We were both humbled and honoured to find out we had been nominated for the North East Lincs Civic Awards for Charity of the Year. Some of the team went along to the Awards Ceremony and were ecstatic when the announcement was made that we had won! Well done #TeamFriendship

Friendship At Home Charity Of The Year 2023



Later Life Partnership



Later Life Partnership NEL



Formed by three of the leading care providers in North East Lincolnshire, **Later Life Partnership NEL** aims to provide a joined-up holistic approach to services for older people within **North East Lincolnshire**.



By working together we aim to reduce isolation and loneliness, as well as promoting independence, choice and wellbeing.



CARELINK

NORTH EAST LINCOLNSHIRE SINCE 1995

Million Pound Challenge



Later Life
Partnership NEL



MILLION POUND CHALLENGE IN NORTH EAST LINCOLNSHIRE

Between us as part of the **Later Life Partnership**, we are aiming to ensure that all people over the age of 60 are receiving all of their full benefit entitlements.

Do you know that a high percentage of older people living within North East Lincolnshire are not claiming their full entitlements to Attendance Allowance, Council Tax and Housing Costs and pension credits?

Are you one of them? Don't be!

Why don't you have a full benefit entitlement check done with a trained advisor to check you are getting everything you are entitled to... it doesn't take too long.

Do not miss out... especially with the current rising costs of living and fuel bills. Give us a call today on the below number to arrange for an advisor to call you back to discuss further. It really is as easy as that.



Email: admin@friendshipathome.org.uk

Telephone: 01472 602500

Website: www.friendshipathome.org.uk

HOSPITAL DISCHARGE

Ready for discharge?



Did you know Friendship at Home supports patients to get settled back in their own home once they are ready to be discharged. We will also provide a free wellbeing check within 7 days.

What we can do:

- Transport home.
- Assistance with essential shopping, heating etc. to maximize comfort at home.
- Organise a free Carelink telecare monitor for up to 6 weeks for that added peace of mind and security.
- Provide a free wellbeing check within 7 days and refer to appropriate agencies for ongoing support if needed.

Criteria:

- Patient must reside in North East Lincolnshire.
- For transport, patient must be able to get in and out of a small car without any problems.
- Patient must be suitably dressed with appropriate footwear.
- Medication if needed must be ready to go with the patient.
- Personal care must be pre-organised if required.

Monday to Friday 8am to 7pm.
Saturday 8am to 12 midday.



For more information call:
01472 602500 or 07943 671195



Well - Being Checks



Would you like help and advice about any of the following:

WELL BEING CHECK - IN

Do you know someone who you are worried about?

Managing your money?

Finding a hobby / interest?

Improving your home?

Caring for someone?

Coping with personal care or daily tasks?

Worried about memory loss or regularly falling?

Feeling lonely, isolated or bereaved?

Staying connected with family, friends?

Getting out and about and feeling safe?

Managing your health or difficulties communicating?

NEL Public Health with Friendship at Home are offering a free wellbeing check-in service to:

Help identify any concerns you have

Connect you to services that can help

Contact us to arrange for a Wellbeing Check-in worker to come and see you or someone you are concerned about. We can come to your home or a place to suit you.

01472 602 500 admin@friendshipathome.org.uk

Making a difference

Friendship At Home are passionate about making a difference and improving the lives of older people in North East Lincolnshire. We believe that older people should feel valued and cared for and still feel they are a vital part of our community.

Whether receiving one of our many support services, attending one of our clubs or being matched with a volunteer befriender, it really can make all the difference to someone's life!



"I'm so lucky with the people I've befriended" - Jan..

