

Appeal for Volunteers

We are currently looking for people who are interested in volunteering for SOS. This could be you, your son, daughter, grandchildren or next door neighbour. We are always looking for more volunteers and particularly at the current time for Trustees to join the board who steer the organisations strategic development, car drivers to provide members door to door transport, befrienders, mini bus drivers and also mini bus assistants.

If you have some spare time, and would like to volunteer for SOS Millie or Karen will be happy to discuss the roles we have available. Volunteering is a great way to become involved with your local community, to give something back to the local community and to update your skills and also to learn some new ones. Full training and an induction will be provided for each role. Call the office for more information on 020 8948 1090.

USEFUL NUMBERS *These are people who have been recommended to us by volunteers who have had good experiences with them. Any arrangement you make would be between you and them personally.*

MOBILE HAIRDRESSER – Janice (One of our volunteers) **07748 722077**

GARDENER – Nick Diplock (One of our volunteers) – **07917 431164**

PLUMBER – Josh Dowden – 07882 611492

PC/LAPTOP REPAIR – Ralph Dilley, Dial-A-Tech Solutions, **07745 114807**

CARPENTER/BUILDER SMALL JOBS – Derek Thomas – 07941 654633

PROPERTY MAINTAINENCE/DIY/CARPENTER – Ron Finch – 020 8287 8642

Ham & Petersham SOS Spring Newsletter 2016

SOS UPDATE

Welcome to your new look quarterly newsletter, we will be trailing this newsletter format and would really appreciate your honest feedback. If you like it, then it's here to stay, if not we will change it back to the original format.

There have been some changes recently to SOS, we introduced an annual membership fee as well as increased the price of the Wednesday Lunch Club and we have started a fortnightly swimming session.

We have had some ups and downs in the office over the last few months, one of our computers broke, and through the use of the world wide web we were lucky and had a replacement donated. We have had a number of new volunteers register and you may hear an unfamiliar voice when calling the telephone booking line, why not take the time to say hello.

THANK YOU

SOS would like to say a huge "Thank you" to the staff at the New Inn who provided us with Christmas Lunch in December. Over 50 of you enjoyed a traditional Christmas Lunch, with wonderful food and company, and we would like to acknowledge the support SOS receives from all those at the New Inn, especially Tara and John. Thank you to all those volunteers who provided transport on the day too, without you many members would have missed out.



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MONDAY MORNING TEA AND CHAT

Don't forget to drop in for tea, chat and cake on Monday mornings in Ham Library at 11:00am. The German Congregation from St Thomas Aquinas are still spoiling us with delicious home-made cakes once a fortnight. £3.00 or £5.00 including transport per person.

WEEKLY WEDNESDAY LUNCH CLUB – HAM LIBRARY 12:30

Our lunch club has been a big success with volunteers making all different types of hot and hearty soup. Why not give it a try. Lunch club is becoming more and more popular and booking is now a necessity. Please book by Monday lunch time. £4.00 for lunch, £6.00 including transport.

WEEKLY BINGO AT REDKNAP HOUSE

Everyone is welcome to the Bingo sessions at Redknap House, Cleves Road, Ham, TW10 7LE every Tuesday & Thursday. There's a very friendly atmosphere, why not pop down and see if your luck is in, you could get a FULL HOUSE! Bingo starts at 1.30 to 3.30pm with a break at 2.30 for light refreshments. Doors open from 12noon onwards.

MONTHLY OUTINGS

On the second Tuesday of every month there is a pre organised trip which departs from Ham Library at 10am in the Nigel M mini bus (unless otherwise stated.) Full details of the trips can be found on your enclosed A4 outings sheet. Pre-booking is essential as places are limited and trips fill up fast.

Help with your gas or electricity bills

Fuel grants

As part of the Local Assistance Scheme, we are now offering grants to assist eligible residents with fuel bills over the winter period. You must apply by 5pm on Friday 25 March 2016.

How it works

The maximum grant available is £85 per household depending on circumstances. Applications will be assessed on a first come first serve basis. The Local Assistance Scheme only has a limited amount of money to pay for these grants.

Who is eligible

The scheme is open to all residents on low incomes, including pensioners, those on benefits and those with low earnings.

Proof required

To support your application you must provide evidence of the following:

- Proof of any state benefits or pensions received, such as copies of bank/post office statements or DWP award letters.
- A copy of your most recent Housing Benefit/Council Tax Reduction decision notice if you are entitled to either.
- A copy of a letter, bill or statement from your energy supplier showing your account number.

How to apply

If you would like to apply, SOS will happily print out an application form for you, or pick one up from the Civic Centre, any Council library.

