**Members Magazine**

**Autumn Edition 2023**

**Welcome to the Autumn edition of the**

**Ham & Petersham SOS Magazine.**

There are some changes that are planned to happen shortly to the car park at the SOS office. This work is the beginning of the development of the Ham Close Estate, there will be a reduced amount of car parking available, with this sadly being a permanent change. We will keep you updated on this.

Many of you have met minibus driver Chris (pictured on the right,) Chris has just joined our board of Trustees and will help with the governance of SOS as well as his other volunteer duties.

Please see page 6 for more information on a new initiative that is starting in September, we will be providing transport to and from Tea & Treats in Kingston, a FREE once a month opportunity to have refreshments with an activity or two included on a Friday. Sue who runs it would like to encourage Ham & Petersham residents to attend.

Karen

**Telephone & Face to Face Befriending**

We have a wonderful team of volunteers who can be matched with you so that they can provide regular telephone calls or visits so you can both have a cuppa and a chat on the phone or in person.

**Transport to Medical/Social Appointments**

We have a small team of volunteers who are happy to pick you up from home and take you to and from a doctors or hospital appointment or social events. Our team of volunteers has dwindled due to covid so we would prefer as much notice as possible of appointments.

**Prescription Collection/Delivery**

We have volunteers who will happily collect your prescription medicines as well as any additional items you may have ordered from local chemists and then deliver them to your home. This may include toiletries and over the counter medications that may need to be paid for.

**Shopping Bus service**

The shopping bus runs every Thursday collecting you from your home, taking you to Sainsbury’s in Kingston and then home again with help to carry your shopping into your home. Numbers are limited and pre-booking is essential.

**List Shopping**

We have a wonderful team of DBS and reference checked volunteers who can do your supermarket shop for you if you would rather not, or cannot go to Sainsburys in Kingston on the shopping bus.

**Fish & Chip Friday**

On the **4th Friday** of the month we hold a fish & chip lunch at Ham Library **at 12:30pm**. Places are limited and must be booked with the office. Come and enjoy food and refreshments with friends. £8 per person in advance

**Petersham Nurseries Monthly Coffee Morning**

On the 1st Tuesday of the month why not join us for a cup of tea/coffee and a slice of cake with great company and conversations. **Free** of charge, but we ask you to call the office to book your place on 020 8948 1090 and make a donation if you’d like.

**Tea & Chat weekly coffee morning**

Held at Ham Library this regular coffee morning welcomes you with fresh tea/coffee and an assortment of cakes from **11am every Monday**. No booking necessary and a donation of £3 is suggested if you attend.

**Lunch Club**

Held at Ham Library, this regular lunch club allows you to enjoy home made soup and cakes with your friends every **Wednesday from 12:30pm**. No booking necessary and a donation of £4 is suggested if you attend.

**SOS Activities Available**

**Members Benefits**

One of the benefits of your annual membership with Ham & Petersham SOS is **FREE access to Kew Gardens** throughout the year. If you would like to visit the gardens at any time, please let Karen know and she will provide you with all of the details.

**Your Donations**

Please remember that our drivers, befrienders, list shoppers & regular job volunteers are just that. They are volunteers & must not be contacted directly. All requests must come via the office. We suggest a donation of £3 per transport job which should be given to the volunteer at the time of the trip.

Without donations, it would not be possible to run the services that we do (including Tea & Chat) as we do not receive any funding from the local council, NHS or social services.

We are aware that sometimes money can be tight, if you are concerned at any time about making donations please have a confidential conversation with Karen.

 **Card Payments**

We are now able to take card payments for donations and trips so if you are happy to use a debit or credit card please ask at the office when you pop in. Sadly we can only take these payments in person not over the phone.

**Gift Aid**

For those of you who pay tax on your income have you thought of allowing us to claim gift aid on any donations you make to SOS?

We have a simple Gift Aid form for you to complete, and then we do all the hard work. This form allows us to claim 25% on top of your donation to SOS from the UK government.