Jan has been volunteering with Friendship at Home for 11 years and has been visiting Anne since October 2021. Jan states "Anne is a very interesting lady, she has had such an interesting life and has done so many things"

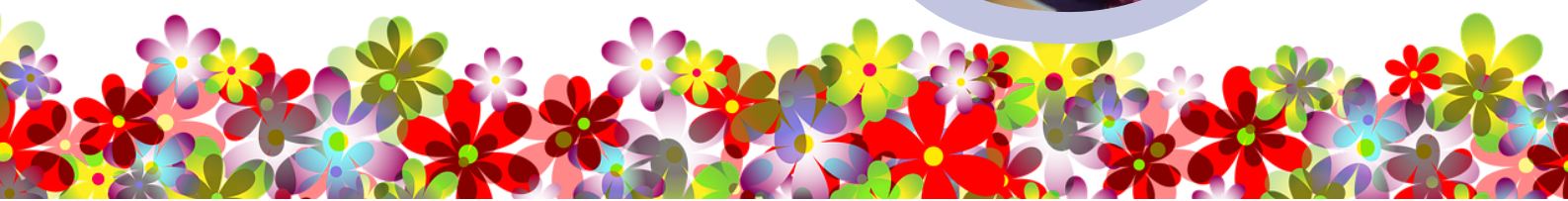
Jan has a wealth of experience when it comes to volunteering, after being involved with many different organisations through the years and so understands the positive impact volunteers have.

Anne says of Jan, **"We put the world to rights when Jan visits; we always have something to chat about! It really breaks up the week for me and I enjoy seeing her."**

Pam and Barbara both started at our CST group on the same day back in January of this year and have become firm friends ever since. They absolutely love to have a natter with each other.

Pam says, **"It is the highlight of my week! I look forward to it ever so much"**

We really enjoy seeing them both too and watching their new found friendship blossom and grow!



Volunteer Spotlight

Our wonderful volunteers are at the heart of Friendship At Home and we simply wouldn't be able to do what we do without them. Here is Marilyn's story.

Marilyn felt that she wanted to get back into the community following the loss of her husband 7 years ago. At the time her sister was volunteering for Friendship at Home and, having some spare time and wanting to help, she decided to 'give it a go'.



"I like to be doing something that I feel is necessary, where people need me, and also if you are helping others, it also helps you." - Marilyn

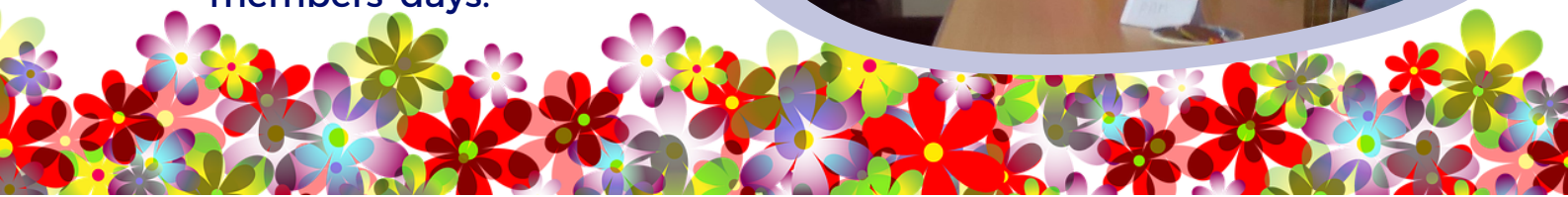
Marilyn had always worked in areas where she enjoyed interacting with people; from her nurse training at 16, through to working for British Rail and finally as a carer. She had also previously volunteered with Dr Barnardo's, so knew first hand how rewarding and valuable volunteering could be.

Marilyn first volunteered to help us with our Memory Lane Choir, which runs weekly and is a fun filled 2 hour session where members get together and sing their hearts out. Marilyn greets members with a warm, sunny smile which never leaves her face! She helps to get them in and settled, serves refreshments and is always on hand to give those who need it, a little extra support.

When we started our Cognitive Stimulation Therapy (CST) sessions, which are designed to help those with living with Dementia, Marilyn jumped at the opportunity to get involved there too!

She enjoys talking to our members, hearing about their lives and the interesting stories they have to tell, and also to 'have a few laughs on the way'.

All the team at Friendship at Home, the Choir and the CST Group would like to say a big **THANK YOU** to Marilyn for her kindness & compassion and for always being there to brighten our members' days.



