



Time to Talk  
BEFRIENDING

NEWS

FEB  
2020

Honouring • Connecting • Engaging

# Happy New Year!

As we start the new year we wanted to wish all our scheme members, volunteers, partners and supporters many blessings for the year ahead.

## 2019 WAS ANOTHER FRUITFUL YEAR AT TTTB

We launched Anna Chaplaincy enabling us to bring Church out to our scheme members in Brighton and Hove who would like to receive Holy Communion, Prayer and Pastoral Support thanks to the work of our in-house Chaplain, Julie and the wonderful team of Anna Friends Phil, Hazel and Penny. See **PAGE 15** for more details.

In May 2019, Kim joined the team as we launched 'Engage and Connect Befriending' in Worthing. To date we have matched 45 be-friendships and the numbers keep on growing!



Our partners St Mary's Church Kemptown and City Coast Church Portslade were a pleasure to work with again last year providing group befriending for our scheme members. We are also thrilled that our work with Brighton College and Bee in the Woods Forest School will continue in 2020. In addition, we welcome a new partnership with Roedean in September 2020.



And as a result of feedback from our scheme members, volunteers and partners we have developed a specialist training programme for 2020 which we are excited to tell you about on **PAGE 6** of this Newsletter!

Our **MEMBERS PANEL** met for the first time to quality assure our work and contribute towards the plans for 2020.



## Brighton and Hove 2019 Project Statistics

**236** REFERRALS RECEIVED  
& ASSESSMENTS  
UNDERTAKEN.

**118** BE-FRIENDSHIP  
MATCHES MADE.

**314** SIGNPOSTS MADE  
TAPPING OLDER  
PEOPLE INTO WHAT  
EXISTS IN THEIR  
LOCAL COMMUNITY.

**267** VOLUNTEERS  
CURRENTLY BEING  
SUPPORTED.

**325** PEOPLE CURRENTLY  
ACCESSING  
BEFRIENDING.

**123** FACE TO FACE  
REVIEWS WITH  
SCHEME MEMBERS.

**123** VOLUNTEER REVIEWS  
OVER THE PHONE.

## Worthing 2019 Project Statistics

**88** REFERRALS  
RECEIVED &  
ASSESSMENTS  
UNDERTAKEN.

**45** BE-FRIENDSHIP  
MATCHES MADE.

**57** SIGNPOSTS  
MADE TAPPING  
OLDER PEOPLE  
INTO WHAT  
EXISTS IN  
THEIR LOCAL  
COMMUNITY.



## BREAKAGE BY MARY OLIVER

I go down to the edge of the sea.  
How everything shines in the morning light!  
The cusp of the whelk,  
the broken cupboard of the clam,  
the opened, blue mussels,  
moon snails, pale pink and barnacle scarred—  
and nothing at all whole or shut, but tattered, split,  
dropped by the gulls onto the gray rocks and all the moisture gone.  
It's like a schoolhouse  
of little words,  
thousands of words.  
First you figure out what each one means by itself,  
the jingle, the periwinkle, the scallop  
full of moonlight.  
Then you begin, slowly, to read the whole story.

This poem was chosen by Charlotte Overton-Hart, friend of Time to Talk Befriending. Charlotte runs a social enterprise called Story Chaplain, that is made up of a collection of projects and collaborations encouraging everyday creativity and meaningful moments for people living with dementia, carers, and everyone. Charlotte often uses poetry and creative writing in her workshops, as words have the power to comfort, nourish and sustain us. Poems can help us both to reflect, and connect with others. Do you have any favourite poems or words that encourage you?

How does this poem make you feel?

Are there any words or phrases that you find particularly striking?

Does the poem remind you of anything?

Can you think of a time that you were at 'the edge of the sea'?

Read the poem again and see if there's anything different you notice.





# As it was for me

The Diaries of Chrissie and Ken Ingle (edited by Julsie) We continue with the writings of Ken.



Ken & Chrissie

It was November 1930 and it had just been my seventh birthday. I was now living at the front of the court housing, in a two up two down. There were back and front windows!

