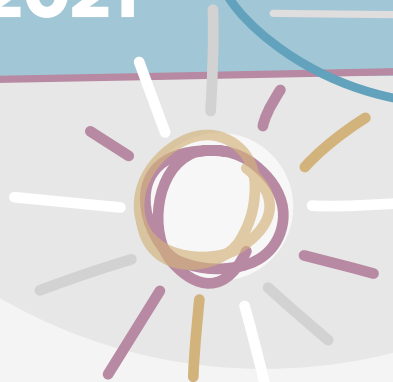


Oh we do like to be  
beside the sea side... !



Reminiscing about seaside holidays has been top of the agenda recently as the staff team prepared 'Beside the seaside with TTTB' (a bag full of sunshine) to send out to our scheme members.

In light of not being able to host our annual holiday inspired event 'Holiday at Home', we thought we'd send a little something in the post instead. OK, so the fish and chip crisps can't beat the real thing and nothing can replace physically being with friends and meeting new people! But we hope these little packs of holiday-ness blessed our members in some small way.

### What are your favourite holiday memories ?!

Deckchairs and fish and chips? A stick of rock or donkey derby on the pier?! Golden sands in sunnier climes with cocktails by the pool or sunbathing next to the turquoise sea? A road trip across Europe? Disneyland? Graceland?! Dollyland?! Trekking in the Himalayas?



Whatever your preference we'd love to hear your memories if you are willing to share them?!

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



# Nation's Ode to the Coast

Dr John  
Cooper  
Clarke



A big fat sky and a thousand shrieks  
The tide arrives and the timber creaks  
A world away from the working week  
Où est la vie nautique?  
That's where the sea comes in...

Dishevelled shells and shovelled sands,  
Architecture all unplanned  
A spade 'n' bucket wonderland  
A golden space, a Frisbee and  
The kids and dogs can run and run  
And not run in to anyone  
Way out! Real gone!  
That's where the sea comes in...

Impervious to human speech, idle time and tidal reach  
Some memories you can't impeach  
That's where the sea comes in  
A nice cuppa splosh and a round of toast  
A cursory glance at the morning post  
A pointless walk along the coast  
That's what floats my boat the most  
That's where the sea comes in...

Now, voyager – once resigned  
Go forth to seek and find  
The hazy days you left behind  
Right there in the back of your mind  
Where lucid dreams begin  
With rolling dunes and rattling shale  
The shoreline then a swollen sail  
Picked out by a shimmering halo  
That's where the sea comes in...

Could this be luck by chance?  
Eternity in a second glance  
A universe beyond romance  
That's where the sea comes in...  
Yeah, that's where the sea comes in...



## Befriending during this new phase...

As most of you will know we've been taking a 'slowly does it' approach to resuming face to face befriending. For those that can, outdoor visiting has been great and we are still grateful for the use of the telephone! At the end of June our indoor visiting pilot finished. **For those of you who would like to discuss indoor visiting with us (and haven't done so already) please contact us via [info@tttb.org.uk](mailto:info@tttb.org.uk) / 01273 737710 (and leave a message). One of the team will get back to you.**

