



# connect

Autumn  
Edition  
2011

Keeping the VCC friends connected & up to date

## Christmas Appeal



**Yes, it is that time again and yes we are starting our appeal in August (we need all this time and more!)**

At this time of year, VCC staff are busy planning Christmas activities to help individuals and families with hampers, toys and food vouchers and supporting a local church to host a Christmas Day lunch and activities.

As in previous years we will need the help and support of the local community which will include:

- **Christmas Project Volunteers** – Needed from the last week in November to the week before Christmas. Tasks will include helping to prepare and pack hampers and sort toys and stocking fillers.
- **Christmas Day Lunch** – Needed to help set up for the day, preparing for the lunch, socializing with diners and clearing away.
- **Christmas Day Driving Volunteers** – Volunteers with their own vehicles are needed to help transport the diners to and from the Christmas Day lunch. Times to be arranged, but normally between 11.30 - 12am and returning at 3.30-4.30pm
- **Toys or books** – Newborn to 12 years
- **Food Items** – In particular luxury items such as Christmas puddings, chocolates, biscuits, tinned ham and salmon.
- **Vouchers** – Supermarket vouchers for families experiencing difficulties and gift vouchers such as W H Smiths, Boots and Superdrug for teenagers

If you have any time to spare on a week day during the busy Christmas period to volunteer, or you wish to make a donation, please contact the duty organiser by telephone or email either: [drivingscheme@voluntarycarecentre.co.uk](mailto:drivingscheme@voluntarycarecentre.co.uk) or [info@voluntarycarecentre.co.uk](mailto:info@voluntarycarecentre.co.uk)

Alternatively contact Evelyn Brady (Centre Manager): [evelyn@voluntarycarecentre.co.uk](mailto:evelyn@voluntarycarecentre.co.uk)

## Welcome Back to the VCC Sarah

**Sarah Thompson** (VCC Coordinator) returns on September 12<sup>th</sup> from maternity leave after the birth of her beautiful and healthy son Billy last October. Sarah has chosen to return to the VCC in a part-time capacity due to her new parental role, so the VCC will be seeking to recruit a new member of staff to support the service in the near future. Meanwhile Sarah's working days will be Monday, Tuesday and Wednesday.

I am sure that those of you who already know Sarah will be as excited as the centre team to welcome her back and to be working with her once again....Look out for staff and service updates on our website and newsletters.



## Valuing Volunteers ~

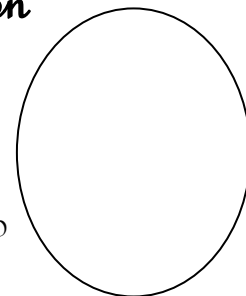
*Here at the Voluntary Care Centre we have a history of valuing our volunteers and from September 2011 we will be selecting a volunteer with outstanding volunteering achievement each quarter as our "Volunteer of the Season". The volunteer selected will be profiled in our newsletters and will receive a £10 gift voucher and a certificate of recognition.*

VCC Volunteer of the Season is ~  
**Valerie Fullington**

is acknowledged for work as a volunteer at the

Grove Centre Social Club  
Thank You!

*Evelyn Brady (Manager)*



Turn over to read something of Valerie's story >

## VCC Volunteer for Autumn Season

**Valerie Fullington:** Valerie is a Lewisham resident and has a long standing career making soft furnishing for a local company. For sixteen years Valerie has also been volunteering at the Grove Centre Social Club on a Thursday evenings.

Valerie came across the VCC office when she was out shopping in Forest Hill all those years ago (back in the days when the centre was based in Dartmouth Road).

Valerie also recommends volunteering as a way to meet new friends and to really get to know and be part of your community.

Valerie says ~  
*"I really enjoy volunteering it has enabled me to work and mix with people that I otherwise may not have come in to contact with. I have made many friends and built good relationships with members and volunteers alike. I feel that I am constantly learning about myself and learning about others too; which gives me a better understanding and helps me to listen and respond positively".*

*The Grove Centre Social Club aims to enable people experiencing mental health difficulties to meet with others in a warm, supportive and accepting atmosphere. The volunteers welcome members and engage them in friendly conversation; they listen and respect members' views as well as encouraging them to take part in the clubs varied activities.*

If you would like to nominate a volunteer to receive this award please contact a member of VCC staff at [info@voluntarycarecentre.co.uk](mailto:info@voluntarycarecentre.co.uk) or by telephoning 020 8291 1747 or writing to us at VCC, 300 Stanstead Road, SE23 1DE.

## It's as simple as JustTextGiving™

by  **vodafone**

You may have seen the TV adverts showing just how easy it is to give to charity by using your mobile phone. Generating income to continue our valuable work here at the VCC is even more vital in today's economic climate. We are not an organisation to neither stand still nor miss an opportunity to grasp new media ~ so why not tell your friends.