Memory Concerns

Let's talk about Dementia!

1 in 4 of us over the age of 80 will receive a diagnosis of some form of dementia and yet we still find it hard to talk about! People often find it difficult to know how we can best help someone who is living with dementia and worry about saying and doing the right things.

Many of the people we support, tell us that they have often felt abandoned by friends since receiving their dementia diagnosis

What People with Dementia want you to know!!

1. The More You Know And Understand, The Better You Can Help
2. Dementia Is Not Just Memory Loss!
3. I Need And Deserve Respect!
4. Just Because I Can't Remember Your Name Doesn't Mean You're Not Important To Me
5. People Can Still Live Well With Dementia, All It Takes Is Understanding And Support
6. Give Me An Opportunity To Participate, I Still Get Bored And Need Social Activities And Entertainment
7. Behaviours: I'm Not Choosing To Be Difficult But There Is Often A Reason Why I Am
8. How You Say Something Can Be More Important Than What You Say
9. I'm Not Wrong About Everything And Can Still Make My Own Choices About Most Things



HELPING A NEIGHBOUR

- #### HELPING A FRIEND
1. Remember they are still the same person and friend you may have known for many years.
 2. Include them in conversations and social activities you know they will enjoy. They can still enjoy the same things as you, they may just need a little extra support.
 3. Ask and value their opinions and never assume you know what they want.
 4. If you can, offer support; they may not feel confident enough to ask themselves or may not want to burden you.
 5. Try to be sensitive about their condition. Some people do not want to discuss it, while others may need to talk about it. They may worry about the future and how the condition will progress, but you can help to alleviate those fears by reassuring them that personal and professional support is available.

1. Smile and say Hello - around one third of older people live alone and having a quick chat to someone passing by can really brighten their day! They may repeat the same stories but acknowledging it like it's the first time will make that person feel valued.
2. Keeping an eye out! Check in on them during bad weather or over holidays, or if you haven't seen them for a while or spot something suspicious.
3. Offering to help with something they may find difficult can take a weight off their mind, particularly when it requires remembering dates/times such as refuse collection day.
4. Share something! Living alone can be very isolating so sharing a chat, a coffee, a story or a meal or just listening to them can make all the difference.
5. Recommend services such as Friendship At Home to increase their support network.

HELPING A CARER

1. Listen. Caring can be physically demanding and emotionally draining and a carer may appreciate a chance to talk about how they are feeling.
2. Offer practical help. Carers are busy and often need help or a break from their caring duties. Offering to take care of a meal prep or picking up some groceries will be appreciated.

3. Encourage them to seek professional support from Friendship at Home or the Carers Support Agency
4. Remind them they need to look after themselves too! It's easy to forget about self care when taking care of others, but everyone has a limit and needs to recharge.
- 5. Remind them how amazing they are!**
Caring is a choice and one that should be commended!

Dementia Support



Dementia Services

Specialised Dementia Support and Activities to Promote Living Well with Dementia

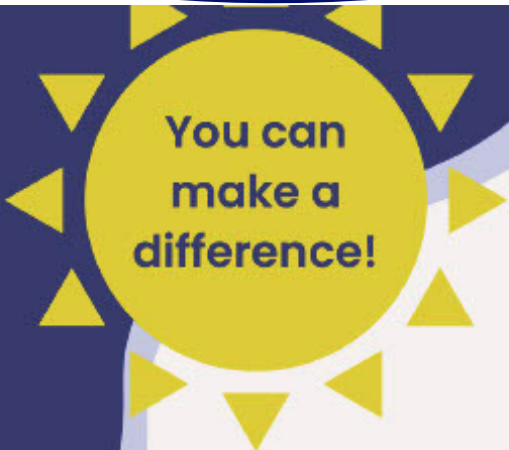
We are passionate about supporting those who are living with Dementia and pride ourselves on offering free one to one tailored support, not only for the individual, but for their family & carers too!