### Our next steps

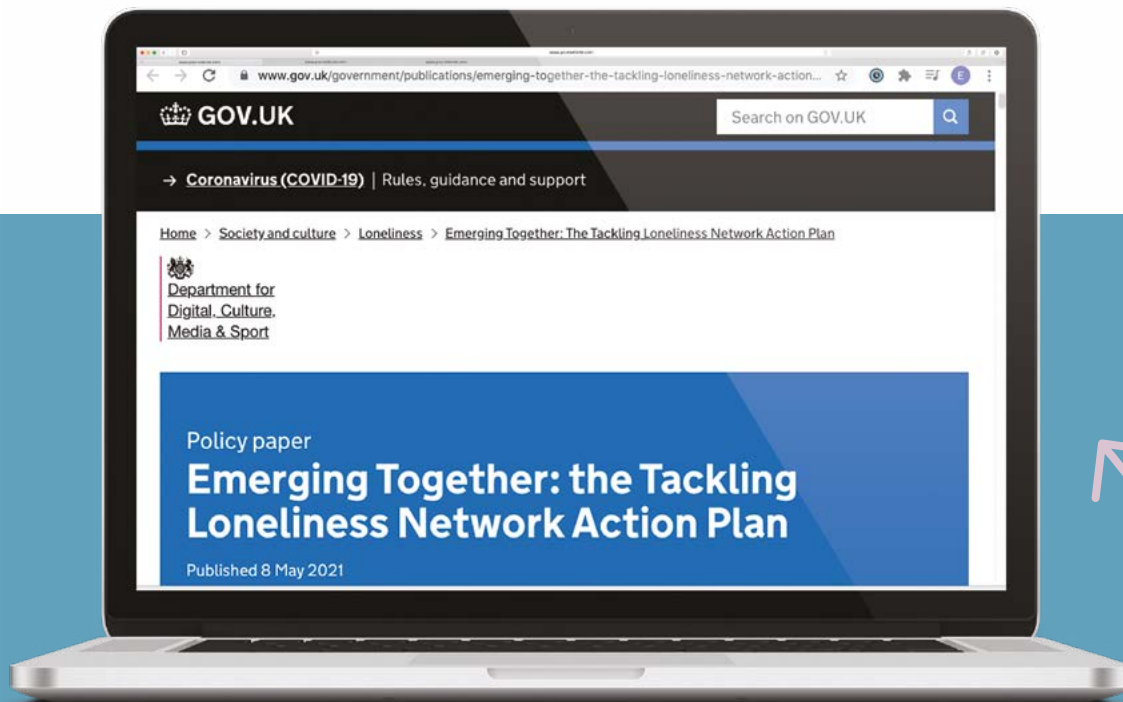


We really miss our regular group befriending events, forest school collaboration, and seasonal events like Thinking of you at Christmas and Holiday at Home. The plan is to begin to bring people together again in a safe way but one step at a time. We are contacting all our scheme members to find out what will be helpful and meaningful to them. Only then (and if it is still safe to do so) will we start setting up groups and activities based on the information they share with us.

Our recent surveys with scheme members confirm that transport is essential. So, risk assessments are being undertaken behind the scenes with our partners at various venues, transport providers, and with volunteers and staff.

**The process of contacting everyone individually will take some time so if you would like to call us before we call you, please don't hesitate to get in touch. 01273 737710 (leave a message and we'll call you back) or if you are on email you can contact us via [info@tttb.org.uk](mailto:info@tttb.org.uk).**





## Emerging Together: the tackling loneliness network action plan

What a privilege it was to be included as a member of the Department for Culture Media and Sport's Tackling Loneliness Network. This opportunity enabled us to advocate the wants and needs of older people and volunteers as identified through our surveys and reviews – so thank you to everyone who has contributed.

According to Chair of the network, Morgan Vine, Head of Policy and Influencing at Independent Age, our contribution was “insightful and invaluable” and “has contributed to us creating robust recommendations for Government, and other bodies, to improve loneliness across the UK”.

If you are online you can access a copy of the final report via: <https://www.gov.uk/government/publications/emerging-together-the-tackling-loneliness-network-action-plan/emerging-together-the-tackling-loneliness-network-action-plan>



# A breath of fresh air

By Beryl Trott, Scheme Member

“A Breath of Fresh Air” – reading your APRIL 2021 News Magazine. Being a new member of Time to Talk Befriending I was impressed by the ‘Snippets’ and stories from other members to read – thank you!

Early April, I was given my ‘invisible’ friend who phones me every week – what a lovely idea!! A very good ‘match’ – although I hope I don’t bore her with all my chatter. Being Mid Eighties I spend so much time sitting in my conservatory, looking out on a very pretty garden with all the spring bulbs.

I am lucky, my Husband and I met when we were age 16. We have been married 63 years (64 in August).

Living on the outskirts of Ringmer, we had a 2-acre Horticultural Small Holding for 20+ years. Gardening Veg + Flowers, we were self-employed. It was hard work but met many people. Having 4 children (all grown up and married now) we decided to move and have a quieter life. Wonderful memories we leave behind us in Ringmer. We did so much as my ‘Invisible’ friend has heard. We moved to Woodingdean. Now been here 30+ years, with BIG GARDEN for my Husband.

**Social activity – we miss it all with lockdown. We are watching life pass us by... but we have the time now to share our life with others.**



Joanna lives in Brighton and many of her short stories are inspired by the people she meets and everyday events happening around her.

"You're going to be on the shelf if you carry on like this!"

Grace and her favourite niece were sitting in the garden having tea and cake.

"You know I like coming here, Auntie, now I'm working from home. And I love your cakes," Penelope said, tucking into another large piece. "Alone in my flat, there's no chance of anyone seeing my expanding waistline!"

Grace sighed. This modern world was difficult to understand, working on line, Zoom meetings, Skype calls, it was all another language and she couldn't imagine how anyone could be happy living a life like that.

