



Dear volunteers and supporters

Welcome to the summer issue of the Active and In Touch Newsletter packed full of everything that is going on at **Active and in touch Frome** in partnership with **CSW You Can Do**. Read on to find out more...

***Polite reminder: Thanks to all of you who have replied to our email asking for your positive sign up for our newsletter. If you wish to receive this in future, please simply send an email saying 'Yes' to activeandintouchoffice@gmail.com ***

Annual General Meeting – All welcome:



On **Tuesday 17th July from 11am – 1pm** you are all welcome to our AGM to be held at the **Assembly Rooms in Frome**. The AGM is open to all beneficiaries, volunteers, local community members and prospective Trustees as an opportunity to hear where we are now and what we do, have done, and wish to do in the year ahead.

Call for new Trustees:

Could you join us in our mission to help end loneliness in Frome and the surrounding villages?



Having active and committed trustees has been an essential part of its success story, but as is the case with all organisations a number of vacancies have recently arisen or are likely in the near future. The Charity is therefore hopeful that there are people in our local community who both strongly support and appreciate the Charity's mission, and might also be prepared to show this by joining the Board of Trustees in an active role. This is now really important to ensure our work can continue at the level and with the successful delivery it is currently achieving.

If this is something you could or might want to do then please email: activeandintouch@gmail.com

Hellos and Goodbyes:

It is with great sadness that we have to announce the passing of two of our much loved beneficiaries:

Mrs Pam Hyde – 2nd September 1932 – 19th June 2018

Mr Reginal Gilbert – May 1923 – June 23rd 2018

We would like to pass on our very grateful thanks to all the marvellous, dedicated volunteers who helped to bring such joy to Pam and Reg's life. In particular, we would like to recognise and thank volunteer, Steve Small, who has been a volunteer with us since 2013 and visited Reg at least once a week (often twice a week) over the last 5 years of his life. Steve, we owe you a great debt of thanks for the lovely friendship you established with Reg. His family wrote to us to say:

"Thanks go to you and the team for the tremendous job you do – meeting Steve Small changed Dad's life and I really can't let you know how grateful I am."

Sue Blacker, daughter.

I am also extremely sorry to say that our wonderful colleague, **Alexis Bradley**, as had to resign from her role for a while due to health issues. We very much hope that Alexis will make a full and speedy recovery, and that this may be an absence not a full goodbye. Alexis we are indebted for all the tremendous work you have put into Active and in touch and the legacy that you leave particularly the very successful and supportive Monday Meet Up Group.



Job Vacancy – Assistant Co-ordinator:



We will be advertising for a replacement assistant co-ordinator to work 10 hours a week. The role will be to provide assistance to the A&IT Coordinator in the work to develop A&IT's volunteer base, to support beneficiaries, to maintain appropriate administrative records, and to organize A&IT activities either one to one, or group, or suitable events.

This position has no fixed hours, but will not normally require more than 5 hours work in any one week. Activities and hours worked will be tasked by the SYcD coordinator, as mutually agreed with the A&IT CA.

Payment will be by hours worked at the rate of £10 per hour.

If you are interested in finding out more, please email: activeandintouchoffice@gmail.com

Referrals:



We continue to get a great number of referrals. Summer can be a peak time for us as the holidays, when family and friends go away, can leave some people more isolated.

We have an elderly gentleman who is recently bereaved and who suffers from angina who needs a few willing volunteers to help get his garden back in order.

We also have a lovely gentleman who has motor neurone disease who lives in an outlying village who would welcome occasional visits as he cannot get out very easily.

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

Active Tuesday:

We are delighted to say that we have now two wonderful NEW homes for our Active Tuesday Group – The Assembly Rooms and The Cornerhouse Public House.



This month:

17th July – AGM, The Assembly Rooms

24th July – The Cornerhouse

31st July – Phoenix House

Fundraising:

Frome Open Gardens



Charles and Jane Wood opened their beautiful garden as part of the Frome Open Gardens weekend. They managed to raise £200 for **Active and in Touch Frome** from the sale of cream teas.

Thanks to all the wonderful volunteers who came along to help especially 15 year old **Rhys Neyens** who was there all day Friday and Sunday.

Frome Half marathon:

We are very grateful to Chris Suter, husband of our treasurer, Ruth Suter, who is running the Frome Half Marathon to help raise funds for **Active and in Touch Frome**. If you would like to help him raise his target of £200, please use the following link:

https://www.justgiving.com/crowdfunding/chris-suter?utm_id=2&utm_term=GVawXgAPk

'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.
- To see more – use the following link: <https://smile.amazon.co.uk/>

Don't forget the Co-op Charity of the Year:

We are pleased to tell you that sales from the Culverhill Co-op now go towards Active and In Touch Frome.

How it works - Every time members shop at the Co-op, 1% of what they spend on selected own-brand products and services goes to the Co-op Local Community Fund. The Co-op will also give Active and In Touch Frome and the other causes in your community an equal share of the money we raise from sales of carrier bags. Members in your local community will be able to choose your cause and give their 1% from the **now until November 2018**. Check out the National TV advert on Active and In Touch Frome here - <https://blog.coop.co.uk/2018/06/20/is-your-elderly-neighbour-lonely/>



GDPR – Consent forms:

All our volunteers and beneficiaries have now been sent a copy of our Privacy Notice which sets out the basis by which **Active and In Touch Frome** processes personal data in partnership with **CSW You Can Do**. They have also been sent a form to fill in to get their positive consent to hold their data. If you, or your beneficiary, have any queries regarding this, 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...

With kindest wishes and grateful thanks

Lucia Chadwick

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Working hours: Monday and Tuesday 8.30am – 4pm

If outside these hours, please email activeandintouch@gmail.com

