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February 2011

*Voluntary Care Centre
 Christmas
 Report 2010*

Many of our regular supporters and a number of new donors generously supported our 2010 Christmas project appeal.

With the help of all our sponsors, and for the efforts of our reliable volunteers we were able to successfully fulfil all requests made to the project and provided over 2160 instances of help to over 1450 people.

209 hampers were delivered to elderly helping 268 people. 280 families received supermarket gift vouchers, helping 867 people and 82 families also received food packages.

Over 90 boxes of food went to Social Services and 12 to local homeless family units.

513 children and/or teenagers received toys, books and stocking fillers or gift vouchers.

Two local hostels supporting people with mental health difficulties received gifts of toiletries for a total of 114 residents.

35 pantomime tickets for the Broadway Theatre were given to refugee for families receiving their support, and ice creams for the interval were kindly donated by Criterion Ices (arrange by the VCC).

80 People attended the delicious Christmas Day Lunch at St. George's Church. 42 of the diners were transported to and from the event by 12 volunteer drivers. 10 VCC volunteers helped with Serving and other supporting tasks on the day. Each guest received a gift from the VCC.

Over 50 people attended the Grove Centre Social Club Christmas disco (for people with mental health difficulties) and enjoyed pizzas and a special celebratory cake; specially made for the occasion.



Children From St Dunstan's College delivering goods for the project

A sincere "thank you" goes to:

The Alchemy Foundation Rotary Fellowship Club,
 Lee Charity of William Hatcliffe, Criterion Ices,
 Turner Broadcasting Europe, Marsh Christian Trust
 3663 Catering Equipment, Odin Charitable Trust
 Goddards, Peter Minet Trust, Random House,
 Sainsbury's Forest Hill, Dulwich & Peckham Rotary
 Haberdashers Company

Sarah Lynch
 (VCC Volunteer who raised £760
 in a sponsored run)

St Georges Church for the use of the rooms at the Chapel on the Hill to coordinate the project

Local Churches and schools
 Individual sponsors for their generous contributions
 All of our volunteers - we could not achieve this
 with out you!

Sainsbury's and the Christmas Project

We had great support during the Christmas Project from Sainsbury's in Forest Hill.

They provided us with helpers and the Sainsbury's van to transport the goods from the Voluntary Care Centre Office on Monday 22nd November to Chapel on the Hill. Due to the fantastic help and support from Sainsbury's staff and VCC Volunteers the van was loaded and unloaded in super quick time, and before we knew it the project was set up and ready to go.



A bus man's holiday for the Sainsbury's staff!

They also provided £100 of vouchers for the project which was used to support families who needed extra help at Christmas time.

Sainsbury's staff came along to the project and helped with numerous jobs, including packing and sorting the hampers.



**Jo Chin and
Dave Hudson
HR & Store
Managers
Respectively**

Sainsbury's also ran a campaign asking their customers to

make a difference by donating food items or a toy for the VCC Christmas Project., their customers responded positively and the food and toys donated were a real boost to the project.

We give a big thank you to Sainsbury's for their help and support at Christmas time. We are looking forward to working in partnership with Sainsbury's on other fundraising activities during this year.

Mums the Word

Sarah (VCC Coordinator) recently sent us this Photograph and she tells us that she and Billy are both doing well. They are enjoying swimming lessons, fitness classes for new mums, social groups, baby massage and the little screamers club (with regular trips to the cinema for parents with babies under a year).



Sarah Thompson and smiley baby Billy

Sarah said "Billy is generally a happy baby who is always chattering, giggling, but sometimes screaming! It is hard work adapting to being parents, but Joss and I are totally enthralled with Billy as he seems to be with us too; it really is incredible being parents".

Sarah went on to say "I am missing the regular contact with service users, volunteers and staff and hope that everyone is doing really well. I look forward to catching up with everyone later in the year"

Whilst Sarah is on maternity leave please direct your enquiries to the emails below:
evelyn@voluntarycarecentre.co.uk &
info@voluntarycarecentre.co.uk

Attention All Volunteers Your timesheets are enclosed

Please remember to send your timesheets back in regularly and include not only any regular commitments you have made, but also one-offs such as Christmas project, meetings and any training you undertake.

Thank you

That YEEEEEE! HAAAAA! Event

After an extremely busy and stressful year it was good to have in our Volunteers Calendar the 'Volunteer's New Year Party – Barn Dance'. What a treat it was again this year.