Well, I knew my birthday was just before bonfire night and that our November 5th preparations always started early! The families living in our yard, and all their friends had brought paper, cardboard, broken balsa-wood boxes, along with a bit of broken furniture and then thrown it all into the heap.

Somebody took charge of the growing pile. They nicely arranged everything in a rough circle, right in the middle of the cobbles where I would usually be playing. The fire would just fit in between the archway and the outside communal WC's! The bonfire would be just far enough away from everyone's doorways, and we could all snuggle around for the spectacle.

*At first the fire looked cool and unexciting. Then, the rubbish started to burn and it's raging flames, with orange-red peaks waved in the enveloping smoke.*

*Yellow sparks were drawn upwards, some shooting outwards and towards the sky, others falling back into the fire. The flames and the smoke took away the coldness of the dark November night.*



The smell of roasting chestnuts was everywhere. It was just like the smell from the Chestnut Man stationed on The Moor. He was always there, standing next to the red coals of his fire grate with its big wheels. Everyone gathered in closer. We seemed to be there for ages, with everyone laughing and



# VOLUNTEERS BOARD

We are also delighted to inform you that the following training is available to you in 2020.

## TRAINING

Venue TBC either at TTTB HQ or Hove Methodist Church.

## BEREAVEMENT & LOSS: SUPPORT FOR VOLUNTEERS.

Training provided by Bea Gahagan and Rev Peter Wells, hosted by Anna Chaplaincy at Time to Talk Befriending.

**Weds 11th March 6-8pm**

**Sat 13th June  
10.30am-12.30pm**

**Weds 9th Sept 6-8pm**

**Sat 7th November  
10.30am-12.30pm**

## MEANINGFUL MOMENTS:

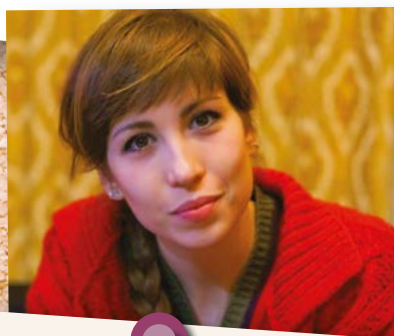
the ingredients for creating meaningful moments with older people living with dementia (or anyone).

Led by Charlotte Overton-Hart and hosted by Anna Chaplaincy at Time to Talk Befriending.

**Weds 18th March 6-8pm**

**Weds 22nd July 6-8pm**

**Weds 11th Nov 6-8pm**



Aiala

Places are booked on a first come first served basis.

To book please contact  
**Aiala Suso**  
on **01273 737710**  
**[volunteers@tttb.org.uk](mailto:volunteers@tttb.org.uk)**



# SCHEME MEMBERS CORNER

## Preparing to say goodbye

On Thursday 14th May 2020 we will be trialling a session called 'Preparing to Say Goodbye'. This session has been developed by experts specialising in loss and bereavement and will be sensitively run in partnership with our Anna Chaplaincy service.

The reason we have developed 'Preparing to Say Goodbye' is because we recognise that it is not always easy to talk about death and dying. Furthermore, it is difficult to obtain practical information about how to put your affairs in order. We will therefore be offering a safe space to begin these challenging conversations and provide impartial information about things like Power of Attorney that we hope might be helpful. The session will run during 'Dying Matters Week'. The venue is yet to be confirmed but it will take place in Brighton and Hove. It is however open to scheme members in both Brighton and Hove and

Worthing. We have space for up to 15 people and would value your feedback after the session with a view to running the sessions again in the future. To express an interest please contact the team on 01273 737710 or email [info@tttb.org.uk](mailto:info@tttb.org.uk). Transport can be provided for people who are unable to attend without support. **Places are booked on a first come first served basis.**

**To book please contact Julie Williams on 01273 737710 [julie@tttb.org.uk](mailto:julie@tttb.org.uk)**



Julie



AGEING  
WELL

Did you know  
about Ageing well?