"Your cousin Jess doesn't have a shortage of men," Grace said as she poured them more tea.

"Trouble is, I prefer being out in the countryside, wearing muddy boots, trying a bit of conservation work. My friends think I'm a bit weird," Penelope replied.

"That's not really my point," Grace replied. "It's about companionship. What about coming to the shop on Saturday? You promised you would give us a bit of your time and it would get you away from that computer."

Penelope nodded. "It'll get me away from cake anyway," she said laughing.

-----  
Penelope turned up early at the charity shop on Saturday where Grace was the deputy manager.

"Hello early bird," Grace said.

"I thought you could do a bit of sorting in the back and then put out some of the stock. Clothes move well on Saturdays so we need to keep filling up. Our manager's been off sick for months so muggins here has to organise everything."

Penelope worked fast and got through countless bags of donated goods. She placed the new clothes out in an arty way and seemed to have a natural eye for colour and style. Many customers asked her advice as they browsed.

"My goodness, that till's been busy this morning," volunteer Debbie said as Grace came over. "Our customers seem to be splashing the cash."

Grace was relieved to see Bryan arrive in the van with a load of puzzles and toys from the warehouse. He was a nice man and she made sure that he and Penelope both took a break at the same time, hoping they would chat.

"I see you two have introduced yourselves," Grace said, sipping a coffee.

"We both worked at the same company a while ago," Bryan explained. "It's a small world."

They were joined by Gareth and Dave, new volunteers, who joked and laughed about their weekends. Everyone was introduced to Penelope, but she barely looked up from her work and soon went back into the shop to reorganise the toys.

"Penelope seems hard working," Bryan said to Grace before he drove off in the van to collect another load. "Is she going to volunteer regularly?"

"I hope so," Grace responded. "I know I'm biased but she does seem to be quite useful doesn't she?"

At the end of the day, takings at the till were higher than average and everyone was pleased.

"I've really enjoyed myself today Auntie," Penelope said as Grace drove her home. "It feels like real work, rather than sitting at a computer. I would love to come in again and redesign the shop window. How about a red theme, it could be really eye catching?"

Grace agreed to give it a go. As she put her feet up in front of the TV that evening, she felt happier than she had for a while. She'd struggled with managing the shop alone but

now she had Penelope, maybe other skilled volunteers might come forward.

-----  
The following Tuesday Penelope spent the day totally reorganising the shop-front and passers-by seemed to be drawn in by the flashes of red in the window.

"Doesn't it all look nice and tasteful?" Debbie said. "I like the way she's hung the hats on that board, it's simple but effective. I think we've had more footfall this morning than the average week day."

Bryan arrived with more furniture and Grace noticed he joined Penelope for coffee. At least she's looking at him this time, Grace thought. She sat in the little office, doing paperwork and rotas. At lunch time she closed the shop for a short while so they could hold their monthly team meeting.

"I've got an exciting announcement," Grace said. "Head Office wants us to hold an official opening of this shop. They've managed to get Ed Maynard from that new soap to cut the ribbon, as he lives locally."

Celia giggled and Debbie said, "He's gorgeous!"

"So I need willing helpers to get things ready and to be in the shop on the day. We want to put on a good show. You never know, if we spoil him he might donate some of his millions to our charity!"

Lots of volunteers were keen to help and Grace took names before going back into the office. A few moments later Penelope popped her head in.

“I’m happy to help organise things, Auntie,” she said perching on a stool. “I used to be an event organiser in my previous role and I love it.”

“That would be fantastic,” Grace said. “I’ve been dreading doing this on my own.”

While they were talking, the new volunteer, Dave, joined them. “I can do the catering,” he said. “I used to do all that at work before I got made redundant.”

-----  
Preparations over the next weeks went smoothly and the Saturday of the opening arrived. Penelope looked good in a flattering blue trouser suit which she’d bought from the shop. Dave looked handsome in a jacket he’d found on the men’s rail and he’d encouraged all the volunteers to wear something from the displays. The shop looked clean and bright and the rails and shelves were stacked high with attractive products.

“Well done everyone,” Grace greeted them before the shop opened. “Ed’s arriving soon. He’ll cut the ribbon in front of the press and we’ll offer everyone a drink and snack. You all know what to do!”

