

Goodness me – it's Christmas time again! A Very Merry Christmas and a Happy New Year to you all.

Since the last Newsletter way back in June there have been quite a few changes, not least we now have a name for the Newsletter itself – "CARMtimes" – well done to the volunteer (who wants to remain anonymous, and has kindly re-donated her prize!) who came up with this name – I for one think it is jolly good. And so do the Trustees who picked it from a choice of about fifteen other suggestions. Many thanks to all of you who took the trouble to enter the fun and to offer up suggested names.

Many of you will have attended the AGM in June – which I hope you enjoyed – especially the singing bit.

More seriously it was a delight to welcome new Trustees, Colin Potts and Roger Robinson. Colin was appointed Treasurer to replace Rachel Girt – Rachel had served her six years and under the constitution, had to step down – a huge thank you to Rachel.



Very sadly I have to report that New Romney Meeting Point decided last month to dissociate itself from CARM. A long story around how this has come about but for sure it is a very sad outcome. Let's hope that New Romney members might review this decision sometime in the near future. Happily though I can confirm that Emma Wiltshire is now the Meeting Point Coordinator and she is making a very positive impact in the short time she has been undertaking the role – I am confident that we can go onwards and upwards for the benefit of all our clients and our volunteers who attend and run Meeting Points.

Demand for our befriending service remains very strong and Benedict and Beryl are doing great work in increasing the number of

client/volunteer matches – we are also drawing up plans to offer befriending in a number of local residential homes. Beryl Swift is now doing sterling work running the StOP service – Safeguarding the Older Person and Fiona Godfrey is doing great work focusing exclusively on the coordination and extension of Our Memories Matter. Hopefully, by early next year we will be providing additional services in West View, Tenterden and a new service in Broadmeadow Day Centre.

All looks good for 2012 other than the usual struggle to get agencies to commit to funding. As you doubtless know from the press, times are very tough indeed – lots of change and uncertainty. I can report that funding for Meeting Points is good for the coming year or so and I have confidence that we will get the money we need to run all our services during 2012!

Many thanks to all of you who put so much into supporting CARM – have a great Christmas and keep off the Port and Mince pies – send them to me please.



Nigel

Welcome to our new volunteers

Clive Looker (OMM Wed Westview)
Terri Hodson (OMM Madeira Lodge)
Alison Ryde (OMM Abbey Lodge)
Jill Swan (OMM Wed Westview)
Laura Jackman (WB@H Marsh)
Jessica Williams (WB@H Marsh)
Liana Rabbetts (WB@H Tenterden)
Sharon Kelly (WB@H Tenterden)
Jennie Rimell (WB@H Marsh)
Philippa Jones (WB@H Tenterden)

WELL-BEING AT HOME

Dementia Awareness Training

Twenty volunteers attended our dementia training aimed at new and existing befriending and reminiscence volunteers. The day was very informative with discussion of perceptions of ageing in society, an outline of what dementia is, tips on how better to communicate with people with dementia, and a very jolly and well-received session on reminiscing using sweets which evoked a whole host of memories. Feedback comments included 'Excellent training. Feel I have learnt a lot and found it very enjoyable', 'Much enthusiasm from everyone. Many thanks' 'Looking forward to my first session as part of a team'



KEEP CARM AND CARRY ON

...and pop into

Miss Mollett's *High Class* Tea Room

in Appledore for a lovely cup of tea, some homemade cake or even lunch with some friends.

To book call 01233 758555

www.missmollettstearoom.co.uk

Well-being At Home Annual Surveys

Thanks so much to those of you who took the time to complete our annual volunteer survey and also to those who assisted their clients with their surveys. Overall feedback was very positive and we always contact individuals who expressed concerns or asked for specific support in their replies. Those who completed their surveys and returned them by the deadline were entered into a prize draw - the winners have been notified and supplied with a £10 gift voucher.

VOLUNTEERS

- You rated your volunteering experience on average 9 out of 10
- 95% of volunteers felt they had enough contact with their coordinator
- 95% of volunteers found the Newsletter useful

General Comments:

CARM is a critical organisation to support lonely and vulnerable people. It is run in a caring way - keep it up

CLIENTS

- 88% felt happier after a visit
- 36% felt sad when their volunteer left
- 85% felt less socially isolated

General Comments:

My befriender has become a real friend.

She is always merry and bright, her visits fill me with delight, always a listening ear for any troubles and woes, I hope she never moves away, I would miss her if she goes.