- Useful equipment and techniques
- Social activities
- Carer's coping strategies
- Health/Diagnosis support
- Housing and benefits
- Needing extra help such as home care or respite
- Future Planning



For more information call us on 01472 602500.

Dementia Support



You can
make a
difference!

Dementia Community Group

Do you work with or know someone with dementia? Then come and join our Dementia Community group for support, information and to influence a positive change in NEL.

Last Thursday of Every Month
10am to 12pm

10am to 11am - Peer Support

11am to 12pm - Themed Information & Advice
(including guest speakers)

Located at Park Congregational
Church Hall, Humberstone Rd,
Grimsby DN32 8AZ. For
more information call
us on 01472 602500

Friendship at Home
Befriending and Supporting Older People



PHOTO GALLERY

Beamish Overnight Trip



Fishing Heritage Centre Trip



Kings Coronation Party



Memory Lane Choir Performances

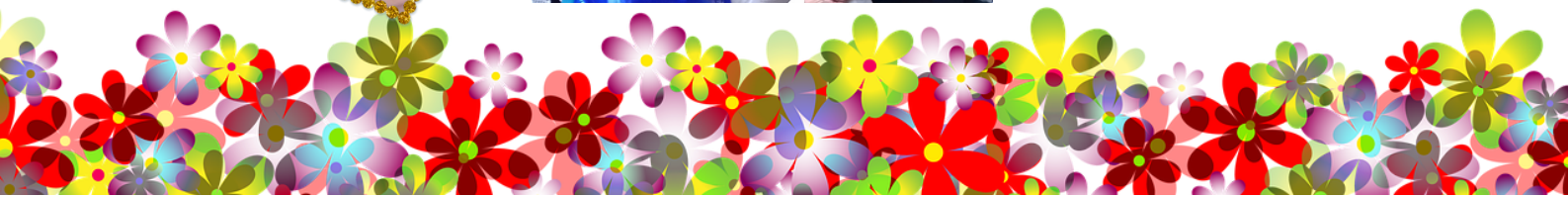


PHOTO GALLERY



Fundraising
Fish & Chip
Quiz Night



Xmas meal out for
club members



PHOTO GALLERY

Christmas Party 2022



Summer Fun In The Sun

Our all weather Trio Bike will be out and about through the Summer months giving you the chance to enjoy a spin down the Promenade, take in the sea air and of course, stop along the way for an ice cream!

To find out when our next ride is taking place just give us a call to book your FREE RIDE



Triobike Service

Reconnecting older people with their communities

Triobikes are battery-assisted trishaw cycles operated by volunteer pilots who can take older people out for a spin in the fresh air... people who might not otherwise see the sights and sounds of their neighbourhoods in this way.

So whether we are riding down Cleethorpes Promenade to see the sights or exploring one of our beautiful local parks, you can be sure we will stop along the way for refreshments.

Come and Join Us!

Call to book your free place on the next ride.



For more information call us on 01472 602500.



Gardening for Fun!

"You are what you eat" may be an old adage, but it makes a very topical and valid point. When you grow your own you know exactly what's in and on your vegetables but it tastes delicious too. Not only that, it is fun, keeps you fit and you can grow your own food simply and cheaply.... with a little knowhow.

Have a go! It's not too late. Just follow the instructions on the seed packet. Choose a nice container and get planting.

It is perfectly possible to grow veg in anything from a window box or tub to a raised bed and its not essential to have a large greenhouse to start them off; a sunny windowledge will do. If you struggle to bend down, then think about raising your beds or pots higher so you can easily reach.



Pansies grown in an old mushroom container with holes put in for drainage. An old toilet cistern; filled with compost and full of lettuces.

If you have 'grown your own', please let us know. We'd love to include your efforts in our newsletters.



All home grown: carrots, butternut squash, lettuce, radish, spring onions, tomatoes, mint, cucumber and spinach.

Tallest Sunflower Competition 2023

Competition is hotting up as 32 Members have entered our FaH Tallest Sunflower Competition to win a National Garden Voucher and appear in our next newsletter! Don't forget to send me your measurements and photo by Friday August 11th.



