



Time to Talk
BEFRIENDING

NEWS

OCT
2020

Honouring • Connecting • Engaging

Staying Together Recovering Together

What this year has highlighted more than ever before is the value and importance of human connection. In the absence of connecting together in person the telephone has been a life-line for many.

Doorstep and garden pop rounds have been enjoyable during the summer months, but as the cooler weather sets in we can't advocate enough the need for regular telephone calls to continue.

As a charity we have felt the negative impact that distance from our scheme members and volunteers has caused. Having heard from our scheme members and volunteers during our reviews and survey feedback we are also very aware of how lockdown and the threat of COVID19 has impacted all your daily lives. We hope that in the absence of face to face visits and our regular events you all still feel connected to the charity through your befriending relationships, calls to the office and through postal communication such as our newsletters. **However, if you don't feel connected, or you feel like you need additional support, please do not hesitate to contact the team. We are here to help. You can do so by calling and leaving a message 01273 737710 for Brighton and Hove and 01903 898696 for Adur and Worthing, or by email info@tttb.org.uk.**

As we move into this new season we continue to focus on staying together through telephone befriending and recovering together by keeping the lines of communication open. We are working on developing our service in response to information provided to us through survey feedback from volunteers and scheme members. Thank you to those who participated. We are also exploring whether technology might be of interest to our scheme members as we continue to undertake befriending remotely. If this is of interest to you then please don't hesitate to contact the team to discuss further.

Meet the Team!

Within the first four months of lockdown we welcomed an additional 200 scheme members and an additional 200 volunteers to the charity but we weren't able to meet any of you due to everything being undertaken remotely. We therefore thought you might like to put a face to the voices you have spoken to. **We also thought it would be a good way to reconnect with our existing beneficiaries as it's been so long since we could all come together. We have therefore included photographs of the team here for your perusal.**



Emily Kenward
Founder and CEO



Sally Crawford
Scheme Manager



Michelle Buter
Senior Befriending
Coordinator



Chelsey Redshaw
Volunteer Coordinator



Hannah Hammond
Project Assistant



Julie Williams
Anna Chaplain



Jacqueline Reyher, Kim Wiggett and Debbie Plowman
Befriending Coordinators



**Berni Bannier, Van Salisbury, Jill Healey
and Fiona MacDonald Box**
Review Coordinators (Volunteers)



Val Woodcock

In October we say goodbye to volunteer Val who has been an amazing support to the charity

over the past 18 months. Thank you for giving your time to support our work Val. Your expertise undertaking the reviews has been much appreciated. We will miss you but wish you well.

Meet the Time to Talk Befriending Community

VOLUNTEERS

"Although face to face visits with P were more meaningful, I have been surprised at how well the calls have been going. I can hear her smiling which is always nice. We talk about day to day life and what we have been up to since we last spoke. We speak about any recent events that may have happened to us or what is currently going on in the world. We love chatting about dogs and other similar interests. I am very satisfied with my match and would definitely recommend befriending to friends".

We can't advocate befriending enough but don't just take our word for it! Here's what some of our scheme members and volunteers say.

"I have found the match you made spot on and really rewarding, I get so much out of it myself - it doesn't feel remotely like 'duty'. It feels like a lifelong commitment - it is like a friendship not just a 'befriendship' - I could never imagine myself stopping seeing my befriender".

SCHEME MEMBERS

"My volunteer is educating me, talk about entertaining! I enjoy his sessions so much - learning things I never learnt at school. How much I look forward to his calls! Each time, he readies me for the next one, he makes me look forward to it in every way, I enjoy his stories particularly, the way he communicates with me generally. I'm very grateful you have put us in touch, I enjoy his company very much".



PIPPA'S STORY GREEN TOMATOES

"A few weeks ago, my volunteer befriender, Paul, came to my front door, and we went on a social distanced walk to see Paul's garden. He had a lot of green tomatoes and I wanted to make Green tomato chutney.

I took some home and put them on the windowsill, and they turned red in time, and some in the fridge. I cooked the green ones on the stove with 2 lots of spring onions and olive oil. I intended to add apple and pepper. However, unfortunately, I forgot all about them and went out for a 2 hour walk to Ditchling woods. When I returned, the whole house stank of burnt tomatoes and the charred remains of the tomatoes and spring onions had stuck to the pan. Everything was black, including the lid. I managed to get it all off with vinegar and lots of washing up liquid. Luckily, there wasn't a fire. Dear Paul just said 'don't worry, I'll bring you some more tomorrow and you can make some more. He also gave me fresh carrots, which were delicious. Paul is such a generous man".



We are also pleased to include a few photos that were taken during a doorstep/garden visit in the summer.

VOLUNTEERS CORNER

We have the privilege of working with experts in the field of dementia, bereavement and loss. As a result we have a range of workshops and opportunities for volunteers to benefit from, including a new concept called 'Use Your Marbles' designed and delivered by friend of the Charity Charlotte Overton-Hart aka Story Chaplain. Use Your Marbles is an innovative and informative workshop about how to maintain good brain health. **Please look out for emails about future opportunities or contact volunteer coordinator Chelsey to find out more volunteers@tttb.org.uk / 07717 514780.**

Check your Junkbox

For some reason our emails often go into people's Junkbox. We would therefore recommend either putting volunteers@tttb.org.uk in your email contacts list or checking your Junkbox periodically as this is how you will find out about our forthcoming training, workshops and events.