Once you have completed the form and attached all the required documents, please send it to:

**London Borough of Richmond upon Thames
Local Assistance Scheme (Fuel Grants)**

**Civic Centre
44 York Street
Twickenham. TW1 3BZ**

You will be notified by letter if your application is successful.

Zac Goldsmith MP launches seven-day GP access scheme

Every patient in Richmond will get seven-day access to a family doctor as part of a new scheme that was launched recently by Zac Goldsmith MP. The scheme will initially run until March 2016 and deliver extra appointments, operating from 8am-8pm every day including weekends. Extended GP access will be available from four hubs in Barnes, Hampton Wick, Twickenham and East Twickenham.

Patients will continue to contact their GP in the usual way but may be offered a daytime, evening or weekend appointment in the nearest location to their home. New technology has enabled electronic access to patients' notes, so the GP or nurse can better understand their medical background quickly.

The scheme is being run by Richmond General Practice Alliance (RGPA), a partnership of all GP practices in the borough. As well as seven-day a week access and evening opening hours, the RGPA will also implement a range of innovative patient services to suit modern lifestyles including greater use of video conferencing, email and phone consultations for those who would find it easier

Dr Darren Tymens, chairman of the RGPA, said: "One of benefits of this new scheme is that patients see a local Richmond GP at their nearest hub, who can access their medical record with consent and update it after their appointment so their registered GP is aware. As well as the benefits for the patient's health in seeing a doctor sooner, we hope the new extended hours will relieve some of the pressure on local NHS services, including Kingston and West Middlesex Hospitals, by offering patients another option over the winter months."

Dr Graham Lewis, Chair of NHS Richmond Clinical Commissioning Group, added: "We are fortunate to have GPs in Richmond who are very committed to providing a high quality service to patients, their families and carers.

"This scheme, offering extra GP appointments including at weekends, supports the CCG's out of hospital strategy which aims to commission services that are local and link up around the patient. Most importantly we know that with similar schemes across the country the outcome has already been to alleviate pressure on local A&E departments. We hope this will be a key area of support for our nearby hospitals as we head into the winter."

SHOPPING BUS SERVICE

On a Thursday and Friday the mini bus "Nigel M" collects passengers from their homes and takes them to Sainsbury's in Kingston to allow them to do their weekly shop. The bus picks passengers up between 10am and 10.30am and will drop passengers home afterwards. There is an assistant on the bus to help take shopping to the door. Booking in advance is necessary and we ask for a £3 per person for the service.

COMPUTER CLUB AT REDKNAP HOUSE - FRIDAY 11-1PM

Redknapp House has 6 computers available for everyone to use and on site help is available if you would like assistance with using a computer. You can pay bills online, learn to e-mail and SKYPE, the internet is your oyster.

New for 2016



Silver Fish Swimming with SOS



Funded by the Big Lottery Fund, Ham & Petersham SOS is able to provide a fortnightly swimming session for the over 60s at Teddington Pool.

Starting on Tuesday 19th January 2016, and fortnightly thereafter, we have 8 spaces available to book in advance.

The cost including transport is £5 per person leaving from Ham Library at 10.30am

If you are interested call the office on 020 8948 1090



Accessing the SOS Office

There have been some recent changes to how we access the SOS office. We are no longer permitted to use the fire door around the left hand side of the Woodville Centre to access the SOS office. All visitors to the SOS office will need to ring the doorbell at the front door of the Woodville Centre and be granted access to the Centre by a member of staff and shown through to the SOS office.

We understand that this is an inconvenience, but these changes have been made by the management of the Woodville Centre, and we are unable to challenge them.

Membership Fee

You should have all received a letter from the Trustees informing you that we have introduced an annual membership fee of £10. Many of you have already paid your membership fee for 2016, but for those of you who haven't, please pay this fee before the end of March 2016. If you do not pay your membership fee, you may find that your requests for volunteers are denied. Payments can be made by cheque to "Ham & Petersham SOS" or by cash either by post or in person. If you are concerned about having to pay this fee, please contact the office and we can discuss this matter individually.

Your membership fee will help to cover the costs incurred by SOS that keep your services running for example, Tea & Chat, volunteer transport to and from appointments, the shopping bus service and this newsletter. Millie or Karen can talk through things with you if you would like, call the office on 020 8948 1090.



What is the Neighbourhood Forum?

The Ham & Petersham Neighbourhood Forum represents everyone who lives or works in Ham and Petersham. The forum brings together service providers, businesses and community groups in the forum committee.