Cheryl with her sunflower last year.



PUZZLE TIME

Spelling Bee

How many words can you make of 3 or more letters?



SUMMER WORD SEARCH

S B W K I S U N W M K W V
 Y E K Q H X A E S K O V P
 N A D A O B D N J I N A M
 G C L C T B W M D T U C O
 N H I P L Q N T H E F A R
 I I C E C R E A M A R T M
 W D R P O P S I C L E I C
 S W I M N I E J T A M O A
 B A O E T C G U L D M N M
 R T A N E N S M H A U T P
 I H C A E I O P S V S L I
 S A Y E U C P O O L N O N
 V R S E S S A L G N U S G

Sudoku

	7			3		6	2
							9
1		9			6	8	
9		6		1	3		
3							9
			7	9		3	2
		2	3			5	4
	8						
	9	3		6			7

WORD BANK: HOT PLAY SUN
 BBQ ICE CREAM POOL SUNGLASSES
 BEACH JUMP POPSICLE SWIM
 CAMPING KITE SAND SWING
 FUN PICNIC SUMMER VACATION

Riddles

I can't be bought, but I can be stolen with a glance. I am worthless to one, but priceless to two. What am I?

Turn me on my side and I am everything. Cut me in half and I am nothing. What am I?

Answers on inside back page

Brain Teasers

STOOD MISS	PAwalkRK	M LLION
gnixooJ	<u>arrest</u> you're	S T A N D
WALKING ICE	STAND ICU	BE
CHOICE CHOICE CHOICE	ttt iii sss	+verb



Summer Quiz

1. Which British rock band had a debut single called “In the Summertime”?
2. The 2024 Summer Olympics will be held in which city?
3. When is the Christian festival of Midsummer Day celebrated?
4. Which ingredient can be used as the filling for a Summer pudding?
5. Which are the 3 Summer signs of the Zodiac?
6. The term SPF on sunscreen products stands for what?
7. In which country can you visit the Summer Palace, a vast ensemble of lakes, gardens, and palaces?
8. Which year in the 60s was known as “The Summer of Love” with free-love, anti-war, drug, and hippie music scenes?
9. Bastille Day, which takes place on July 14 each year, is the national holiday in which country?
10. Who wrote the famous opening line, “Shall I compare thee to a Summer’s day ”
11. Which feast day falls on July 15 every year?
12. The “dog days of Summer” are named after the Dog Star; what is the better known name of this star?



ANSWERS

1. Mungo Jerry 2. Paris 3. 24th June 4. Fruits/Berries 5. Cancer, Leo, Virgo 6. Sun Protection Factor 7. China 8. 1967 9. France 10. Shakespeare 11. St Swithins 12 Sirius



