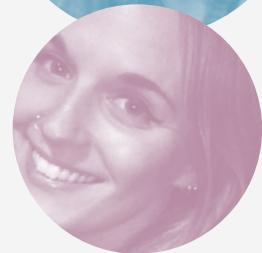




Hello everyone...

This month we are sadly saying goodbye to **Aiala** who has been with us since 2017. Aiala has done a wonderful job as our volunteer coordinator but we wish her all the very best with her future.

Shortlisting candidates was very difficult due to the high calibre of applications however we are pleased to welcome **Chelsey** to the team who will be taking over the reigns from Aiala.



The 1st – 7th June was Volunteers' Week, we therefore wanted to celebrate and thank all our volunteers. The charity doesn't operate without your generosity of time and kindness so **THANKYOU!** We haven't been able to showcase all of our volunteers within the newsletter as there are currently 420 of you however we have featured a few on pages 2 and 3.

The hardest thing about lockdown has been the lack of connection and social interaction with our scheme members. But, whilst we are unable to connect face to face at the moment, we hope that this newsletter acts as a reminder that you are still very much part of the Time to Talk Befriending community. We are thinking of you all at this time.

Finally, in addition to this newsletter we are delighted to include an 'Activity Pack' courtesy of our partners Impact Initiatives who lead on the Ageing Well Brighton and Hove commission. In addition we have included something called 'Doorstep Pop Rounds' for your consideration.



Celebrating Volunteers

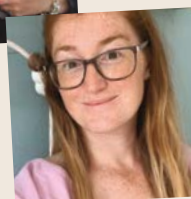
Chris



Martin



Amanda
& Bing



Claire



Ellie &
Margaret



ROBYN

"I have loved becoming a befriender, it is very rewarding but also humbling. I feel lucky to have made a lovely, genuine friendship. It has been great to find a friend that I have so much in common with, despite there being over a 60 year age difference".

**SHARON
AND CJ**

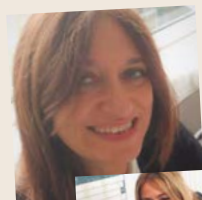


"I didn't know you could make such profound connections with people entirely through phone conversations. It's been amazing to navigate these recent months with people in very difficult circumstances to mine, but still find so much in common".

"Recent events have emphasized just how much value social interaction adds to our lives. Giving a little of my time to share something that I previously took for granted has been rewarding in many ways. My befriending match has lived a long life and had several interests over the years. This gives us many topics to discuss. I was very intrigued to discover that his entire loft space is dedicated to a model railway. Unfortunately, the pandemic took hold before I had a chance to see this hobby in all its glory. I will make it one of my first requests when visiting can resume"

PAUL





Angela

Lyndel
& Sylvia



Anne



Alice



Paul



Victoria



Lydia



Robin



Sophie



Jo



Ellen



Terry



ROBIN

"Befriending is a valuable, heart-warming and life changing experience. Particularly during the Coronavirus crisis, reaching out to people is vitally important, and being able to do that by telephone with my scheme member has been an enriching experience. The calls have made a difference to both of us".



EMMA BETTY

"I absolutely love catching up with J and hearing her stories. It's great to be able to spend time with and find out about someone you wouldn't have met otherwise, that has so much to share. J is really creative and she taught me to crochet the first winter I knew her so I was able to make my new nephew a blanket for Christmas. It was great fun and she's a brilliant teacher, especially when I forget the techniques after some time of crocheting!"



MEHREEN

"I've absolutely loved being able to spend an hour a week chatting with and sharing stories with my new friend. I always leave with a huge smile on my face and I know that whatever time I can spend volunteering goes such a long way. I've loved every moment of it especially swapping NHS stories from when S used to work and with me currently. Volunteering is one of the best things I've done!"





Food Glorious Food



What started off as a food distribution centre for our own scheme members soon evolved to a city-wide offer for people aged 50+ who need emergency food delivered on a weekly basis. This amazing outreach is only made possible thanks to our awesome partners at City Coast Church, chef Wendy at Nourish Catering and Events and Exeter Street Hall for enabling us to use their community kitchen. There are also huge numbers of volunteers who help to make this weekly outreach work possible.

Other partners such as the Brighton and Hove Food Partnership, Hove Park School, Waitrose Hove, Portslade Baptist Church and a whole host of funders and donators also enable this much needed food offer to continue.

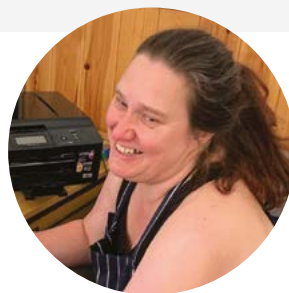
We sincerely thank all involved and we hope these photos provide a small glimpse of what we have been up to during the crisis!



