

Helping Hands

Newsletter Summer 2018

Edited by Stephen Hardy

Welcome

We are very pleased to give a warm welcome to the new members of our growing band of volunteers:



- Joanna Chater
- Nigel Thonger
- Linda Thompson
- Wendy and James Hopwood
- Tony Davies
- Valerie Kent
- Lawrence Anderson
- Gillian Branford

Our success depends on you, so thank you very much for coming on board.

Special Visitor!

VIP On 8 July Sue Prochak and Judith Carpenter hosted a meeting, requested by Julian Amery, Deputy Lieutenant of East Sussex. He had called Helping Hands, and wanted to know about the success of our group.

He was eager to understand how the group operates and what he may do to help us in the future. Sue and Judith felt that an excellent rapport was formed with him, and who knows what benefits it may bring.

Just to add, there are several Deputy Lieutenants for East Sussex, and the Lieutenancy represents the sovereign at our local level. The Deputy Lieutenant's knowledge and experience is increasingly being used to positive effect in key sectors, ranging from education to youth services, and from business and the rural

economy to social welfare [an extract from their own website, east-sussex-lieutenancy.org.uk].



Julian Amery, Deputy Lieutenant, with Sue and Judith

Eyes and Ears in the Neighbourhood

We had an in-depth discussion at our last Committee meeting on the matter of understanding and finding out who are the real needy folk in the village, remembering that we are not only here for the elderly.



We all agree that it is very difficult, that people are sometimes proud and do not seek help themselves. We are not able for reasons of confidentiality, to use any information, for instance that the Surgery has on people who may have problems; and the truth is, even the Surgery may not know.

We are blessed with the fact that the Darvell Community have a very good network, but Henry Dormer, who sits on our Committee, accepts that they do not know everyone who is in need or in trouble in the village.

So this is a plea to you, to be the eyes and ears of Helping Hands in the community. You may pick something up in conversation when you are driving someone to the Conquest, or learn something when you are delivering a Welcome Pack (more below) to a newcomer to the village.

If so, please let Sue Prochak (881309) or Anne Wells (880832) know. Thank you.

Boring Bits



At the August Committee meeting we agreed the new Data Protection Policy for Helping Hands. This is required because of the new General Data Protection Regulations, which came into force in May. It will be on our website shortly, if you want to read it.

Again, on data protection, we are still in the process of getting everyone connected with Helping Hands, both volunteers and villagers, to sign our data protection form – see copy attached. Please help us by signing and returning yours if you have not already done so, and if you are asked to get a villager to sign, please explain to them, this is the law, I am afraid, but their personal information will be safe with us.

Any problems, please speak to Stephen Hardy (881309).

Young as well as Old

Again at the last Committee meeting, we discussed that we believe that there are younger people out there who need our help, just as much as older people; so



again, please spread the word. You don't need to have a bus pass to call on Helping Hands!

Welcome Packs

Good news for us is that the Sussex Fire and Rescue Service, in return for our putting one of their leaflets into our welcome packs, have supplied us with the plastic folders we need. The tally so far distributed is in 2017: 78, and so far in 2018: 54.



Drivers



As you are probably aware, driving villagers remains our core activity, and to spread the load we would love to recruit more drivers.

If you are currently a driver for Helping Hands, please do your best to recruit your friends to join us.

If you are not currently a volunteer, either think about signing up yourself, or again, talking to a friend to enlist them into our happy band of volunteer drivers.

Stephen Hardy would love to hear from you - phone him on 881309 or email stephenhardy1948@gmail.com.

AGM



Please come to our AGM; it is to be held on Tuesday 18 September from 7pm, at Darvell.

There will be refreshments – and Darvell's famous, not-to-be-missed biscuits. We would love to see you there.

Other Bits and Pieces

- Funds: we still would like to hear from you if you know of any sources of funding for organisations such as ours. Please contact Stephen Hardy (881309 or stephenhardy1948@gmail.com).
- Rotas: these are going well, but we would like others to help with the visiting at Glottenham Manor Nursing Home. The residents really benefit from seeing and talking to new faces. Do think about it.
- New Handbook: if you do not yet have your own copy of the New Handbook, please let Sue know on 881309.



Monday Club



This year the Robertsbridge Monday Lunch Club for seniors celebrated its 30th anniversary. It rapidly grew to being an important weekly event for many senior citizens in the village, who otherwise might not have too much social interaction. The scope of the club soon became more than just lunch, with occasional outings, visiting speakers and entertainers and exercise classes, plus an occasional visit from a chiropodist. Members presently pay just £7 per visit, which includes lunch and all activities.

To keep the club thriving, volunteers are required for various tasks such as setting up tables and chairs, preparing cups of tea as well as serving food, organising functions, cleaning up afterwards and – where necessary – providing and/or organising transport.

Anyone can help in one role or another as the roles are varied. The club meets every Monday, apart from Bank Holidays, but volunteers do not have to commit to every week. If you think you might be able to help, as a volunteer do pop along one Monday or phone 880511 or 880254 for more information.

There has been a gradual reduction in numbers attending; there must be many older residents of the village who would benefit from meeting others each week. If you know someone who would benefit please encourage him or her to go along.

As ever, more help needed



If you do know anyone who would like to join our band of volunteers, do encourage them to get in touch with Anne (880832) email: annecwells@gmail.com or Sue (881309) email: cllr.susanprochak@gmail.com.

**On behalf of
everyone you help,
the Committee**

**Thank
You**

**Robertsbridge and Salehurst
Community Friends
Helping Hands**

NameHere

I agree that my personal information which allows Helping Hands to assist residents may be shared with those within Helping Hands who need the information to give help.

Signature:

Date:

This request is in order for Helping Hands to comply with the new Data Protection regulations coming into force in May 2018