Club Timetable 2023

Club	Description	Leader and Venue
Drop-In Session	Pop along to our warm space and enjoy good company, dominoes, quizzes and games. Admission £1, includes tea/coffee & refreshments.	Toni Herron The Annie Chapple Centre, Aspen Court, Cleethorpes, DN35 0SJ <i>Mondays 11AM-1PM</i>
Bingo	A warm and welcoming, friendly social club for bingo lovers. With cash prizes for Bingo and Hoy, we also have a weekly raffle and fun quizzes! Admission £2.50, includes refreshments. Tickets sold separately.	Toni Herron Carr Lane Social Club, 78 Carr Lane, Grimsby, DN32 8JP <i>Mondays 1PM-3PM</i>
Culture Club	Weekly drop-in session to meet friendly faces, have a chat and find helpful information from informative speakers and organisations. Admission £2.50, includes hot drinks and cakes.	Dawn Gibson Civic Centre, Pelham Rd, Immingham, DN40 1QF <i>Mondays 10AM – 12PM</i>
Indoor Kurling	Indoor Kurling is a fun team sport for all abilities that is very easy to pick up and not too strenuous. Admission is £2.50.	Ann Ward St. Andrew's Methodist Church, 1 Mill Rd, Cleethorpes, DN35 8HT <i>Mondays 10AM – 11AM</i>
Shibashi	Shibashi is a gentle form of simple Tai Chi exercises that is easy to learn. It can relieve stress and improve co-ordination and balance. Admission is £2.50 which includes refreshments.	Pat Jackson Park Congregational Church Hall, Humberstone Rd, Grimsby, DN32 8AZ <i>Tuesdays 10AM – 11AM</i>
Memory Lane Choir	Fun sing-along with a variety of songs from different eras. Perfect group to lift the spirits and reminisce, suitable for those who have dementia and equally loved by those that don't! Admission is £2.50 which includes refreshments.	Toni Herron The Annie Chapple Centre, Aspen Court, Cleethorpes, DN35 0SJ <i>Tuesdays 10AM – 12PM</i>
Tuesday Social Club	Our weekly social groups give people the opportunity to make new friends and meet like-minded people. With a variety of speakers & entertainment, games of bingo, hoy and fun quizzes, there is something for everyone to enjoy. Admission £2.50, includes refreshments.	Dawn Charlton Carr Lane Social Club, 78 Carr Ln, Grimsby, DN32 8JP <i>Tuesdays 1PM – 3PM</i>

Club Timetable 2023 cont.

Club	Description	Leader and Venue
Sporting Memories	Sports related social group for those interested in sports history with guest speakers, quizzes, and chat. Admission £2.50, includes refreshments.	Kristine Green Youngs Bar, Blundell Park Football Stadium, Cleethorpes, DN35 7PZ Wednesdays 10am – 12 noon
Wednesday Social Club	This friendly and welcoming small group is specifically tailored towards those with memory concerns or who have low mood. We offer a variety of games and activities, arts & crafts, gentle exercise, sing a longs and reminiscence & discussion sessions. Admission £2.50, includes refreshments.	Clare Mills The Annie Chapple Centre, Aspen Court, Cleethorpes, DN35 0SJ Wednesdays 10AM – 12PM
Thursday Social Club	Our weekly social groups give people the opportunity to make new friends and meet like-minded people. With a variety of speakers & entertainment, games of bingo, hoy and fun quizzes, there is something for everyone to enjoy. Admission is £2.50 which includes refreshments. Also introducing our new pre-club chair-based exercise session at no extra cost.	Toni Herron Carr Lane Social Club 78 Carr Ln, Grimsby, DN32 8JP Thursdays 10AM – 10.30AM (Pre-Club Exercise) 10.30AM - 12.30PM (Club Session)
C.S.T Group (Cognitive Stimulation Therapy)	Specialised group that includes concepts of cognitive stimulation therapy, designed to improve memory and cognitive functioning delivered in a fun, friendly session. Admission is £2.50 which includes refreshments. Please call office to book a place	Mandy Sparkes Park Congregational Church Hall Humberstone Rd, Grimsby, DN32 8AZ Thursdays 10AM – 12PM
Chair Based Exercise (Hybrid)	Join our Fitness Coach Jono for a chair-based exercise class based on full body strength and mobility exercises to help improve your everyday living. Weights and resistance bands provided. Available in person or via Zoom. Admission is £2.50.	Jonathon Lugton The Annie Chapple Centre, Aspen Court, Cleethorpes, DN35 0SJ Fridays 10AM – 11.30AM

Over 60s only.

For more information on any of our clubs or to book a place (*where necessary) please call our office on 01472 602500.

Tablet Loan Scheme

Have you heard of our Tablet Loan & IT Support Services?

Friendship At Home can help you to get online with one of our easy to use tablets and we also provide full IT support to guide you through the basics! It's a great way to keep in touch with people, do your online shopping or browse the internet. You can even connect with other FAH members and join one of our weekly virtual clubs for a fun quiz and a game of bingo, or keep your self active with our chair base exercise group.



Tablet Loan Scheme

Friendship at Home are offering a great opportunity to learn new skills, get online and access the digital world with our free tablet loan scheme. Easy to use and fun to learn, it can open up a whole new world to socialize and connect with others.