As a way of thanking you our volunteers for all your hard work and invaluable contribution over the year we were delighted to see so many come along and join in the fun, 47 in total.

This year the event took place on Friday 14th January. Sounds of Yeeee! Haaaa! I'm sure would be heard coming from St Georges Church when the Barn Dancing & Line Dancing really got going.

Our entertainment this year was provided by Liz Scholey (our 'caller' and instructor for the evening). With her sound system at the ready, with an entertaining manner, she managed to coax even the most reluctant of participants to try their steps around the dance floor.

Tricky moments for her were when the food was displayed. The appeal of the delicious 'Barn Dance' themed food supplied by Teresa Yakub halted



proceedings for a while.

It wasn't long before the doe-se-doing and "Yee! Haa!'s" from the Barn & Line dances were back into full swing. Many of us were disappointed when it was time for the music to stop and clear up. Evelyn says "One of the highlights of the evening for me was stopping to enjoy watching everyone enjoying themselves".

There was definitely a sense, particularly after the fun raffle and sincere words of thanks from Evelyn for everyone's hard work; that we, being VCC volunteers, are like 'a family', and left feeling



appreciated. Oh! and having had a good 'work out'!
YEEE! YAAAA!)

VOLUNTEER DRIVERS WANTED

We urgently need drivers to transport service users to hospital/surgery appointments, shopping trips, day centres, visiting relatives/friends or to holiday destinations (mileage expenses paid).

If you can help contact us on 020 8291 1747 or email:

infor@voluntarycarecentre.co.uk



Diary Dates



Christmas project review meeting – 2nd March
2 – 4pm St Georges Church Vancouver Road
Christmas Project volunteers only

Volunteers Week Event – Wednesday 1st June
Details to follow nearer the date
All Volunteers invited

VCC AGM – 23rd June 7.30pm at the Grove Centre
Church Jews Walk Sydenham SE26 6PL
Everyone is welcome...why not bring a friend!

Blythe Hill Fields Festival – Saturday 2nd July
VCC Stall 11am -3pm
Volunteers needed to help on the day

British 10k London Run – Sunday 11th July
**Volunteers needed to raise money in sponsorship
for the VCC**

Welcome to the Following Volunteers	Farewell and thank you
Siham Wood Mary Tighe Alice Shaw Claude Asgill Lesley Vincent Arthur Holden Glen Wright Alex Hurst Christina Ewrierhoma Kerrie Channer Christina Channer Samuel Ademola-Anwo Gianina Vioculet Gladys Osunde Aoife Gilbride Patrick Travers Sharon Leachman	Amy Li Martin Lally Geraldine Murphy

Mistletoe Competition results



Our Christmas Newsletter competition was to make as many words from the letters in the word 'mistletoe'.

The competition entries were carefully judged by our chairman Garth Davidson.

With a scholarly eye and dictionary in hand - after eliminating words beginning with capital letters, plurals, misspelt or erroneous words, we now have our winner.

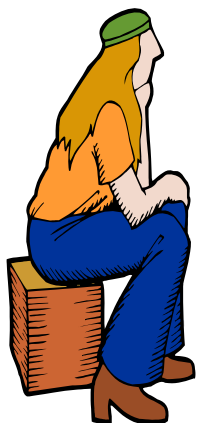
The winner is Nora Capell with 96 (allowed) words out of her submitted 98. Nora will receive a £10 voucher as winner.

Congratulations!

Mosey on Down Quiz

Questions have been compiled by some of the supporters & service users of the 'MOSEY drop-in' (a place and space for those affected by MS), who are also supported by the VCC.

The winner will be the first person responding with all questions answered correctly and they will receive a £10 gift voucher.



Questions:

1. What is the full name of Prince William's fiancé?



2. Which member of the Royal Family other than Prince William is marrying this year?
3. What is the date of the opening ceremony of the 2012 Olympics?
4. Which footballer was recently sold for £50 million?
5. Which football club is a well known TV chef associated with?



6. Who was the first TV Chef presenter?
7. Who played 'Aunt Sally' in TV programme 'Worzel Gumbage'?



8. Which two long running TV series ceased production last year?
9. What is the longest running soap from 'down under'?
10. What date did Terry Wogan retire from his long running Radio Two Breakfast Show?



11. What date did the Second World War start?
12. What was the name of the last decommissioned Aircraft Carrier?

Post your Quiz Answers to:
 Voluntary Care Centre,
 300 Stanstead Road,
 Forest Hill SE23 1DE

Entries should be received no later than **Friday 8th April 2011** – Good Luck.