The Forum Mission Statement:

"Bring our community together to have a strong say in deciding the future shape of our area. It will preserve and enhance its special semi rural character and history"

What the Forum Will Do

The key task for the forum is to write the Neighbourhood Plan which is designed to give local people the power of planning their local area. The Neighbourhood Plan must, by law, be accepted by the council and be included in its planning process after the community has voted for it at a referendum. The plan will set the framework for changes to the area for the next ten years. The Neighbourhood plan can not be anti-development in Ham & Petersham.

How the Local Community Can Be Involved?

The Ham & Petersham Forum is for everyone in the area. You are represented on the committee by community groups and local service providers. There are also four local resident representatives on the committee. The Forum holds regular public meetings where there are workshops on some of the possible future developments.

If you would like to get in touch please email the Forum at info@hamandpetershamforum.org

Age UK London Business Directory (www.aubdlondon.co.uk)

is an online directory which was set up to help protect older people from rogue traders by connecting them with local and reliable tradesmen in their area. Each business is checked and vetted by Age UK to ensure excellent service and quality. The directory is fully available in Richmond and many people are already benefitting from the service. Call **0800 334 5056** for more information

Where can I find information about local services?

The community Partnership Information navigation service provides support, information and advice and a signposting service to local community activities, designed to enable people to live as independently as possible within the community. The team provides advice on health and well-being activities, social activities, options around care and support, as well as providing advice on any other issues such as housing, benefits and help with charity fuel or crisis grants. The team includes advisors from Richmond AID, Richmond Borough MIND and the Alzheimer’s Society. We have a drop in centre based at Richmond AID, 4 Waldegrave Road, Teddington, TW11 8HT and offer appointments from 11-4 Monday to Friday. We also offer home visits to residents with reduced mobility and long term health conditions.

If you need any advice on services and support in your local community you can talk to one of the advisors in the Community Partnership – tel 020 8831 6464 or email advice@communitypartnership.co.uk



Ham Multicultural Woman’s Support Group

This group offers support and friendship to mothers living in deprived conditions in Ham, in Richmond Upon Thames. The aim of this group is to address health inequalities in BME communities especially isolated ethnic women, promote health and disease prevention, encourage uptake of Health and social care related services and promote participation in the wider community.

It meets weekly on a Tuesdays from 10.00am to 11.30am at Ham Youth Centre to exercise.

For more information regarding this group and how it can benefit you please get in touch by calling Ravi Arora on 020 8893 9444.

Why not pop along to one of the classes?

Welcome to our new members

A very warm welcome to:

Frances Lang, Andrew Herbert, Irene Maye, Peggy Pearce, Lisa Puhr, Jill Marber, Fatoumata Kaba & Jane Davis

A very warm welcome to Ham & Petersham SOS!

Karen

Welcome

Your Donations

Please remember that our drivers, befrienders, list shoppers and regular job volunteers are just that, they are volunteers and must not be contacted directly. Please do not contact volunteers directly to ask them to do jobs for you, all requests must come via the office.

Due to the increase in demand for volunteer drivers, medical appointments will be prioritised over social engagements and or other appointments and if you are requesting 2 or more transport jobs in any one week, we may have to prioritise the requests that are fulfilled.

We ask for a donation of £3 per transport job which should be given to the volunteer for one off jobs or for regular jobs, accumulated and given to the office.

The INS Scottish Evening

Join us for a
celebration of
dance and food
from Scotland



Friday 19 February

at Kew Community Centre
St. Luke's, The Avenue
Kew, TW9 2AJ

Tickets: £20 available from the INS Office

Featuring: **Chiswick Scottish
Country Dance Club**

T: 020 8755 4000 or
E: admin@ins.org.uk

Registered Office: 82 Hampton Road, Twickenham TW2 5QS
Charity Number: 1107273 Company No. 529253



Community Partnership



London South West

The Hawker Centre

Get active and have fun with Team Motivation

Do you feel anxious about starting something new?

Don't want to go alone?

Don't know how to get somewhere?

Do you feel nervous about meeting new people?

Don't know where to start?

Team Motivation is a service for people who are 16 years and older, and living with a disability or mental illness who need a little help getting active and involved in their local area.

Sign up to Team Motivation on our website:

<http://www.ymcalsw.org/inclusive-lives/> or call YMCA Hawker on **020 8296 9747** and we will link you up with a friendly Team Motivation buddy to help you start a new activity in your area.

Who will buddy with me?

After talking to you and your family, we will buddy you up with a Team Motivator who shares similar interests and likes similar activities. Our Team Motivators are trained volunteers who are friendly, encouraging, open minded and reliable. We will set up a first meeting with you, the Team Motivator, the YMCA LSW Inclusive Lives Co-ordinator and your family or carer. This is a great chance to meet and see if they are a good match. Your Team Motivator will show you what activities are on in the area, enjoy each others company, provide support on public transport and try new activities with you.