Friendship at Home have a bespoke app which allows you to join in with daily activities as well as live Zoom sessions such as bingo and chair based exercises and chat with other Friendship at Home members.

Full IT support given. Learn at your own pace.

If you'd like to find out more about this scheme, then give us a call on 01472 602500.
Over 60s only.



Later Life Partnership



Save the Date



James Herriot World Day Trip
For availability, please call office



Senior Forums, Last Friday of every Month,
10.30am - 12 noon at Age Uk, Grimsby



FAH Summer Party
Memorial Hall, Cleethorpes 1pm - 3.30pm
(Tickets must be purchased in advance)



Bomber Command & Lincoln Day Trip
For availability, please call office



Dementia Awareness Session
10am - 12 noon, Park Congregational Church Hall,
Grimsby



Older People's Advice Day,
10am - 2pm, Memorial Hall, Cleethorpes



Wentworth Garden Centre, Day Trip
For availability, please call office



Contact us

To keep up with Friendship at Home, follow us:



 @friendshipathome

 @friendshipatho1

 @friendshipathome

Website: <http://www.friendshipathome.org.uk/>

Advertising in our Newsletter

We currently circulate around 600 hard copies of our A4 newsletter to our members, staff and volunteers, offices of various voluntary sector organisations, the local authority and some doctors' surgeries, other health agencies and libraries. We also circulate an electronic copy to many people in the Local Authority, including councillors and voluntary organisations. In addition, it is placed on our website and our Facebook page.

To help pay for this newsletter as well as helping our readership and other contributors, we provide advertising space. How much we provide and what the content will be is determined by the interest of advertisers and readers alike.

If you wish to advertise in the publication, as individuals, businesses, or part of the voluntary sector, then the current rates are:

¼ page = £5

½ page = £8.50

Full page = £15

Please note all advertisements may be printed in black and white.

For further information, please contact Friendship at Home by tel 01472 602500 or email admin@friendshipathome.org.uk



USEFUL NUMBERS

Adult Social Care (Single Point of Access)	01472 256256
Anglian Water Emergency	0800 771881
Anglian Water Customer Service	0345 7919155
Carers Support Service	01472 242277
Connect N.E.L	01472 403403
Dial A Ride	01472 269199
Diana Princess Of Wales Hospital	01472 874111
Hope Specialist Falls & Respiratory Service	01472 313400
Fire & Rescue Non – Emergency (Peaks Lane)	01472 372500
Lincolnshire Housing Partnership	0345 6041472
Minor Adaptions Handy Person Service (free lower level adaptions around the home)	01472 246256 Referral via Single Point of Access
National Grid Electricity Power Cuts (reporting)	105
National Grid Gas or Carbon Monoxide Leaks	0800 111999
NHS Non – Emergency Medical Advice	111
North East Lincolnshire Age UK	01472 344976
North East Lincolnshire Care Link	01472 312312
North East Lincolnshire Council	01472 313131
Older People’s Collaborative	01472 232265
Out Of Hours Emergency GP	01472 256222
Pension Service	0800 731 7898
Phone & Ride	01472 324440
Police Non – Emergency	101
Silverline (24/7 telephone befriending/advice)	0800 4 70 80 90



PUZZLE ANSWERS

Spelling Bee: 7 letter word is Absence
 Riddle 1 = Love, Riddle 2 = the number 8
 Brain Teasers: 1. Misunderstood 2. Walk in the park 3. One in a million 4. Looking back 5. You're under arrest 6. Stand by me 7. I see you understand 8. Belong 9. Triple choice 10. Sit ups 11. Advert



Volunteering



Loneliness.

This is happening
in your community.

Volunteers Needed

Friendship at Home are looking for volunteers in all areas of N. E Lincs, who are able to give just **one hour a week** of your time, to help an older person who is feeling lonely and isolated.

If you are interested in volunteering with us we would love to hear from you.



Call

01472 602500



Email

admin@friendshipathome.org.uk