For more information or to be sent a form, please contact Karen 020 8948 1090

**Emergency Pots**

We have been lucky to have received another supply of emergency pots. These pots are a good way to store information about you at home so that if there is an emergency & you need medical assistance all of the relevant details are available to medical professionals. If you’d like one call the office.

**Useful Telephone Numbers**

**Non Urgent NHS helpline: 111**

**Non urgent Police: 101**

**Social Services: 020 8891 7971**

**CareLine: 0845 600 7413**

**Richmond Council: 020 8891 1411**

**Electricity Emergencies: 105**

**RHP Customer Service: 020 3166 2200**

**Taylor Made Plumbing: 020 8408 1890**

**Citizens Advice: 0808 278 7873**

**RUILS: 020 8831 6083**

**RAID: 020 8831 6080**

**SOS Office: 020 8948 1090**

**(Open Mon-Fri 10am-12noon)**

**E-mail: enquiries@hamandpetershamsos.co.uk**

**Leave a gift in your will**

**Leaving a gift to Ham & Petersham SOS in your will, enables us to provide vital local support to those who need it most, for years to come.**

**Every gift in every will, no matter how large or small, makes a difference.**

**A free transport service to help visitors get better access to Richmond Park.**

This free service will operate every **Monday, Wednesday and Friday**, from 5th April until 29th November 2023, between the hours of 9:25am and 4:20pm.

The minibus has disabled access, and runs between all the Richmond Park car parks, Ladderstile Gate, Richmond Gate, Pembroke Lodge and Isabella Plantation.

The service starts and finishes at the barrier in Danebury Avenue on the Roehampton Estate and also goes out to Ham, Ashburnham Road (371 bus stop), Ham Gate Avenue (near to 65 bus stop), and new for this year, out to Mortlake Station (969 stop) outside the Community Centre.

**The minibus departs from Ham Library at 10:03am, 11:38am, 13:53pm and 15:38pm**

The minibus is free and fully accessible with a ramp and steps to aid access. Wheelchair users wishing to use the service should contact@royalparks.org.uk, or@royalparks.org.uk

Further information is available from the Richmond Parks office on: 03000 612200

Richmond Park are delighted to support this service, which is funded by private donations to the Royal Parks, as it allows those without access to the park the ability to enjoy the wonders of London’s largest Royal Park.

**Ham & Petersham SOS Annual Survey**

We have enclosed our annual survey for you to complete and return to the office. Your feedback and comments helps us to identify what works well, what needs improvement and where we could possibly provide new services. If you would rather complete your form with support from a volunteer or member of staff we would happily take your answers to the questions over the telephone or you can send your comments/suggestions in via the post or by e-mail.

**Gardening help….**

We have a very wonderful volunteer Arnaud, who is happy to help you tackle your jungle gardens. He is happy to visit to mow the lawn, trim back a rose bush or two or do a general tidy up of your front or back gardens.

Arnaud is happy to help, but you will need to supply all of the tools (and a cup of tea maybe.)

Please note that this will not be a reoccurring offer, but a one off visit that may enable you to get on top of the mowing or pruning.

For more information and to add your name to the list for help, please call the office on 020 8948 1090

**TERM TIME ONLY!**

**From September we will be providing minibus transport to Tea & Treats at Swinnerton Hall in Kingston. You will need to book your place on the minibus and we will organise getting you there and back. The office can provide more information on this new service if you need it.**

**Ham & Petersham SOS**

**Garden Party**

**Tuesday 8th August**

**4:30pm-6pm**

**Volunteers and Clients invited!**

Karen & Millie are hosting this years Garden Party to celebrate the achievements of our volunteer team over the past year or so. We will be joined by the Deputy Mayor, Richmond Police Cadets and some of our funders.

Once again we will be providing sandwiches, cakes, unlimited tea and coffee and our wonderful Ice Cream man will be making an anticipated return to provide FREE ice cream for all those attending.

You will also be able to experience the recently updated and improved garden at the Woodville Centre.

**Please RSVP to the office** to ensure we order plenty of catering and we look forward to seeing you then.