

carm

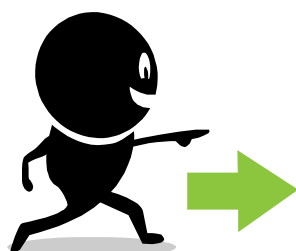
supporting older people in rural areas



Have three months really gone by since the last Newsletter – where does the time go?

Securing funds continues to be quite a challenge. I am pleased to report that we have had some success. The Dementia Pilot is funded, by Kent Adult Social Services (KASS) and we have been invited to tender for the work, as an on-going service, from 2011. KASS has also committed to fund our Safeguarding the Older Person (StOP) project until the end of 2010 – again inviting us to tender for the work, as a service, from next year.

Other funders for this year include Tudor Trust, Colyer Fergusson, LloydsTSB Foundation and the Little Cheyne Wind Farm, a huge thank you to them. We still have a shortfall so if you know of any wealthy benefactors wishing to support a very worthy local charity then do please point them our way!!



Many of you are coming to our planned outing to the Rare Breeds Centre on 3rd June - a **'rare' opportunity for the Trustees** and the staff to say thank you to all our volunteers.

Other upcoming events include the AGM and our **planned 'Open Day'**.

Roger Robinson, our Chairman, sadly, has to stand down for a year and Chris Bonsall has also resigned. Some serious Trustee losses. We therefore have three vacancies - if you (or someone you know) are interested in becoming a Trustee please ask for a nomination form!

I am also really pleased to report that the Bishop of Dover has agreed to come and visit us. Much more on the visit nearer the time.



As I approach the end of my final year as Chairperson of CARM I thought it appropriate to say a few words before my departure. Firstly I want to say a big thank you to all volunteers for the time, commitment and support you give to our clients and to CARM generally. Quite simply CARM could not exist without you. Our organisation continues to develop positively but as I have mentioned before all our projects cost money! We are extremely successful at raising money through charitable funders but money raised is almost always for specific projects rather than to help us with our day to day running costs. My plea to you is if you do have an opportunity please do think of CARM when making charity donations. I look forward to seeing you all at the AGM on 22nd July.

Roger

Befriending News

In March we held two sessions for our befriending volunteers. The first one was a hearing impairment awareness session which was well attended and produced by one of our volunteers - Susan Russell. Susan used to work for Hi-Kent and has a wealth of knowledge around the issues and practicalities of hearing impairment, the session clarified many misconceptions along with being informative and friendly, thank-you Susan. The next was a volunteer get together. It was lovely to meet everyone and have lunch and a chat. Beryl delivered a short session on Listening skills which evoked some interesting conversation amongst us all.



Volunteers enjoying the hearing impairment awareness session

Beryl & Benedict

Our Memories Matter Volunteering

An OMM Volunteer shares her thoughts on the reminiscence sessions that she supports.

"Reminiscence sessions for me are unbelievably interesting. Many of the participants in the sessions remember a very different world than I have known. You see, I am one of CARM's 'young 'uns' . At 19 years old I have never known a world ravaged by war, a house without a TV or a family without a car. I always look forward to our sessions at the Old Rectory. The ladies and gentlemen in our group have lots of wonderful stories to tell, and I always learn something new every week. I wasn't sure what to expect when I began attending the sessions. I was uncertain as to whether my stories and memories would be interesting to the participants as my world growing up was so different to that of the participants. However, after running a session last week, 'Young people, then and now' I realised that the members of our group were equally as fascinated about my life as I am with theirs. Overall, I feel that the sessions are an amazing thing to be a part of as many of the participant's stories are so interesting and many may be lost if we don't give them the signposts to recall their experiences".

Amelia Payne

Soup mountain has now **been cooked...**

The soup that Bachelor's factory based in Ashford kindly donated to CARM for Meeting Points has now been distributed. The larger cartons of soup I passed on the Salvation Army and the Rainbow Centre for their use. I hope to apply again later in the year.



Hand over of soup at Dymchurch Meeting Point

Recycling makes money!



Coastal Meeting Point invited Mike Stranks, from Coastwatch (helping the Coastguard service but on a voluntary basis) for a return visit to their group. Roy Jackson then presented Mike with saved stamps to help fundraising efforts for Coastwatch – over 30,000 in total.

Roy with Mike Stranks

Special Birthday wishes...

Burmarsh Meeting Point said Happy Birthday to one of their regular attendees – Joan – with a celebratory cake and candle! Joan, who attends this group with her sister Mary, celebrated her 90th birthday earlier this year.



Getting ready to cut the cake

Meeting Point Outings

I know that many of you are still planning outings with funds granted from Grass Roots. Some of our groups have now **"gone together"**. This way they can fill a coach and get a better price for their outing.



One point to remember, this funding will finish March next year so you will need to get your application in soon

A trip to visit the Land Army Museum, which included lunch

One of the most popular visitors to Meeting Points so far this year has been Sally Coleman, Co-Coordinator for the **Neighborhood Watch Scheme**. **Sally's talk was informative** and lively and she answered many questions concerning policing in the area, together with useful tips on using cash machines and dealing with bogus callers. Thank you Sally.



Sally at Hamstreet Meeting Point

Wendy has been visiting our group to talk about her project – especially the section on Reminiscing. This has always been well received and the “props” Wendy brings along always get people talking.

Wendy at
Brookland
Meeting Point



Let's hope that the Summer months are dry, sunny and warm.

Pauline

Well Being at Home Visitor Calling Cards

Sadly we are visiting at home more and more people who have memory difficulties. We thought it might be helpful for all our befrienders going into the home of someone who may not always remember they had a **CARM visitor left a 'calling card'** to say a that a CARM befriender has paid a visit that day. We have designed a very simple slip to leave at **the client's home and will be distributing** them to appropriate volunteers.



Example of calling card

Save The Date

We try to keep all our volunteers, partners and supporting agencies up to date with our major events so please keep an eye on the website or CARM mailings. Below are a few of our upcoming events:

- ⇒ Volunteer BIG Thank You - [3rd June](#)
- ⇒ AGM - [22nd July](#)
- ⇒ CARM Open Day - [30th August](#)
- ⇒ Bishop of Dover visit - [19th October](#)

If you have any comments or suggestions regarding the format or content of this newsletter please contact our office.

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