



Dear volunteers and supporters

Welcome to the Spring issue of the **Active and In Touch Frome** Newsletter.

**Message from Chair of Active and In touch Frome:**

It is nearly 6 months in since I took over the Chairmanship after the passing of Charles Wood and 4 months since we became fully independent.



We have a considerable amount of work going on and lots more to do so in preparation for the AGM on 1<sup>st</sup> July - more details on this to follow shortly!

We are extremely excited to say that we are now working in partnership with Dorothy House who, amongst other things, have offered help with the cost and administering of our DBS checks. This is an incredible benefit to our organisation and will continue to help us to keep our volunteer costs down.

Since our last newsletter we have also had a number of funding successes. Our Deputy Chairman, Alan Didymus, and Di Roberts have been working extremely hard and in the last couple of months we were awarded:

£4,000 for our Thanksgiving Community Lunch event from Frome Town Council's People's Budget fund.

£500 from Shape Mendip for the Swingtime Tea Dance

£1,000 from Somerset Community Foundation for the Monday Tuesday group

£255.59 from the Mayor's Charity

This is in addition to the generous donations by individual donors and the amazing fundraising activities of The Cornerhouse!

We would like to pass on our very grateful thanks to Jay wood who has stood down as treasurer for Active and In Touch Frome. However, before she left she got us organised in how we maintain our accounts. We now have a vacancy for a new Treasurer, if you think you could help or know someone who might be interested in helping, please do let us know.

Best wishes from Julia (Chair of Trustees)

## Hellos and Goodbyes:

In March, we also said goodbye to our Admin assistant, Becky Rhodes. Becky was a wonderful addition to the team who, amongst a whole host of jobs and responsibilities, had done an amazing job with us helping to get us through all the GDPR paperwork and procedures. We were sorry to say goodbye, but delighted that her gifts and talents are being put to good use in her new role at Three Ways School in Bath.

## Volunteer Admin, IT support and/or Fundraising Support

We are delighted to welcome Patricia Baker to the office team. Patricia has now taken over the minute taking for all trustee meetings and has been offering volunteer administration support to the staff team on a Monday. We are extremely grateful to her for this invaluable help.

If you have any administration, IT or fundraising skills and would like to assist the Active and In Touch staff team, we would love to hear from you. All offers of support would be most welcome in our very busy office.

## New Referrals:



Our referral rates continue to rise and since March we have had 18 more members assigned to our service. These include a 52 year old man who would appreciate some male company to help build his confidence and connect him with things going on in the community.

We are also looking for **volunteer drivers** to help transport the growing number of members attending our Monday and Tuesday Groups. Please contact us if you think you might be able to help.

***If you think you may be able to offer your time to help, please do get in touch.***

## Fundraising:

### The Cornerhouse

The truly brilliant team at The Cornerhouse continue to work hard to support us in so many ways. Their monthly coffee morning (usually the third Tuesday of every month) is the highlight to many of our member's (and volunteer's) social calendars. The free homemade cakes are legendary!

## Dates for the diary:

### Active and In Touch Disco Night:

Dust off your dancing shoes and head to The Cornerhouse on the evening of Friday 10th May! They'll have a live DJ set from 8.30pm, so come and have a boogie and help us raise some extra cash for

**Active and in Touch Frome.**



### The Cornerhouse Monthly Quiz:

On the first Monday of every month **The Cornerhouse** run a quiz night with all profits going to **Active and In Touch Frome**. If you want to support and gather a team together for this fun event, we would love to see you there! Next one is **Monday 3<sup>rd</sup> June**.

### 'AmazonSmile' shop

**Active and In Touch Frome** is part of the easy online AmazonSmile initiative where *you* shop and *Amazon* gives.

- Amazon donates 0.5% of the net purchase price (excluding VAT, returns and shipping fees) of eligible purchases to the charitable organisation of your choice.
- AmazonSmile is the same Amazon you know. Same products, same prices, same service.
- Support **Active and In Touch Frome** by starting your shopping at [smile.amazon.co.uk](https://smile.amazon.co.uk).
- To see more – use the following link: <https://smile.amazon.co.uk/>

### Events and activities:

#### AGM: 1<sup>st</sup> July 2019



Our AGM will be held on the afternoon of **Monday 1<sup>st</sup> July**. We hope to make this a fun, social event. There will be cheese and wine and we will hold our inaugural long service volunteer awards. More details and venue details will be confirmed shortly - watch this space...

#### Swing Time Afternoon Tea event:

We are delighted to be running another Swing Time Afternoon Tea event on Sunday July 14<sup>th</sup> at the Masonic hall, 2pm – 4.30pm.

### Thanksgiving lunch

FTC has commissioned us to create a community (thanksgiving) lunch in October 2019! The project will be the culmination of a number of workshops and activities which will have us growing, cooking and learning new skills together. Over the coming months we will be holding classes/groups by visiting various gardening groups in the town with Active members gathering excess vegetables to use in our project. The vegetables grown will then be used in various classes held in the kitchens at the Assembly Rooms to be taught by Sue Hidvegi from Improve with Food. There will also be classes on pickling and preserving. People participating in classes would be: Members of Active and In Touch, and people who use the Food bank (Fair Frome) or Care Leavers and/or, anyone who wants to learn more about how to make meals – people who may find it useful to know how to use different vegetables in different dishes and learn about all the vegetables available to them, which they may find in the Community Fridge.

***If you are interested in finding more or would like to be involved, please do get in touch.***



We are now 'tweeting'! Just search for @activein\_touch to see all our latest tweets. Please follow us!



For those of you on Facebook, you can keep up to date with the latest goings on via the **Active and In Touch Frome** page. Just press the 'like' button for automatic updates...

**Lucia Chadwick**

P/ T Service Manager  
Active and In Touch Frome  
CSW Group  
Mobile: 07572 854029

**Di Roberts**

P/T Active and In Touch Co-ordinator  
Active and In Touch Frome  
Email:[activeandintouch@gmail.com](mailto:activeandintouch@gmail.com)  
Tel: 07468 859453

**Gwen Cobert**

P/T Active and In Touch Co-ordinator  
Active and In Touch Frome  
Email: [aanditcoordinator@gmail.com](mailto:aanditcoordinator@gmail.com)  
Tel: 07584 338810

Registered Charity Number: 1172434

Working hours: Monday, Tuesday 8.30am – 4.30pm, Wednesday 8.30am – 12.30pm, Friday 9am – 2pm

If outside these hours, please email [enquiries@activeandintouch.org](mailto:enquiries@activeandintouch.org)

Website: [activeandintouch.org](http://activeandintouch.org)



Made differently