OPT IN or OPT OUT

We are going to start trialling a quarterly text to our volunteers. The aim is to act as a reminder that we are here if you need us, to share top tips and generally check in.

We hope that this arrangement is ok with our volunteers but if you would like to 'opt out' please contact volunteer coordinator Chelsey (details outlined above).

Finally, we are always looking to grow and evolve our service so if you have any thoughts about how we can support you as a volunteer please don't hesitate to let us know.

Things change quickly at Time to Talk Befriending so we would like to encourage our volunteers to connect with us via social media to keep up to date. Our Facebook page is Time to Talk Befriending and for Twitter and Instagram TTTBCharity.

SCHEME MEMBERS CORNER

Michelle our Senior Befriending Coordinator has been working hard to keep our signposting database up to date. The information we have access to has increased massively since the pandemic, so if you would like to know about practical help services i.e. help at home, shopping support, money advice, therapeutic services or anything else please contact the team. We will be pleased to provide you with information you might find helpful.

We are delighted to include an activity pack with our newsletter courtesy of our partners Impact Initiatives who lead on the Ageing Well Brighton and Hove public health commission of which we are proud to be members.

AN INVITATION TO PARTICIPATE

Sue Frost is the Co-Founder of an organisation called **Curamicus** (curamicus.co). Sue is looking for people to participate in a trial of a device called **Curapal** which is a personalised wearable system and service that detects when people fall in their homes and, if so, sends a message directly to their chosen family members or Care Workers thereby reducing a fall discovery time from hours to minutes. **Sue is looking to collect data to train the artificial intelligence on certain every day movements and/or mild exercises related to wellness.** She would like to hear from scheme members aged 60 plus who would be interested in wearing small devices while in your homes so that they can collect data to train the artificial intelligence on certain every day movements. The devices contain tiny movement sensors and are small, light weight and easy to use. Sue can guarantee that all data will be kept private under the requirements for GDPR.

If you would like to be involved please contact the office to advise. Leave a message and one of the team will call you back. 01273 737710 / 01903 898696.



If you are a scheme member living in Adur or Worthing you are also welcome to benefit from a new project called **Cook&Share**.

The project was developed by a local organisation called **We Are Food Pioneers**. Time to Talk Befriending will undertake the volunteer recruitment and manage the matching process.

We are Food Pioneers are responsible for the volunteer training and food safety aspect of the project. **We are excited about this collaboration and we hope you are too!**



Anna Chaplaincy at Time to Talk Befriending

Anna Chaplains are named after the widow, Anna, who appears with Simeon in Luke's gospel; both are good role models of faithful older people. Our Anna Chaplains are there for people of strong, little or no faith at all.



Our Anna Chaplaincy service is respectful to the cultural and religious beliefs of all faiths and to those searching for meaning in their lives. The Anna Chaplaincy model we provide at Time to Talk Befriending is thanks to a partnership with the Bible Reading Fellowship. Debbie Thrower is the Founder and Pioneer of Anna Chaplaincy.

THE ANNA CHAPLAINCY PRAYER

Faithful God, you have promised in Christ to be with us to the end of time. Come close to those who have lived long and experienced much. Help them to continue to be faithful and, within the all-age kingdom of God, to find ways to go on giving and receiving your grace, day by day. For your glory and your kingdom. Amen



As it was for me

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



Ken & Chrissie

I've been thinking again about Dad and that pushchair, and our walks.

Hidden behind the road going down towards Endcliffe Park was a steep footpath leading from the very top of Cemetery Road. Here Dad taught me to pick the freshest youngest hawthorn leaves from the masses of bushes, and I learned to call them 'bread and cheese'. They were part of our diet!

Here were well-worn sloping steps, just one more barrier to our families failing pushchair. Frog Walk! That's what the pathway was called! It was a path that didn't really go anywhere except down the edge of some fields which bordered that end of the cemetery. On the left-hand side between Cemetery Road and us was a soaring stone wall. We found a way through at the very bottom of the steep hill, over the cold running Porter Brook to Ecclesall Road. There was a good walk to Endcliffe Park from there, through Stalker Lees, I'm sure that's what it was called.



Frog Walk

Going up Ecclesall Road together we'd have to pass all the shops. Trams would trundle and jangle in both directions every few minutes. Quite a number would pass by while I sat in our failing pushchair before that awkward junction with Brocco Bank and Sharrow Vale. Here we could cross over to the park that led on to Endcliffe Woods and all its lakes.

Another route was quieter. Instead of going across to Stalker Lees there was a sharp left turn on Frog Walk. My friend, the huge stone wall was still on the left. but now the brook was way down below on the right! Sheffield has some very steep hills for my poor dad!