Ageing Well is a new service available in Brighton and Hove since April 2019. It is a free number you can call to find out about activities, transport and events in the City for anyone aged 50+

**Tel: 01273 322947 [ageingwellbh.org](http://ageingwellbh.org)**

# SCHEME MEMBERS CORNER

## Brighton and Hove

## UNIVERSITY OF THE THIRD AGE



University Of The Third Age (U3A) is a learning co-operative of people no longer in full time employment. Anyone can join – all you need is interest and enthusiasm. No qualifications are required and none are given. The U3A offers the opportunity to share your knowledge, experience and talents with others and learn from them in friendly surroundings. Groups include art, reading, poetry, guitar lessons, badminton, table tennis... and the list goes on! **To find out how you can become a member contact one of the TTTB team and we will provide you with further information 01273 737710 [info@tttb.org.uk](mailto:info@tttb.org.uk)**

## Bee in the Woods

We also offer a range of group befriending activities and a lovely opportunity to connect with children in nature through our Forest School partnership with Bee in the Woods. If you would like to find out more please contact the team on 01273 737710 [info@tttb.org.uk](mailto:info@tttb.org.uk)

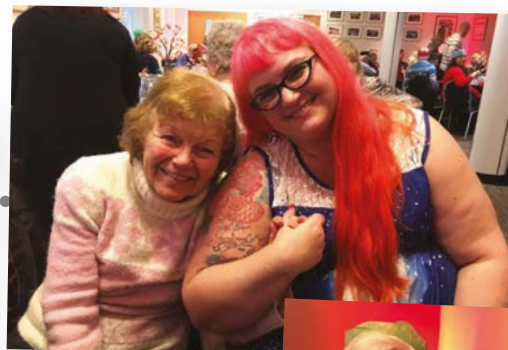




I want to thank you, and all the people who work for Time to Talk for all the hard work you do. I have had the most wonderful time with you, and through you, I have met so many new people, made new friends, and you have given me a new lease of life.

Thank you so much for the joy you have given me, and others, this past year.

Letter from scheme member Giovanna



Denise and Georgina



Vera and Christine



Ashleigh and Jean

Lara and Peter



## Age UK Call in Time Telephone Befriending Service

Is available for anyone aged 65+ experiencing loneliness

**If you would like us to make a referral for you please contact one of the team today on 01273 737710 [info@tttb.org.uk](mailto:info@tttb.org.uk)**

## Hearing tests at home...

Did you know you can request hearing tests at home? Contact your GP to find out more or to ask them to make a referral for you.

**Contact Michelle at the office if you wish to find out more**

**01273 737710  
[michelle@tttb.org.uk](mailto:michelle@tttb.org.uk)**

# BE-FRIENDSHIP PHOTOS – can you help?!

It is really important to us that we celebrate the be-friendships taking place across Brighton and Hove and Worthing.

By doing so we can raise awareness about the positive impact of befriending which in turn encourages more volunteers to join the team. We are therefore looking for scheme members and volunteers to share photographs with us taken during your befriending visit.

Here are a few examples for inspiration!

If you have a camera and you are both willing for your photograph to be shared via social media, newsletters and for other promotion and marketing purposes please kindly send photos and supporting quotes (if appropriate) to [info@tttb.org.uk](mailto:info@tttb.org.uk) for the attention of Emily.

**Thank you!**

Peter and Jemima



Sylvia and Lyndel



Jennifer and Faye



Anna and Janet



Pam and Ellie



# SMILING IS INFECTIOUS

MADE POPULAR  
BY SPIKE MILLIGAN  
BUT ORIGINAL  
AUTHOR UNKNOWN

*shared by scheme  
member Anne.*

Smiling is infectious,  
you catch it like the flu,  
When someone smiled  
at me today,  
I started smiling too.  
I passed around the corner  
and someone saw my grin.  
When he smiled I realized  
I'd passed it on to him.  
I thought about that smile,  
then I realized its worth.  
A single smile, just like mine  
could travel round the earth.  
So, if you feel a smile begin,  
don't leave it undetected.  
Let's start an epidemic quick,  
and get the world infected!

# Awards

In truth, witnessing the benefits of befriending for both our scheme members and volunteers is hugely rewarding. However, receiving accolades for our work is not only encouraging for the team (who work really hard to deliver our range of services) but is also really helpful for the charity to raise our profile and for funding purposes.

