

Welcome

Welcome to the fourteenth edition of the 'Home from Home for the Elderly' newsletter.

Thoughts From The Chair

May I begin, first of all, by wishing you a Happy New Year and secondly, thanking on behalf of all the Trustees of our charity, all those people who have supported us with their prayers and our fundraising during 2017. We are so grateful. In previous newsletters we have referred to our Befriending project, where our team of volunteers visit people in our Borough of Havering who are lonely. You may recall that a few weeks before Christmas Kim Leadbetter, the sister of murdered MP, Jo Cox, referred to loneliness as a "social epidemic". Kim was speaking after the release of a report by the "Jo Cox Commission on Loneliness" set up by the Labour MP before her death. It found nine million UK adults are often or always lonely and that loneliness is harmful to health. The report went on to say that three quarters of GP's say they see up to five patients every day who are lonely.

We have a very active and enthusiastic team of volunteer Befrienders who are offering to visit any lonely elderly person living within the Borough, simply to have a chat and hopefully brighten their day but we need more volunteers. All our volunteers are Police checked. Will you join our team of Befrienders please? If so, or if you would like to know more, please contact our Co-ordinator, Suzanne Moen at our office in Hornchurch on 01708 608604. If there is no reply please don't hang-up, just leave your name and contact details on our answer phone and Suzanne or one of our trustee's will return your call. Alternatively, you can email Suzanne at: suzanne@hfh4elderly.org

I do hope you will support our 200 club to help raise much needed funds, but also with the chance of winning some money yourself. John McKernan, one of our Trustees, has written an article which is included in this newsletter, giving details of how to join etc.

Finally, may I thank again the owners of local shops who continue to display our collecting tins and all those people who donate their small change to our charity in this way. Please do continue to remember us and all those we support in your prayers.



Meets On The First Saturday in every month.

With best wishes for 2018
Michael Chadwick, Chairman

Do You Need Help With Cleaning/Gardening?

How does the arrangement work?

An Associate is paid by a befriender of the charity on a freelance basis.

In this particular case, £12 is paid for domestic cleaning and gardening services with an initial 2 week trial period at £11 per hour. Should the two week trial be successful, the befriender agrees that £1 for each hour of specialist support is donated back into the charity by the Associate him or herself.

We have two reliable cleaning associates, pre-vetted to DBS standard to go in to clean for the vulnerable elderly. For more information please contact Suzanne Moen, our Co-ordinator at suzanne@hfh4elderly.org or ring the office number and leave a message on 01708 608604.



200 Club Update

I am happy to report that despite difficulties an account has been set up with The Royal Bank of Scotland. In addition I have registered the 200 club with the London Borough of Havering and the proposed start date is 1st April 2018.

I am more than happy to answer your questions and my contact details are: Telephone No. 01708 228388.

E-mail: johnmack7@ntlworld.com

I am also more than happy to recruit assistants for this challenging and worthwhile enterprise.

John McKernan, 200 Club Co-ordinator

A Quiz Night Fundraiser

A quiz night to be held on Saturday 3rd March 2018 at Christ the Eternal High Priest - Church Hall, 7pm for 7:30pm start. 410, Brentwood Road, Romford, RM2 6DH

£10 per person and will include a fish or chicken and chip supper. Please contact Paul or Josie Dunne on:

01708 453332 or 07835 418914. Prizes for the best teams!

A Tribute - Ted Rackham, RIP, Trustee of Home from Home for the Elderly

It is with tremendous sadness that I have to report the death of one of our much admired and respected Trustees of our charity, Ted Rackham, who passed away recently after a short illness. Ted was one of our founder members, a wonderful man and an inspiration to me and I am sure, to all his fellow Trustees. Apart from his unflinching support in a number of initiatives over the years, Ted delivered batches of our Newsletters to many local churches and also "house to house". If you attended St Andrews Fete, Hornchurch, the Havering Show at Harrow Lodge Park or the Queens Hospital, you would have seen Ted giving out our promotional leaflets etc. He worked tirelessly for our charity and will be sorely missed. Please remember Ted's wife Philomena and all his family in your prayers at this sad time. **Michael Chadwick, Chairman**

Pass It On Club



Reassuring and Setting Boundaries

Caring For Dad There is a lot of stigma attached to mental illness and I know that memory impairment fills older people with despair.

