

ISSUE 08  
NOVEMBER 2022

# Newsletter

## Welcome

The recent warm weather has seen the arrival to our shores of the pallid swift and the Crimson Speckled moth. Rarely seen in the UK, nature lovers have been delighted to see these winged visitors whose natural habitats are usually found in the Mediterranean and North Africa.

Someone leaving our shores in the near future and flying south to warmer climes is Nicky Gardner, known to many of you as one of our ACP drivers. We are thrilled that Nicky is self funding a 260 mile cycling challenge from Vietnam to Cambodia to raise funds for a new venture.

Our new Linking up Against Loneliness project aims to link up volunteers to members of the community to meet them in their home for much needed social contact.

Nicky's bike ride is raising funds for this. If you are able to contribute we would appreciate your support to reach the target.

Rosemary Bishop - Chair of Trustees

## Target £5,000

Nicky is aiming to raise £5,000 to get the Linking up Against Loneliness Project kick started and running.

Owens Cycles have kindly sponsored some rather good looking cycling shirts for Nicky to look her best on her travels.



## How to donate

You can donate in various ways.

1. Visit <https://www.justgiving.com/crowdfunding/nicky-gardner-vietnam-cambodia2022>
2. Cheques payable to 'Age Concern Petersfield'
3. Cash dropped into the Winton House office

Thank you.

## Mindfulness

After our successful mindfulness course this autumn we will be running this again in the new year with a free taster session. Learn how to stay calm in the midst of life's challenges.

## Social Afternoons

Our latest outings programme ended on a high with 25 people coming along to our November social afternoon for a talk about Hounds for Heroes.



We've had some wonderful outings this year, with a trip to Highclere Castle being one of the most memorable. Clients have also enjoyed afternoon tea at The Ivy in Chichester, our Platinum Jubilee celebrations, seaside trips and getting out onto the water. For 2023 we will also have some new places to visit.

Keep an eye on our website or contact us to get a copy of the new programme when it is available in the new year.

## Money Worries?

Please contact us if you are worried about money. There is so much support available and we can help you find it. For free and confidential advice you can contact the following:

Frontline - for debt support and benefits advice (local organisation based in Petersfield)  
07919 998442

Citizens Advice Petersfield - for any worries or queries about your money, benefits, debt advice.  
0808 2787901

## Volunteer Opportunities

As we near the end of a busy year once again we thank our many volunteers that make what we do possible. To spread the word we had a market stall in town with other charities to promote our volunteer opportunities.



If you could help at our lunch club, drive our minibus or be a link up volunteer do contact us to find out more.

## Dates for your Diary

**\*Monday 5th December:** Chatty Cafe, 11am, Winton House. First Monday of the month.

**\*Friday 9th December:** Christmas Afternoon Tea in Priors Dean

**\*Tuesday 13th December:** Lunch club Christmas meal

**\*Friday 16th December:** Carol concert in Guildford Cathedral followed by Xmas lunch

**\*January 2023:** Let's Get Moving classes start for those aged 60+

**\*January 2023:** IT coaching sessions resume. One to one help from our experts to gain confidence on your IT devices. Complete beginners welcome.

Visit our website to see what else we do - IT Coaching, Outings, Help at Home, Transport into Town, Let's get Moving, and Telephone Befriending

## Who to contact

GENERAL ENQUIRIES  
HELP AT HOME

Sheridan Rocher, Manager  
Kym Devine, Coordinator

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