NICOLE
FOOD OUTREACH
MANAGER



MAXINE
FOOD OUTREACH
COORDINATOR



WENDY
CHEF AT
NOURISH

We are heavily reliant on donations to enable this work to continue so if you would like to contribute with food items or finance please contact the office to find out how you can give 01273 737710 / info@tttb.org.uk.



Abi



Tara



Alexa, Rosie and Sally



Alexa



Kaz



Special Thanks

We wanted to also give special thanks to our Volunteer Reviewers **Berni, Van, Val and Jill**. Not only did they go above and beyond to help us during the crisis but they continue to be valued and integral members of the team.



Berni



Val



Van



Jill

Thank you also to **Charlotte and Fran** who are supporting us with calls to people living with dementia. Your expertise and time during the crisis is much appreciated.



Charlotte



Fran

And finally special thanks to **Ellen** who expertly designs our newsletters. I think we can all agree she does a brilliant job! Thanks Ellen.



To our **chaplains** who have been providing spiritual care to our scheme members through prayer and Bible readings since the crisis hit.

As it was for me

The Diaries of Chrissie and Ken Ingle (edited by Julsie) We continue with the writings of Ken.

Do you know what sweetened condensed milk is? They still sell it. We had it from the Co-op. It came in a white tin about the same size as a small can of beans but a little taller and had blue or black printing. It was too thick to pour out of a small hole like evaporated milk.



Ken & Chrissie



We used one of those can openers where you punctured the top of the tin and then rocked the handle to cut through. The result was a series of rough jags and terribly sharp edges! We'd cut half way round the top and then lift up enough to allow the viscous, cream-coloured mix of sugar and skimmed milk to be spooned out. This milk was part of our everyday food. It was used on baby's dummies, in bread sandwiches and in tea.

Once I walked into the kitchen and surprised one of my siblings. They were by the sink with a teaspoon and can! I had stumbled on a secret! 'They' were all extra fond of the sticky tinned stuff. When they thought it was safe they would stand on the arm of the low chair in the corner and reach up high. The condensed milk was kept on the front edge of the top shelf inside the cupboard. A small flat half spoonful was all that was taken so that there was less chance of the adults finding out!

They offered to fetch it down because they thought I was too small to reach. Well, that's what they thought! I certainly couldn't put my hand high enough, but climbing on the arm of the chair I could reach the knob of the top cupboard and swing it open. I could climb up. My light weight allowed me to find a hold on the edge of the shelf for my boot toe and climb up the cupboard from there!

Perhaps I've given the impression that Mum never bought fresh milk. But there were times when she found the money, such as to bath my eyes when they didn't open, or for a baking treat. Mum delighted in a good baking day, and sometimes nothing could 'best' fresh milk.

I remember Mum dashing through the front room carrying a small white jug. She wanted half a pint but called it a gill. I saw the man three doors down, near the archway. He was small and carried an aluminium jug. The milk churn was at his feet and looked more than half his size!



I didn't see any cart, so he must have lugged it around, it must have creased him in half! I remember another carried his churn on a hand cart, and then another had a pony and trap with a milk churn and that must have been from a real farmer!

SCHEME MEMBERS CORNER

"I cannot thank TTB enough, there is nothing missing (about the befriending). I had a call from the office to offer me help if I needed it. Everyone is so caring and everyone is treated equal"

"Thank you for caring and lovely phone calls – so cheering for people living on their own at this very sad time."

Pen Pal Scheme

Volunteer and friend of the Charity Georgina works for Bird and Blend Tea Co who have set up a Pen Pal scheme which our members are welcome to join. www.birdandblendtea.com sign up at tiny.cc/postea

PosTEA

What is PosTEA?

Join our army of PosTEAs to revive the penpal movement and reach out to someone isolated & in need of some cheer – that could be someone living alone during lockdown, an elderly or vulnerable person, or an amazing keyworker who is having to live away from their family.



How to get involved!



1. Sign up at <http://tiny.cc/postea> and we will match you with someone in need of some cheer.

2. We will give you 3 facts about them to help you personalise your message – you can write a letter, doodle, a painting, a poem, some knitting you've made or even write a funny story – it is up to you!

3. You post your card, letter or gift to us (you will need to purchase a stamp!) and we will forward to them with some added tea as a treat from us!



SCAM FRAUD Sadly there are people who are taking advantage of the current crisis situation. We have therefore been provided with guidance from the Police and Trading Standards which we hope you will find helpful, see the following page.

NHS Contact Tracing Service and potential for Fraud and Phishing attacks

The Police and Trading Standards are concerned that fraudsters will try and exploit this new system and get people to click on links or pass over information they shouldn't. The information below it to help you make sure you are in contact with the right people.