A black car with darkened windows drew up outside the shop and a tall, slim man with dark hair got out. Grace had watched the soap and recognised Ed Maynard as he took off his shades. Penelope brought him and his agent in. She introduced Ed to everyone and Grace shook his hand. She was surprised to see he was wearing gold chains and rather a lot of makeup around his eyes. Penelope spoke confidently as she told him about the charity and Grace realised she’d never seen her niece in action before. Gone was the quiet little thing, instead here was a professional who knew her stuff.

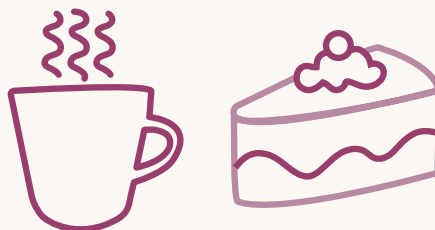
Ed was smiling and chatting with her, then they moved to the front of the store to cut the ribbon. The local press interviewed him and photos were taken of Ed with all the volunteers. A large crowd had gathered and girls ran forward to ask for his autograph. He loved the attention, his ready smile showing white, even teeth and his chains glinting in the morning sunlight.

“That’s gone well, hasn’t it?” Dave said as he sipped his Nosecco. “Ed seems quite taken with Penelope and she with him. Look at their faces.”

Grace glanced over in their direction but the crowd started piling into the shop so everyone had to put their drinks aside. Ed was charming with everyone, talking to old and young alike with Penelope by his side.



Made for each other, Grace thought as she rung up another sale on the till.



After an hour or so, he went off in his black car, waving to the crowds, a true celebrity. Grace went over to Penelope who was starting to clear the glasses away.

“Well done, it all went smoothly, thanks to you.” Grace gave her niece a hug. “And how did it go with Ed? You two looked like you were getting on well.”

“Auntie, it was a business relationship. Otherwise I wouldn’t give him the time of day. Haven’t you heard the latest rumours about how he treats his girlfriends? It was all in the papers yesterday.”

“But you looked so happy when you were talking to him,” Grace said, feeling somewhat confused. “I thought...”

“Well, Auntie, you got it all wrong,” Penelope said. “In fact I’m going out for the day with Bryan next Sunday. Maybe that’s why I was smiling. It’s not a date. He’s going to take me bird watching and we both want to see that new film in the evening. He’s really nice, interesting and kind unlike your Ed who probably loves himself a little too much.”

Grace went back into her office. I suppose it was me who got them together, she thought as she turned back to the computer.

There was a knock at the office door and Dave brought her a cuppa and a small cake.

“Something for the boss,” he said lightly and sat on the chair next to her. “I heard you were managing this place on your own nowadays and wondered if you needed any help on a regular basis? I’m at a bit of a loss and I like being useful.”

Over the next weeks Dave proved himself very capable and between his office skills and Penelope’s creative ideas, work started to be enjoyable again. Grace found time to talk with the volunteers and the stress headache she had almost permanently had, seemed to disappear.

‘We’ve had a fabulously successful month everyone,’ she announced at the next team meeting. ‘Head Office have made us Shop of the Month! Thank you all for making this possible!’

As she returned to her office, Dave followed her in.

‘I think this calls for a celebration,’ he said. ‘There’s a little restaurant I’ve been meaning to try for a while. I’d love us to go together and we could ask Penelope as well.’

*Why not, Grace thought.  
It’s not a date, just a celebration.*

# As it was for me

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



Ken & Chrissie

## THE DOCTORS GREAVES

Bumps may eventually disappear but some scars remain as permanent reminders!

*One scar was entirely my own fault.*

When I was still in primary school, but with the girls then out of my young life, I used to enjoy playing games by myself, in the school playground.

The school was built almost at the bottom of a steep hill, halfway between Summerfield Street and the Cemetery. Overlooked by the front doors and windows of terraced houses which packed the hill up to Cemetery Road. Though the school yard itself was flat, it lay in an acute sloping angle between the surrounding roads. The yard wasn't very big even for little kids to yell in.

Around it, topped with very high railings, ran a low foot-high stone wall starting at Napier Street. This ran along the flat, up the slope, round the corner overlooking the infants', and by this time it was a challenging six feet plus! It provided the base for a number of different games!

My favourite was to begin by the gate at start of play and see how far I could get. That was more complex than it sounds. Kids were in the way playing their own games. Sometimes they'd move, sometimes I'd be pushed or pulled off the rails. The challenge was to stay on the wall. I clung to the rails and climbed past, or behind, as many others as possible. The game used to end when the bell rang to go back in.