**Text VCCF23 £2 / £5 / £10  
to 70070 to donate now**

Please help us by **JustTextGiving™**

by  **vodafone**

## Still keeping those Wheels Turning

Hi I am Stephen Oldfield and you may have heard that I am the new Volunteer Driving Scheme Coordinator. I started at the beginning of May. From day one I was encouraged to 'take hold of the steering wheel' and 'press the pedal to the metal' and I would like to take this opportunity to thank Ruth Bertie for all the effort she has put into bringing me up to speed.

Very quickly I realised that we had a great team of volunteer drivers who are dedicated to the aims of the VCC and take personal responsibility for ensuring that our Service Users make it on time to their destinations, be they social visits or doctor or hospital appointments.

Every month since April our drivers have done on average 111 drives per month between them. These range from regular weekly trips to The Grove Centre Lunch Club in Jews Walk, or longer one off trips to Bognor Regis, Bristol and Rye.

**Just to remind you that if you haven't seen an old friend in a while then why not contact me to arrange it!**



*Drivers, Volunteers and Clients at Kew Gardens 2011*

On the 6th July we went to Kew Gardens with 17 of our Service

Users. Also on board were 5 volunteers from the VCC and 10 volunteers from Goldman Sachs. All of us who visited Kew had a great time, the weather well... it didn't rain, and you can't ask for much more than that from a summer day in England!! Anyway the great company and fantastic surroundings more than made up for any lack of sunshine!!

Everyone here at the VCC and our Service Users would like to thank Goldman Sachs, as without them, the trip would not have happened. BIG THANKS!!

It has been a busy first three months and I have also managed to squeeze in a sponsored 10K run on behalf of the VCC. I enjoyed it so much I am already looking forward to next year!!

Future plans for the Voluntary Driving Scheme always include recruiting more drivers and continuing to ensure that we are able to provide our unique service to all of our service users that require it.

We know how important getting out and socialising is, and again just give me a call to arrange a journey. **It really is our pleasure!!**

Ok that's it for now and I will speak to you again in the next newsletter... Beep Beep..

## Stepping Stones in Lewisham (SSIL)

(Run in partnership with the South London and Maudsley NHS Foundation Trust)

The first Stepping Stones in Lewisham happiness and wellbeing programme launched back in March, and has since been followed up by further programmes:

- 28th May on Saturdays 6 week workshop only programme run at The Compass Centre, Deptford.
- 1st June on Wednesdays 8 wellbeing workshops followed by 1-1 Mentoring sessions at St Saviours Church SE23

The SSIL programmes aim to help people dealing with stress, anxiety or depression to feel happier by providing tips, techniques and ideas to improve happiness and wellbeing and offering the opportunity to be part of a small, friendly group environment of liked minded people.

The two latest programmes running on Wednesdays and Saturdays received brilliant feedback, including comments such as:



*"This programme gives you confidence, power, positive thinking and a belief in yourself. It brings happiness and health to you."*

*"It is good not to feel alone after feeling isolated. It's inspiring. A place of safety to share ideas and strategies and to express yourself."*

*"One of my friends commented on how much happier I sound, and my mum commented on how she is getting her daughter back."*

*"I am surprised at just how much my happiness and wellbeing has improved in just 8 weeks, with me hardly realising, but I know it is down to these workshops. These workshops were all very, very useful and well thought out."*

*"My happiness has improved as I have been able to look at and address elements of the entire course."*

### The next SSIL Programmes are as follows:

8 Wednesday Well-being Workshops followed by 1-1 Mentoring Sessions, Wednesdays - 3.45pm – 7.30pm  
28th September - 16th November inclusive to be held at St Saviours Church, Brockley Rise SE23.

6 Saturday Well-being Weekend Workshops Only  
Saturdays 10.15am – 1pm from September 24th – 29th October inclusive to be held at the Compass Centre, Deptford, SE8.

## Dates for the Diary ~



### Quiz Night

Friday 21 October, 7pm at St Georges Church Hall  
Vancouver Road SE23.

~ < > ~

### Christmas Project Begins from now!

We move the project from the VCC Office to Holy Trinity Church SE23 on Monday 21 November.

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### Stepping Stones starts

For details as to workshop start dates, please see the end of the Stepping Stones article (left).

## Timesheets...Timesheets...Timesheets...

We have enclosed spare timesheets for those who volunteer regularly and also Christmas volunteer timesheets. It's vitally important we receive these forms completed regularly to enable us to provide accurate monitoring statistics to our grant providers. Thank You.