Genuine Contact Tracers will;

- Initially contact you by sending a text messages from 'NHS', calling you from 0300 013 5000 or by e-mail.

They will ask;

- That you sign into the NHS test and trace contact-tracing website seen here: <https://contact-tracing.phe.gov.uk>
- Your full name and date of birth to confirm your identity, and postcode to offer support while self-isolating.
- About the coronavirus symptoms you have been experiencing.
- You to provide the name, telephone number and/or email address of anyone you have had close contact with in the two days prior to your symptoms starting.
- If anyone you have been in contact with is under 18 or lives outside of England.

They will never;

- Try and get you to dial a premium rate (09 or 087) number to speak to them.
- Ask you to make any form of payment or purchase a product or any kind.
- Try and get you to download any software to your PC or ask you to hand over control of your PC, smartphone or tablet to anyone else.
- Ask you to access any website other than this one <https://contact-tracing.phe.gov.uk>
- Try and get any details about your bank account.
- Ask you for any passwords or PINs.
- Try and get you to set up any passwords or PINs over the phone.
- Ask for your social media identities or login details, or those of your contacts.
- Offer any medical advice on the treatment of any potential coronavirus symptoms.

If you suffer from fraud as the result of any such scams then please do report to Action Fraud using the link here: <https://www.actionfraud.police.uk/reporting-fraud-and-cyber-crime>. The National Cyber Security Centre is also keen to have phishing attacks that people receive forwarded to them via the e-mail address here: report@phishing.gov.uk

VOLUNTEERS BOARD

Although we have had to postpone our group sessions we are now able to provide support to our volunteers via Zoom or Skype for Business on Bereavement and Loss and Dementia.

If you would like to reserve a place at one of these sessions please **email julie@tttb.org.uk or call 01273 737710.**
We are operating a first come first served policy.
We have 8 places for each session available.

BEREAVEMENT AND LOSS SUPPORT

via Brighton and Hove Council (free to Time to Talk Befriending volunteers but you will need access to Skype Business to attend)

9am - 12.15pm on:
30th June 2020
7th July 2020

BEREAVEMENT AND LOSS

via Zoom with Reverend Peter Wells

Monday 22nd June 2020
10.30am - 12 noon

Thursday 25th June
2020 6pm - 7.30pm

Dementia: the INGREDIENTS for spending quality time with someone

A workshop led by
Dementia specialist
(and friend of the Charity)
Charlotte Overton-Hart.
Prior to the session
Charlotte will send you
a pack of INGREDIENTS
cards which will be used
during the workshop to
facilitate conversation.
Charlotte created the
INGREDIENTS model to
help facilitate connection
using every day creativity.
To find out more you can
visit her website:
[www.storychaplain.com/
ingredientscards](http://www.storychaplain.com/ingredientscards)

**30th June 10.30am
– 12 noon and 6pm
– 7.30pm. 2 sessions on
one day. To reserve your
place please contact
volunteers@tttb.org.uk
or call 01273 737710.
We are operating on a
first come first served
basis. There are 8 places
available per session.**

Here is a poem we thought we would
share in the hope that it gives comfort
to others at this time of great loss.

Life (author unknown)

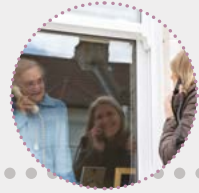
Life is just a stepping-stone
A pause before we make it home
A simple place to rest and be,
Until we reach eternity.

Everyone has a life journey,
A path to take with lots to see
God guides our steps
along the way,
But we were never
meant to stay.

Our final destination is a place
Filled with love,
His majesty and grace.
Today we celebrate the
life of a loved one
Who has gone before us,
the race he has won.

Her journey has now ended,
Her spirit has ascended
Claiming the great reward
With Jesus, our Lord.

Final word



Remembering those we have lost

I have felt a great sense of loss during COVID19 as 14 of our scheme members have now passed away. Whilst the team, volunteers and I feel privileged to have known each scheme member during their final years, not saying goodbye has been difficult and of course they will be dearly missed.

As a charity we have started a book of remembrance to honour their memory. And when it is safe to meet again we will take the time to remember each one individually at a special celebration ceremony.

*Stay safe and take care everyone,
from Emily*

FOLLOW US ON SOCIAL MEDIA!



Instagram:
[@tttbcharity](https://www.instagram.com/tttbcharity)



Twitter:
[@tttbcharity](https://twitter.com/tttbcharity)



Facebook:
[Time to Talk
Befriending/TTTB](https://www.facebook.com/TimeToTalkBefriending/TTTB)



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