At the end of the game I was at the high end! I had to grip the bottom of the rails, lower myself, push away from the wall and drop to the ground. This caused many a graze! One day I received more than a graze and slipped. My knees and jaw hit the rough asphalt of the yard. Blood dripped everywhere!

The next thing I remember is a woeful me holding some sort of pad against my jaw. I was walking up Cemetery Road, dressed in shirt and the usual loose short trousers that were far too big, and held up with braces. Trying to stem the blood was futile and when I turned and walked backwards, I could see little reddish blobs disappearing down the hill.

I didn't go in home 'cos at the back door Mum packed me straight off to the doctors!

I'd been enough by myself to know exactly where to go. Near the top of Cemetery Road, between the two brass plates on the left and up the steps. They led straight to the door of the waiting room.

I thought it was quite a lovely place with red patterned carpet to walk on and dark red plush on the seats. It was dark because of lack of window light, the woodwork on chairs and doors shone with polish.

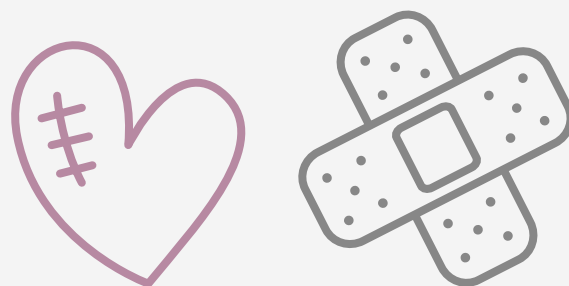
*It smelt of potions from behind the dispensary door, or antiseptic from the surgery.*

No one else was waiting, so straight away I was sat down and mopped up. The surgical spirit assailed and stifled my nose as much as it made my chin smart. *A few stitches later everything was pronounced as "all right", but to be careful not to knock my chin again.*

Now, it was time for a chat.

I spoke with the 'old' doctor, but it's his two sons I remember. They were what Dad would call 'real gentlemen'. They looked very similar, not tall, but broad and round.

I think of Dr. Cyril Greaves as being the roundest and Dr. Handley Greaves as being the broadest. Their tanned heads said that they liked the sun. They wore dark-rimmed glasses and had well-brushed, dark hair.



There seemed to be a pattern. One would attend to me and then give some type of signal, and the other one would come in from the dispensary. One would ask something that I didn't have the foggiest notion about, like, who the foreign minister was, or whether it was Stanley Baldwin or Ramsey MacDonald who was 'in'. Then the other one would tell me the answer and ask something simple, such as 'what's the weather like outside'. Whenever I went to that place, even if it was with my dad, I was made to think about something.

This day, the weather was lovely. I'd hardly felt a breeze coming up the hill, and as I held the pad to my chin, the sun had been warm on my arm. I went back to have the stitches cut and pulled sometime later. It didn't hurt much, and it was even worth it for the friendly chat!

Our family seemed to look upon the three Doctors Greaves as the best of friends, albeit thrice removed by financial circumstance. Always available when needed, but not to be abused. The Doctor Greaves provided a different series of life-lessons that developed over a long period of time.



# Profile of 1950's motoring

By Tony Brightwell

*Our Story starts with my purchase of a 1953 Ford 103E Popular (see photo). New it cost 390 pounds, 17 shillings and four pence.*



The time taken to arrive at the seaside would have been 4-5 hours depending on where you lived. Once we arrived, cars were parked nose forward to seaside road at an angle. There were no yellow lines!

On the beach, for the children, there would have been a small fairground with Carousel and a Punch and Judy show.

Small basic hotels along the seafront for those wished to extend their stay. Choice of beer was limited to Cooper Bitter and Watney Red Barrel, 2 shillings per pint.

In many towns we could find small, but well-kept B&B's. Most were run and owned by ex-servicemen who had left the army or navy after World War Two. They were handy and cheap for those families who had to break their journey home because they had stayed late on their day at the seaside. Prices charged for bed and breakfast would be £6.08p for both.

There was not a lot of traffic on the roads except for Bank Holidays. No change there!

*I hope that you have enjoyed my profile of 1950's motoring.*



A small act  
of kindness  
may change  
someone's  
day.

## Kindness and happiness

Scheme member Helen has been an inspiration to us throughout the pandemic. Helen's outlook is one of gratitude and thankfulness so she has kindly agreed to share some of her pearls of wisdom about kindness and happiness within our newsletters.

Helen gathered these inspirational quotes from various different sources and resources.

*Thank you Helen!*

We don't have direct references to share but we are thankful to whoever wrote them that we can benefit from their insights!