In addition to the two awards we were privileged to win in 2016 'Charity of the Year' awarded through the Argus Newspaper and 'Best Partnership and Collaboration' through our local CVS 'Community Works', in 2019 we won the award for 'work with older people - south east' through Premier Radio. We were also runners up at the BBC Sussex Hero's award! We have also recently been told that we have been awarded the accolade of 'Best Elderly Social Interaction Support NPO - South East England' 2020. GHP awarded this to us based on our expertise in the field which we are truly grateful for!

*Thank you to everyone  
who voted for us!*



# CHRISTMAS 2019

Oh what fun we had!

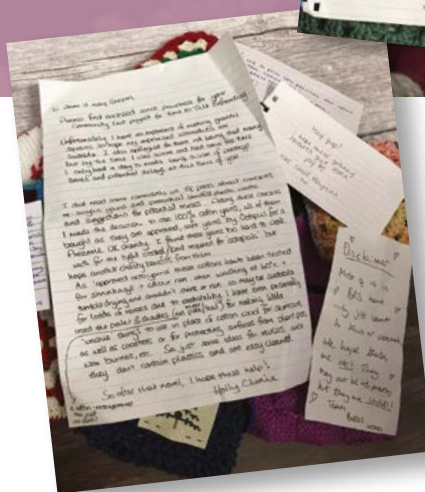
Thank you to everyone who attended and helped out at our festive group befriending events!

**SPECIAL THANKS** also go to our partners at **City Coast Centre** and the **Brighton Lions** for our Tea Time Talk Christmas party. Thanks also go to Worthing based company **Travel Places** for kindly paying for the food and entertainment at our Sussex Cricket Ground Event. The event was a huge success thanks to the incredible organisation skills of our scheme manager Sally (thank you Sally!)





We also wanted to say special thanks to the Hove Flower Club for Christmas gifts for our members and the Brighton based **Bird & Blend Tea Company** for their support in 2019. Not only did the company provide awesome volunteers and raise much needed funds for the Charity, but they ran a successful 'CommuniTea' knit campaign crocheting squares for teabags to sit inside. **The campaign was a huge success. Thank you to all involved.**



In addition, thank you to **Waitrose Hove** for kindly providing Christmas meals and gifts to some of our scheme members who were on their own this Christmas. We appreciate your ongoing support!