It robs them of their dignity just as much as mental illness is generally not accepted by wider society. One person in a hundred will live with an illness such as this and this illness punishes the family members as much as the individual with the disorder.

There are a few quick wins for me to settle my Dad down when he forgets things that he knows truly he shouldn't. Firstly, when Dad is feeling frustrated because he has forgotten somebody's name or calls an item in the house a 'thingy', I tell him that this sometimes happens to me (this is not lying). Also, to always focus on the positive things that the individual concerned has achieved in their life, as my Dad certainly achieved a lot in his life. There will always be one sibling that will focus on the negative situation. Education is required simply. Allow them to see positive results through positive interactions, videos and professional healthcare workers input. Like with children in full swing of a tantrum, it is encouraged to walk out of the room and count to ten when repetitive discussions and reminders drive us close to insanity when caring for others. Seek respite support too when we need it and do not allow the person to see our frustrations, because they need our love more than ever right now when they are the most vulnerable. Surprise them with "I Love You" when they least expect it. It makes them feel safe and not fear rejection.

I often find playing familiar music on a play list soothes Dad on his worst days. Sometimes for me he has never been happier as paranoia has been a regular manifestation throughout his and my working life. Paranoia, aggression and anxiety co-habit with schizophrenia and memory impairments. The most important thing is to find out as much as you can what makes people happy before their memories deteriorate to the worst stage of forgetfulness. These are the things that I did and still do for my Dad at 75 years of age. Do not let their care take over your life because they will not thank you. In this way you will see them as the person that you loved in their rightful position in the family or friendship. Finally, take photos and videos on energy fuelled days - plenty of them! Most importantly, laugh and cry at things together because these happy memories will make everything OK when your caring role ends. **By Suzanne**

(Newsletter print costs courtesy of Josie Dunne and Family in memoriam, Mum)

Holiday Makers Assistance & Travel Tips by Joyce and Judi (Befriender and Befriender)

Help is available for people with disabilities walking etc. to enable them to fly at most airports in England. Assistance is at hand if you ask. Booking may be made when you make your main booking. When arriving at your destination let them know assistance has been booked.

Stansted

- 0844 335 1803

Text - 0741 571 7410

Assistance at the check-in and the concourse

Gatwick

Advise your airline in advance.

There are assistance desks with reserved seating. Teams available for help with wheelchairs and baggage.

Toilets:- changing places with a hoist and flexible washbasins

On board plane:- Eagle Hoist to position you in your seat (book 24 hours prior to travelling)

Luton

Care assistants can help you to your departure gate and your plane

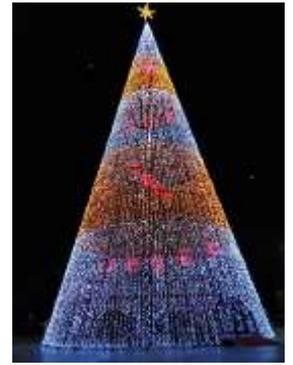
Allow plenty of time so that your special care assistant can help you. Red courtesy phones are by the toilets in Arrival area.

Clece Care - prm-itnctecare.co.uk

Travelling with assistance dogs - check documentation is up to date

Heathrow

Inform your airline. Register your assistance dog, lots of disabled facilities available.



Testimonial from a Befriender

When Suzanne approached me about the opportunity to receive a Befriender visit, I was a little anxious initially. I have a lot of private appointments including health related ones which often tie a lot of my hours up in a given week. Suzanne explained all the benefits there would be and the level of flexibility, also a lot of vetting that Volunteers receive to work with people just like me. Suzanne introduced me to a lady called Linda initially that met all criteria that I specified. She is incredibly helpful and is even able to assist me with my shopping as she is a car driver.

In recent weeks, Suzanne has offered me the opportunity to meet with somebody my own age (86) that might wish to take me out and has similar hobbies to myself. I would never have done this before I had been introduced to Home from Home for the Elderly. It has given me a little more hope and opportunity that I did not feel I had before. I am not tied into any relationship but can pick and choose which suits me best. This is the best thing about Home from Home for the Elderly for me. Everything is optional and designed around my needs. **By IM**

HOME FROM HOME FOR THE ELDERLY

Whittaker Hall, 1a Woodhall Crescent,

Hornchurch, RM11 3NN

T: 01708 608604

E: suzanne@hfh4elderly.org

Visit our revamped website at

www.hfh4elderly.org