Helen

Happiness is  
being content  
with what  
you have.

Sometimes the  
greatest gift is  
simply to listen.

Know what you  
love and love  
what you do.



# SCHEME MEMBERS CORNER

## GROWING TOGETHER AT PLOT22



Growing Together is a project developed by Plot 22 community garden. The team welcome older people including those who are living with dementia and their carers. The team value and encourage connection across the generations such as welcoming accompanying grandchildren.

The team at the plot “welcome TTTB scheme members whether you are a seasoned gardener or new to growing, our hope for the group is that we will enjoy quality time together while completing gentle, seasonal gardening tasks. During our time together we will also prepare and enjoy a seasonal snack.

The group will run two Wednesday mornings a month, from 10.30 to 12.30. In each session there will be up to six participants, along with two session hosts and one or more group volunteers. We anticipate that participants will attend the group once a month. Participants are welcome to join the group alone, or as a couple / pair. If a participant has care and support needs we ask that person to be accompanied by a carer.

Unfortunately we are not able to provide transport to and from the group.”

**If you would like to find out more about Growing Together please contact one of the team on 01273 737710 (leave a message) / [info@tttb.org.uk](mailto:info@tttb.org.uk).**







## PENSION CREDIT

About 2.5 million older people are entitled to receive Pension Credit to top up their retirement income. Yet around two in five of those who qualify aren't claiming it. **If you think you might be missing out you can call Independent Age to talk to their trusted team of advisors on 0800 319 6789.**

### Age UK West Sussex

Have opened up some social groups for people living in Adur.

Until restrictions ease you need to book your place so please don't just turn up on the day.

**To book please call 01273 911900.**

**EASTBROOK SOUTHWICK**  
**Monday 10.00 - 12.00**

**SHOREHAM CENTRE**  
**Wednesdays 10.00 - 12.00**  
**Bingo club: 13.00 - 15.00**

**GARDENER ARMS PUB**  
**Fridays 10.00-12.00**

## Slow cooker anyone?!

Would you like a slow cooker and helpful recipes, utensils and herbs to accompany this free gift? Thanks to friends of the charity We Are Food Pioneers based in Worthing, we have these wonderful items to give away. Please contact us to arrange your slow cooker to be dropped off! **Call 01273 737710 and leave a message or if you are on email [info@tttb.org.uk](mailto:info@tttb.org.uk).**

## CORNERSTONE COMMUNITY CENTRE (Brighton and Hove)

Cornerstone Community Centre are slowly reopening with face-to-face sessions. Support groups such as 'Life is Sweet' based around retirement as well as exercising and learning groups are available for people aged 50+. **To find out more please call 01273 327757 or email [cornerstonecommunitycentre@hotmail.com](mailto:cornerstonecommunitycentre@hotmail.com).**

## RAINBOW CAFÉ (Brighton and Hove and West Sussex)

Switchboard's Rainbow Café project provides information and support to LGBTQ+ people affected by memory difficulties, cognitive challenges, or dementia, and their caregivers. They provide support by telephone and online (by Zoom) and also at social meet-ups. Currently, they meet as a small group on the last Wednesday of every month from 1.30pm until 3.30pm at a terrific and inclusive allotment site in Neville Avenue, Hove called Plot 22. There, people can choose to do a little light gardening, some craft activities, or take it easy and chat to others over a cup of tea. They will soon be planning more events throughout Brighton and Hove and also at locations across West Sussex.

For more information about how Rainbow Café can support you, please call John on 07783760249 or email [rainbow.cafe@switchboard.org.uk](mailto:rainbow.cafe@switchboard.org.uk)

**Switchboard**  
Connecting you to LGBTQ support

Rainbow  
Café



# Wellbalanced for Wellbeing

## Get back into your stride by Simon Adby

---

As lockdown restrictions ease and we start to get out and about, you may find you are not quite as strong as before the pandemic began. 1 in 3 people aged 65 and older will experience a major fall each year, both inside and outside of the home. A fall can mean many different things, not just pain and injury but anxiety, loss of independence, confidence issues and sometimes hospitalisation.

Taking a tumble is NOT an inevitable result of getting older and we can take preventative action. Keeping active and exercising regularly has been identified as a key factor in reducing the risk of a fall. And that is where we come in!

Wellbalanced for Wellbeing is an affordable community-based programme for the over 65's living in West Sussex, who have either, experienced a fall, feel unsteady on their feet or have concerns about falling in the future. Developed with qualified postural stability instructors, the community classes are focused on building your balance and strength.