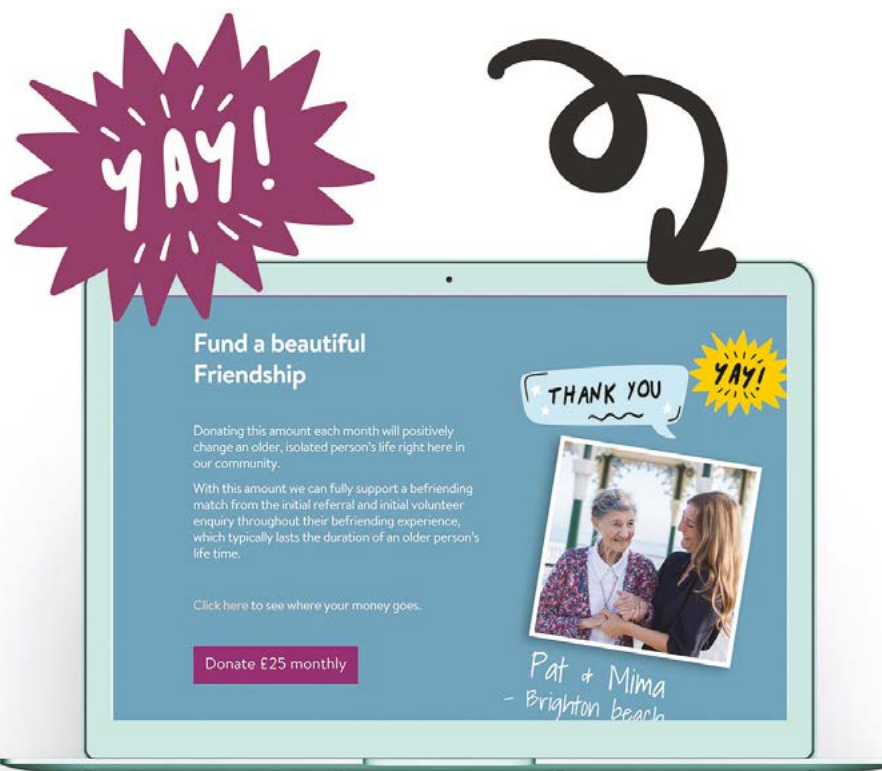
# Spread the word

**COULD YOU HELP US  
TO SPREAD THE WORD  
ABOUT OUR FUND A  
FRIENDSHIP PROJECT?**

## REGULAR GIVING

for as little as the cost of a take out cup of tea, this amount could help us make a BIG difference!

**Visit [fund.tttb.org.uk](https://fund.tttb.org.uk)  
or call the team to find out  
how to financially support  
our work 01273 737710.**



**FUND A  
FRIENDSHIP**  
project

**Sign up**

## GIFT CARD

available from £4 - £50  
we have a range of gift  
cards available to  
purchase online via

**[fund.tttb.org.uk/  
giftshop/](https://fund.tttb.org.uk/giftshop/)**  
Alternatively you can  
call the office and  
speak to one of our  
team on 01273 737710.





# Anna Chaplaincy



**“The Lord bless you and keep you, The Lord make His face shine on you and be gracious to you; The Lord turn his face toward you and give you peace”. Numbers 6: 24-26**

**If you would like prayer, Holy Communion or pastoral support please contact our in house Chaplain Julie Williams 01273 737710 [julie@tttb.org.uk](mailto:julie@tttb.org.uk).**

Scheme members are also welcome to attend our **monthly inter-denominational ‘Comfy Church’ service**. This welcoming and comfortable service is open to our scheme members and transport can be provided for people living in the Hove and Portslade area.

**Venue: Muriel House, Ingram Crescent West, Hove, BN3 5LZ.**

**Time: MONDAY 2.45pm – 4pm. Outline of service: Befriending and Refreshments, Worship, Sermon (10 mins), Holy Communion, Prayer, Worship.**

**2020 dates: 17th Feb, 16th March, 20th April, 11th May, 22nd June, 13th July, 24th August, 21st Sept, 19th Oct, 16th Nov, 14th Dec**

**We are a small charity making a BIG difference.**

**We rely heavily on grants, trusts and donations but as we grow our aim is to increase our Regular Giving. So, if you know anyone who would like to give to a local Charity please kindly help us to spread the word!**

**Thank you!**



# Final thought



## As we begin our 7th year of operation I think back to where we began.

A small congregation in a Church in Kempton who had a big heart for reaching and connecting with older people to ask them what they felt was missing from their community. It was heart breaking to hear 94 people say that they felt invisible and alone because they could not get out of the four walls of their homes. And six years on, we still meet amazing people every day who are experiencing the damaging effects of loneliness. I am so thankful however that we can now offer a range of services that enables scheme members to choose the option that best suits them. Whether it is one to one befriending or group befriending, the positive results are the same. We feel blessed to meet every scheme member and volunteer connected to our service and we are thrilled that we have helped over 2500 individuals since the charity began.

It is my ongoing prayer that we continue to reach and connect with older people who are hidden behind closed doors. And that through the amazing work of the team, we continue to create a sense of belonging for scheme members and volunteers alike. I also hope that through our ongoing partnerships with colleges, schools and churches we can continue to provide opportunities to bridge the gap between the generations.

Psalm 9: 1 (NIV) "I will give thanks to you, Lord, with all my heart; I will tell of your wonderful deeds".

Thank you!  
from Emily

## FOLLOW US ON SOCIAL MEDIA!



Instagram:  
[@tttbcharity](https://www.instagram.com/tttbcharity)



Twitter:  
[@tttbcharity](https://twitter.com/tttbcharity)



Facebook:  
[Time to Talk  
Befriending/TTTB](https://www.facebook.com/Time.to.Talk.Befriending/TTTB)



Time to Talk Befriending, West Werks,  
41-43 Portland Road, Hove, East Sussex, BN3 5DQ

T: 01273 737710

E: [info@tttb.org.uk](mailto:info@tttb.org.uk)

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

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