Combined Befriending Volunteers Meeting

Held in July at Appledore Village Hall our guests at the meeting were Hyde Housing Intouch and Care Navigator Caroline Reeves. Tom, Julie and Caroline were a great addition and the advice they gave about their services was very informative.



It was nice to meet some of the Ashford volunteers along with their co-ordinator Jill Brown. This venue gave us space to mingle and listen to what our wonderful volunteers had to say, many thanks to all those who attended.

Benedict & Beryl

OUR MEMORIES MATTER

Reminiscence sessions concluded in each location by the first week of August giving volunteers time to recharge their batteries before restarting another ten week program in late September early October.

Sessions continue to be well attended and received and a recent survey of the service completed by Managers of the settings indicated the value and difference the service makes to attendees and also assists staff to gain a greater insight into clients and their needs.

Some Feedback...

"We have established a good relationship with those that work for CARM"

"I have observed increased confidence in those delivering the service"

"Our clients benefit from the consistency and the relaxed approach. In some cases we have seen increased communication skills and social interaction"

"It made staff aware that the residents were young once and how they faced more difficult times than we do today"

Volunteers Required

Please see back page for further information.

Topics this time have included cookery and in one of the settings the group reminisced whilst making a Christmas cake, TV through the years, films and movies and autumn. Props are an integral part of the sessions as they assist in triggering memories and OMM is fortunate to have a wide variety of materials which are complemented by personal items that volunteers take along to stimulate discussions.

Fiona

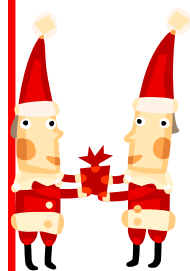
STOP

Safeguarding The Older Person

StOP continues to run well - I am working with 6 clients at present. Kent Adult Social Services have asked us to undertake a Pilot Project to commence on December 1st that will involve auditing the work they have done with Adult Protection clients, it all sounds very challenging and I am looking forward to the work .

Beryl

Donate Unwanted Items



The majority of our Meeting Points hold regular raffles to help support their groups running costs and add a little fun to their meetings. If you find you or other family members have small unwanted Christmas gifts this year why not donate them to CARM?

You can pop along to any of our nine Meeting Points or hand them to a member of staff.

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MEETING POINTS

I took up the role of Meeting Point Coordinator at the beginning of October and have been made to feel incredibly welcome. Joining at a time when discussions were already underway regarding the Framework document was a little tricky - but I'm pleased that we're now looking to review the Agreement again in January. I've successfully received a supply of gift bagged toiletries from HCP Ltd in New Romney - many thanks to Dion Deacon (Sales Director) for supporting our raffles with his very generous donation. I am still booking guest speakers for the first half of 2012 and will notify Group Leaders of each booking by post or email. Where possible this information will be shared with local newspapers and parish magazine editors for publication to potentially attract new members. Many thanks to those of you who took the time to complete the annual Meeting Point Survey - results will be available soon and shared with each group.



Appledore

The Community Warden, Lee, is an active supporter of Appledore and successfully introduced a 'swap-shop'. The group were recently visited by Rev Trish Fogden, Chairperson of CARM.

Brookland

Members enjoyed an outing to an Oscar themed musical through Buzzlines and are now looking forward to their Christmas meal at Newchurch House.

Burmarsh

Members continue to enjoy a fabulous service from Lathe Barn - it's worth noting that the group provide tea and coffee to the centre and staff make the drinks and use their own milk supplies.

Coastal

I am trying to source a free 'Super Scrabble' so I can attempt to regain some dignity after failing to understand the rules of Rummikub - if anyone knows of someone prepared to donate a copy, that would be great. A kind donation of Autumn harvest goods from the church made a nice addition to the raffle.

Dymchurch

Volunteers continue to provide tea coffee and a biccie to all members - the group are looking forward to a Christmas meal at Dr Syns restaurant in Dymchurch.

Lydd

I recently met visitors all the way from Essex enjoying a holiday in the area - they popped in for tea and company. Members are looking forward to a Mystery Tour and lunch as their Christmas activity.

Tenterden & St Michaels

The group enjoy a strong connection with their Community Warden, Jo Voss, who was recently presented with an award for an act of bravery - so they're in good hands! Volunteers received £200 from the Lyons club towards their Christmas meal at Zest.