## Volunteers coming & going

*We value our volunteers so much. Without you the work needed to help people who are isolated and vulnerable in our borough just wouldn't get done. So we give a warm welcome to those arriving and a fond farewell to those leaving... Thank You!*

### HELLOS ~

John Hole  
Patsy Dale  
Daniela Heckert  
Ettoyan Dedes  
Roqeyah Rahman  
Natalie Spence  
Liz Brooks  
Ruth Agomalakica  
Jolanta Chamera  
Natalie Harvey  
Jasmine Carty  
Janet Robinson  
Maureen Gordon  
Jill Campbell  
Denzil Sam-Ohrin  
Bernie Hill



### GOODBYES ~

Adrian Lindsey  
Mary Manning  
Sam Ademola-Anwo  
Claudine Claus  
Nathan Tsang  
Sandra Flaxman  
Tina Glover  
Amy Li  
Sana Moazzam  
Judy Hodgett



## Email instead of post?



Would you prefer in future to receive most of your VCC communication and news in electronic format?

Please let us know and we will endeavour to communicate with you that way. This will help us save some much needed pennies on postage.

*Would you **save your postage stamps** for us. These can be converted into money for our funds too!! Check out the website for more ideas to help!*  
[www.voluntarycarecentre.co.uk](http://www.voluntarycarecentre.co.uk)

Reports on last quarters events ~

## Super 'Jamming' Tea Time!

Volunteers had a 'super' time on Sunday 5<sup>th</sup> June at St Saviours Church Hall. Many of you managed to get out to this social event despite the competition with local community street parties and the inclement weather.

Favourite tea-time treats were brought to share in the form of savouries, cakes, biscuits & delicious scones. Topped with jam donated by 'Super Jam' creator Fraser Doherty and fresh cream we had a really lovely time.



Forest Hill Sainsbury's supported our volunteer event by visiting us on the day and supplying the sandwich platters and a donation to make sure the tea time 'trimmings' were all in place.

**More photos can be seen on our 'facebook'.**

## 10k Run Winners in our eyes

This year's 10K Run in the city on Sunday 10 July provided an ideal opportunity for staff to coerce (I mean encourage) our newest member of staff Stephen Oldfield to be thrown in the deep end of fund raising and enter this year. Right from the start he took his challenge seriously going into training and easily completed the race.

Our volunteer Doreen Joseph's son Derek also ran the 10K to raise much needed funds. We are delighted to receive the combined total of over £500 Sponsorship. Thank you to both, and all who supported Stephen and Derek.

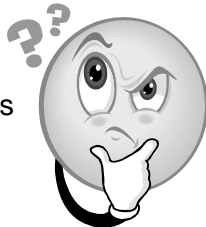
**Next Volunteer Social for the 2011 calendar!**

## VCC QUIZ NIGHT!

Following the success of our previous fundraising quiz nights the VCC are hosting another quiz night on Friday 21<sup>st</sup> October 7pm at St Georges Church Hall Vancouver Road SE23.

Why not join us for a fun filled evening and test your general knowledge! Teams of 6 people are ideal, however, you can also join us as an individual & we will build your team. Bring your own wine. Buffet & soft drinks provided. Tickets are just £6 per person.

To book your team or individual place contact a member of the staff team on **020 8291 1747** or email: **info@voluntarycarecentre.co.uk**



## Autumn Newsletter Quiz

**Four categories of questions:** (No using your internet or iphones).

Write or email in with your answers – don't forget to put your name and contact details. The first person to send in their answers all correct will receive a £10 voucher:~

### Prince William and Kate

1. Where did William propose to Kate?
2. If and when Kate becomes Queen she will be Queen Catherine the what?
3. The Prince William Cup is contested in Rugby Union between Wales and which other test side?

### Fictional characters

Which Fictional Character(s) lives at each of the following addresses?

4. Danemead, High Street, St. Mary Mead
5. 32 Windsor Gardens, London
6. 4 Privet Drive

### Language

7. Which medical emergency term stems from the French verb meaning 'to separate'?
8. What is the English equivalent of the Welsh word "Popty Ping"?
9. Which unpopular little word is Latin for poison or slimy liquid?

### Entertainment

10. Eric Claudin is the disfigured genius in which classic 1943 film?
11. The Academy Award winning song 'When You Wish Upon A Star' was written for which classic 1940 film?
12. In which animated Disney film would one find the character Pongo?

## Helpful Energy info perhaps for YOU!

### Do you live in Perry Vale Ward?

If so you can take advantage of **free energy efficiency home improvements.**

This free scheme is only open to Perry Vale Ward residents, is free and starts in August 2011 and finishes in March 2012. 1600 residents will be helped in total.

To find out more about **Perry Vale Energy Savers** call **Lewisham Council** on **0208 214 7065** or to book an appointment directly call **0300 365 3005.**