The sometimes swollen brook
was through all that fencing,
and all those hawthorn bushes.
And the numerous frogs that
lived there would have had quite
a climb to reach that stone-flagged
walkway from Porter Brook!

Trundling down Sharrow Vale
there weren't any trams until
we reached Hunters Bar. Nor
do I remember any trees on the
pavement. I remember the views
down the hill, and that over the
low stone walls there were
people's gardens.

As time passed I grew used to, and indeed loved, the banging and clattering of trams passing by. They were a large part of a townie's life even if the townie were only a very young lad! But I also liked those times and places when noise wasn't so obvious. I liked hearing the individual sounds that I could recognise. Another walk ran along the bottom of the cemetery towards St. Matthias School, and I must have gone along here with Dad quite a few times. I must have. This is where I would first go to school aged four...



Because there are so many new people connected to the charity as a result of COVID19 we thought we would share our core values:

At Time to Talk Befriending our values are:

COMMUNITY Building trusted relationships and bringing people together to create a sense of belonging.

FAITH is at the heart of the charity because the founder is motivated by her Christian faith, but also recognising the importance of faith in people's lives, respecting people's individual journey, and restoring faith in human nature through engagement, connection and friendship.

FRIENDLY Key to our approach when connecting with people internally and externally, showing a genuine interest in people's lives by being open, approachable and allowing time to talk.

HONEST A charity that can be trusted to deliver outcomes, acting with integrity and transparency at all times.

PROFESSIONAL Acting with diplomacy at all times, building credibility, respect and trust through our actions.

RELATIONSHIPS Working together, growing together and supporting each other to build lasting partnerships.

TEAMWORK Essential to delivering a friendly and professional service and to meet the growing need within the community. We are stronger together.



Times are changing and so are we...

We named the charity Time to Talk Befriending back in 2013 because at the time we were a small grassroots group focussing on reaching and connecting with older people in Brighton and Hove. **Almost 7 years on we have expanded in to other areas of Sussex and our hope is that we continue to grow and evolve over time.** We often get mistaken for another organisation in West Sussex called Time to Talk. Our name is also a bit of a mouthful! **So we are currently working on a new name and brand thanks to the voluntary help of experts in the field. Watch this space for further details.**

Social Media

If you are online and use social media please do follow us as this is the main way you will find out about:

- › Positive stories of encouragement.
- › Activities we have been undertaking in the community.
- › New opportunities for volunteers and scheme members.
- › General updates of the Charity.

FOLLOW US ON SOCIAL MEDIA!



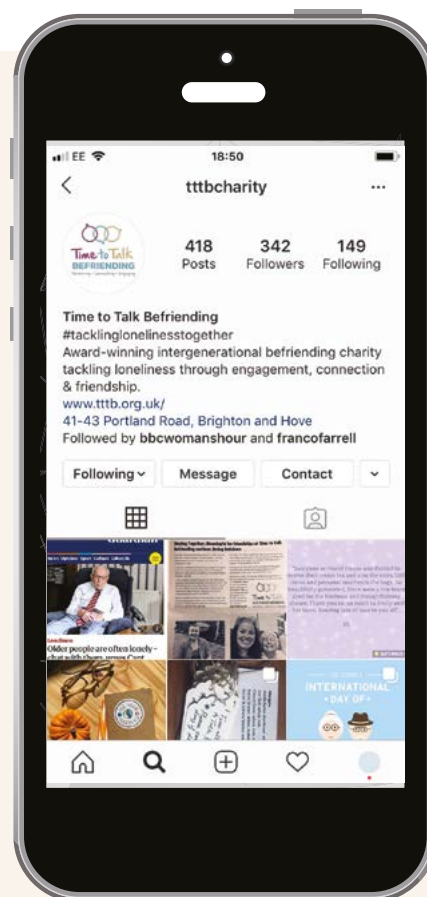
Instagram:
@tttbcharity



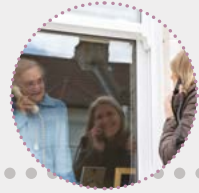
Twitter:
@tttbcharity



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Final word



"There are far, far better things ahead
than any we leave behind." CS Lewis

This CS Lewis quote really stood out to me when thinking about all that the world has been through recently as a result of COVID19. Whilst we still need to navigate the winter months ahead of us, I wanted to send an encouragement to everyone who is reading this. I wanted you to know that it is our intention as a charity to stay together and recover together.

If you are part of Time to Talk Befriending we would like you to feel connected and included. We truly welcome volunteers and scheme members to provide stories of your befriending matches and top tips about how befriending works for you. We would also welcome the chance to include poems, pictures and stories in our newsletter so if you would like to be involved please don't hesitate to get in touch with the team via 01273 737710 / 01903 898696 or email info@tttb.org.uk.

Finally, I wanted to personally write to thank everyone who provided survey feedback recently. Your input is much appreciated and we will share the findings in our next quarterly newsletter.

The team and I are genuinely thinking of you all and we cannot wait for a time when we can be reconnected together again.

Take care and keep in touch.
Many blessings Emily



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