Woodchurch

Doreen has been busy in discussions with the new landlords of the Bonny Cravat who have agreed to continue to allow Meeting Point to run in the pub under the same arrangement as agreed with the previous landlord. Members thanked the landlady, Pauline, for her support and presented her with a gift of Begonias to show their appreciation.

Rolvenden

Members enjoyed a Mystery Tour around Romney Marsh ending with a meal at Lathe Barn. Volunteers successfully received £285 from Rolvenden Parish Council towards the cost of coach hire for their next outing in

Emma

DOWN MEMORY LANE

By
Clive Looker

Before donning my reminiscing hat I am always careful to check I am wearing my rose coloured spectacles? I am then ready to remember my misspent youth. Those lazy, hazy, crazy days of summer, when during the school holidays it never rained and we enjoyed wall to wall sunshine. But what about the winters? Well, being young and hot blooded I don't remember them being as cold as they are today. However, there is one time in my youth when I did feel the cold. You would remember it too if you were as old as me. Are you as old as me? That's a silly question really, because you don't know how old I am. Perhaps I should say, Do you remember the winter of 1947. If you do, then you are indeed as old as I, - or even older. Perhaps you have vague memories of that fateful year, for fateful it surely was. Being of an earlier epoch it maybe that perhaps some of the finer details of this nippy old winter have slipped through the holes in your memory. Little did we

know the heavy drifting snows that commenced on January 21st 1947 would still be around six weeks later. The unusually deep snow caused all manner of problems. Many roads were either thick with compacted snow and rendered almost impassable whilst others were blocked with snow and totally impassable. It was the same for the trains, many lines were blocked. The end of the war left us with little coal stocks and the little we did have, could not be transported to the power stations because of clogged road and rail links. Thus the Government



were forced to limit supplies of electricity in homes to 19 hours a day. Industry was even harder hit with little or no electricity for weeks on end. BBC television was in its infancy and its growth was severely curtailed as it was closed down completely during the cold spell. The number of broadcasting hours by BBC radio were shortened and newspapers were cut down to size. This must have been particularly frustrating, as there wasn't enough space in the paper to print all the news about the weather. Still I suppose this was somewhat offset by the fact that reporters were unable to use road or rail to visit these weather torn spots. To make matters worse, the ground was so frozen in February it was impossible to harvest any vegetables from the fields. However the best was left until last. Having suffered the inconvenience of electricity cuts, blocked railway lines, impassable roads, no television, a lack of coal for heating, no root vegetables and mind numbing cold for weeks on end, there came the warmer weather which melted the snow. Unfortunately the ground was still frozen so the snow was funnelled into the rivers that over flowed to cause severe flooding. Ah me . . . Happy days.

Can you find the hidden words?
No prizes this time - just for fun.

Baby Jesus; Cards; Carols; Christmas; Decorations; Dinner; Games; Joseph; Lights; Mary; Nativity; Parties; Presents; Reindeer; Rudolph; Santa; Silent Night; Sleigh; Stockings; Tree



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OFFICE HOURS

During the Christmas period
the office will be closed from

Friday 23rd December
until
Tuesday 3rd January

The Romney Marsh Day Centre

Link Transport Service



If you do not have access to a car or other suitable means of transport getting from A to B is not always as simple as it should be.

Thanks to the support of the Little Cheyne Wind Farm and the Kent Community Foundation the Romney Marsh Day Centre is now able to offer an individual transport service for older people living in the Romney Marsh Area

The Romney Marsh Day Centre's
Link Transport Service is here to help!
Telephone **01797 363888**

Charity No 1093388

Volunteer Christmas Event



Don't forget that all Well-being at Home and Meeting Point volunteers are invited to attend a Christmas thank you on:

Thursday 15th December
Appledore Village Hall
1030 - 1230



This invitation is open to volunteers to attend anytime during the session. We look forward to seeing you on the day.

**Looking to do something that really matters?
Want to make a difference? Can you spare two hours a
week? If 'Yes' we'd like to hear from you.**



OMM currently has Volunteering opportunities on Thursday afternoons in Dymchurch and/or Wednesday and Thursday Afternoons in Tenterden. Please ring Fiona for an informal chat on 01233 758122. fiona@carmromneymarsh.org.uk

CARM, The Appledore Christian Centre
The Street, Appledore
Kent TN26 2AE
01233 758122
office@carmromneymarsh.org.uk
www.carmromneymarsh.org.uk

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