**For more information  
visit our website**

**[wellbalancedprogramme.co.uk](https://wellbalancedprogramme.co.uk)**

**call us on 01444 657099**

**or speak with your doctor.**

**Wellbalanced for Wellbeing is  
run by AHS Wellbeing, on behalf  
of Adur & Worthing Councils.**



## Guild Care Worthing

Guild Care are running sessions at the Bradbury Centre in Worthing on a Wednesday, there is transport available, this is by booking only (number below) They are also creating a new opportunity called Creating Connections which will go live on 1st July, this will be a Customer led service so whatever they would like in the way of activities, clubs, exercise (transport can be provided). They are currently recruiting to this service and have a waiting list for those Customers who are interested in joining. They are also recruiting Volunteers to join this service. **All enquiries to be directed to their Customer Enquiries Team 01903 327327.**

**Other helpful contact details you can use to find out about support to become more active:**

**Brighton and Hove Healthy Lifestyles Team: 01273 294589.**

**Adur and Worthing Wellbeing Team: 01273 263064.**

**Sussex MSK Partnership Central: 0300 303 8063**

**Time to Talk Befriending**  
In the heart of the community

**STAYING TOGETHER  
RECOVERING TOGETHER**

**What Happens Now?**

As the government began to ease the COVID pandemic lockdown from February 2021 onwards, Time to Talk Befriending spoke to scheme members on the phone to find out how they would value ongoing support.

While some scheme members were keen to socialise again as soon as possible, others were more hesitant. During our monthly Conversations with Friends phone calls, we invited scheme members to share examples of what they have been finding helpful in recent months.

It is our hope that hearing from other scheme members will be an encouragement for everyone to take those next steps to connecting with one another, whether this is on the phone or in person, one to one, or in a group setting.

**Here are some ideas and encouragements ...**

Why would you want to get out and about again? For example, to have new experiences and make new memories:

*I am nervous, but I really want to make memories with my grandchildren, so we went out for a picnic. It was outdoors so I felt safe. The park was large enough that we could spread out and be far away enough from other groups. The children had space to play, and there was a lot of distance between us. I don't have any holidays planned but we have a few more days out planned for over the summer. (Linda)*

**‘What Happens Now’** is a new resource developed with some of the regular members of our telephone group ‘conversations with friends’. We are thankful to those who contributed and we hope that our scheme members’ experiences will be helpful as we all begin to think about becoming socially active again.

A copy of this resource will accompany our newsletter, however, our invitation to share experiences and ideas is always open! **Learning from others is inspiring so if you would like to share your insights with us please don’t hesitate to call or email 01273 737710 / [info@tttb.org.uk](mailto:info@tttb.org.uk).**

# VOLUNTEERS CORNER

## SHARING STORIES AND EXPERIENCES

There is so much value in sharing experiences with other people. We love those moments when someone says “oh good you too!” or “gosh that happened to me – I feel confident now that I did the right thing”. We also love to hear people’s stories which act as an encouragement to us as we go about our daily lives.

During a review in August last year our volunteers advised they would like to benefit from Peer Group Meet Ups. Our volunteers are important to us so we kicked off the meet ups at Christmas with an online festive quiz! One of our volunteers Veronica has kindly been hosting

Pictionary evenings which have been a huge success and more recently we trialled our first peer group session where stories and experiences were shared.

All volunteers are welcome to attend future events so to find out more please contact Chelsey via [chelsey@tttb.org.uk](mailto:chelsey@tttb.org.uk) or call **07717514780**. Future dates are as follows:

**Pictionary: Thursday 5th August 7pm-9pm via Zoom.**

**Peer Group Meet Ups:  
7pm-8pm via Zoom: Thursdays:  
26th August, 23rd September,  
21st October, 18th November**

## A little more conversation

Have you heard of Gamely Games in Brighton and Hove? If not we’d definitely recommend googling them if you are online! They are a wonderful organisation who very recently donated 225 packs of ‘a little more conversation cards’. So if you loved our A-Z of conversation starters you’ll love these cards. There are many different topics to choose from which can help aid connection in a positive way. **If you would like a copy please contact the team via [info@tttb.org.uk](mailto:info@tttb.org.uk) / 01273 737710 and leave a message.**





# Anna Chaplaincy at Time to Talk Befriending

**An update from one of our Anna Chaplains, Emily who is also our Founder and CEO.**

Over the past few months I've had the privilege of leading funerals for scheme members who I have personally known. I am truly grateful to have been given the chance to support their family and friends who were grieving and I feel very honoured to have been asked to undertake this very important role. Although at times it was hard not to feel sadness for their loss, there was something very special about leading a service for someone I personally knew and cared about. **As I say – it was an honour.**



Sadly, the team and I have experienced a lot of loss this past year among our membership so as a way of honouring their memory we include their names within our newsletter. We therefore wanted to take a moment to honour and remember those who have died since our last edition. Every scheme member and volunteer connected to the charity is important to us... they are gone but not forgotten.

**Mary Crewe**

**Pat Dervish**

**Anne Grant**

**Margaret McCartney**

**Herbert Pattenden**

**Joy Southon**

We would also like to pay a special tribute to our volunteer Penny who made a really positive difference in the lives of the people she befriended as a friend and Chaplaincy befriender. "Penny was such a lovely lady, so kind and gentle, and so understanding. She has helped me a lot and I now feel I can pray again". **Scheme member M.**



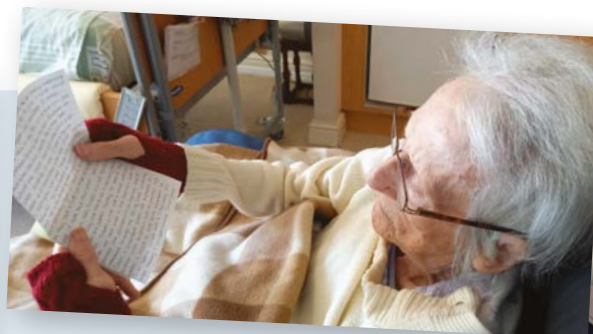


Team work makes  
the dream work!

On 12th July 2021 the team finally met together in person! After a long 18 months we were all able to safely connect in the beautiful surroundings at Plot 22 Community Garden. Some staff even met each other face to face for the first time!

We were joined by our wonderful reviewers who play an integral role within the team. Although Berni and Ruth aren't featured in this picture they are very much an important part of the charity.

☞ Together we can ☞  
do so much. Helen Keller.



## ☞ PENPALS

This is my Mum Pam, she has a pen pal Nicky from Time to Talk. It is so important for mum to get these letters it helps her to keep connected and have some post to open, she can't really chat on the phone or have the visits re covid so it's lovely for her to receive the letters. Many thanks. ☞

**Gaynor (Pam's Daughter).**

# Time to Talk Befriending

in the heart of the community

Time to draw  
and connect

## Workshop

24th Sept 2021

In this workshop we will draw each other as a form of connection – but not with the aim of a likeness or a finished portrait.

The time together will be about the act of looking, the act of making marks in the company of other people and the enjoyment and the connection that comes from that.



Join us...

**For anyone aged 50+**

Find out more on the Ageing Well Festival website or contact us

01273 737710 /  
info@tttb.org.uk

[www.ageingwellfestival.org](http://www.ageingwellfestival.org)

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



BRIGHTON & HOVE  
**AGEING WELL  
FESTIVAL**





Peter and Lara



Lyndel and Sylvia



Diana and Telma



## Final word

A question I've been pondering for a while now is **what does it really mean to be in the heart of the community?** As a charity, motivated to ensure that older members of society feel included and visible I guess the answer to the question is – the people we have the privilege of meeting – they are at the heart!

Thanks to the kindness of our amazing, unique and diverse range of volunteers, together we positively engage and connect with those in their later years – creating meaningful moments of connection across the generations. Although our sincere hope is we will be able to physically meet together again in time, I wanted to close the newsletter by sharing photographs of some of our scheme members and volunteers who really are at the heart of all we do!

Take care and keep in touch.  
Many blessings Emily





Ellie and Margaret



Alison and Colleen

Would you like to be photographed or interviewed in the future?  
Or do you have any photographs you can share with us already?  
Would you like to contribute towards our newsletter  
by providing a story, poem, picture?

**If the answer is yes, please don't hesitate to contact the team on  
01273 737710 and leave a message or email [info@tttb.org.uk](mailto:info@tttb.org.uk).**

### 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/TimeToTalkBefriending/TTTB)

**Time to Talk**  
**Befriending**  

---

**in the heart of the community**

Time to Talk Befriending, City Coast Centre,  
North Street, Portslade, BN41 1DG

T: 01273 737710

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

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

Charity Incorporated Organisation Number: 1186555

Design: [ellenstew-art.com](http://ellenstew-art.com)