

## 2021 WAS ANOTHER BUSY YEAR!

By the end of 2021 we were supporting a total of **539 befriending matches!** 280 of which were new be-friendships between our scheme members and volunteers. In 2021 we made 492 signposts/ onward referrals to over 65 local and national organisations such as lunch clubs, group activities, wellbeing services, support services etc.



### New Year New Staff!

In January we welcomed **Sarah Hirschfield** to the team!

Sarah is employed full time as our Senior Befriending Lead. Sarah has many years experience working within the charity sector including 14 years at the Brighton and Hove Carers Centre. Sarah has already proved to be a great asset to the team and really looks forward to meeting many of our scheme members and volunteers soon!



### WE WON AN AWARD!

Most Compassionate  
Befriending Organisation – UK  
**Lux Life Magazine Global  
Excellence Awards 2021.**



### Christmas 2021

Thank you to everyone  
who sent us a Christmas  
card or gave us delicious  
edible gifts!

## The befriending experience



Although we capture your experiences of befriending in our regular reviews we always love to hear stories and receive photos of befriending in action. Not only does it warm the hearts of the team to receive feedback and put faces to names, but by sharing your experiences and capturing photographs of you in action it enables us to raise awareness about befriending, encouraging others to get involved!

**We are always looking for new volunteers to join the team so that we don't have to hold waiting lists – so if you can help us promote our work and encourage volunteers to join us by sharing your experiences we would love to hear from you!**



"Befriending is an extremely rewarding experience which is full of positives."

"I just absolutely love meeting the lady I befriend every week. She improves my day if anything else and it is such a pleasure being able to spend time with her."





# VOLUNTEERS CORNER

## SAVE THE DATE !

Pre-pandemic we used to host in-person volunteer celebration events. In 2022 we would like these events to resume! So we are asking our volunteers to save the date!

**Thursday 16th June 7pm-9pm**

Full details about the event and venue will be available in due course.

*Watch this space !!*

## ADDITIONAL OPTIONAL TRAINING

*All our training will be launched in the Spring so please look out for emails from us about this!*

Our offer will include dementia inclusive befriending, how to create meaningful moments of connection with people living with dementia, bereavement and loss, what's on your plate wellbeing... to name a few!

## Mandatory Training

### SAFEGUARDING AND BOUNDARIES – IMPORTANT UPDATE!

Thank you to all our existing volunteers who have confirmed they have watched our updated safeguarding and boundaries videos.

Updated safeguarding training is an integral part of your role so if you have not watched the videos yet please do so as soon as possible. In total they take 20 minutes to watch, click here to watch (the password is: timetotalk) [vimeo.com/showcase/8953668](https://vimeo.com/showcase/8953668)

**Once completed please email [info@tttb.org.uk](mailto:info@tttb.org.uk) to confirm and we will update your training record.**



## NUTRITION

by Maxine Bull



AGEING  
WELL

**Did you know that approximately 1.3 million people in the UK over 65 years of age suffer with malnutrition and 93% of those individuals live in the community?** Losing weight is not an inevitable part of ageing and it's important to be aware of the contributory factors that cause a person to become undernourished as well as simple ways to prevent this.

We are used to following public health messages that are focused on weight loss or eating low fat products however this style of eating is not always recommended for people who have a small appetite, find they are losing weight or finding it difficult or tiring to eat. With this in mind it is important to note that nutritional needs can vary as our bodies and health needs change.

*Here are some helpful tips on what to eat if you are below a healthy weight or have a small appetite:*

**Try to eat little and often e.g. Small nutritious meals and snacks every 2-3 hours.**

**Choose full fat foods – not low fat or low sugar foods.**

**Choose energy-rich foods – e.g. avocado, peanut butter, full fat milk, full fat yoghurts, butter, double cream.**

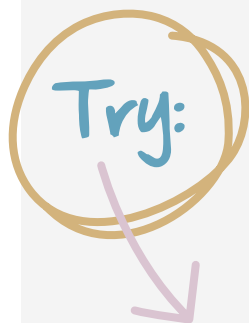
**Make the most of every mouthful – fortify food with fats and proteins e.g. by adding dried milk powder butter or cream.**

**You should still eat a mixture of fruit and vegetables each day for vitamins. Fresh, frozen and tinned fruit and vegetables all count.**

**Make sure items in the cupboard are easy to open and prepare.**

**Keep it simple – choose small portions of foods that you enjoy and fortify them where you can.**





### **Crackers with cheese**

**Dips e.g. hummus or mashed avocado served with crackers/ breadsticks**

**Malt loaf, fruit scones or toasted teacakes with butter, jam or peanut butter**

**Soups, add lentils, full fat milk, cheese or cream to add protein and fat**

**Individual pots of full fat yoghurts, rice pudding or custard**

**Sandwiches made with energy rich fillings e.g. cold meat, tuna, soft or grated full fat cheese, egg, peanut butter, avocado, hummus**



**Baked beans, sardines, cheese or egg on toast**

**Milky drinks e.g. Horlicks or Ovaltine**

**Add cream or custard to desserts**

**Add butter to your peas or other vegetables**

**Add butter, cheese, cream or oil to soups, mashed potato or scrambled eggs**

If you have any questions or would like to find out more about support available in relation to the above information in Brighton and Hove do not hesitate to get in touch with Ageing Well. **For more information call 01273 322947 or email [ageingwellbh@impact-initiatives.org.uk](mailto:ageingwellbh@impact-initiatives.org.uk)**



Please note that the above recommendations and information are not aimed at healthy older adults with regular appetites over the age of 65 years. If you would like to find out more specific tailored nutrition information in connection with your individual health needs, please do contact your GP or dietician.

# EATING YOUR WAY TO A HEALTHIER, HAPPIER YOU !

by Kate Moore

**How we feel is probably the best indicator as to whether we are consuming the right level of nutrients daily, so if your energy levels are low, or you are feeling a little below par, maybe you need to give your body a little boost!**

As our bodies get older, we are at risk of developing certain health conditions. We need to increase our intake of key nutrients to ensure our immune system is working properly to protect us from infections and disease. Older people, need to make sure they are consuming enough calcium and Vitamin D for bone health and Vitamin B12 for brain and nerve function.

Supplementation can be an effective way of preventing older people from becoming undernourished, especially if they have digestive problems, or a loss of appetite due to an illness or medication.

Adams Vital Nutrition have developed a range of vegan, gluten free products with a range of micronutrients to support immune health, increase energy levels and help people to feel healthier and happier in themselves.

Our products have been well received by older unwell people in hospital and the NHS are keen to make the products available to people before there is a need to admit them to hospital, which makes absolute sense to me!

**For more information, or to order packs of Vital Bites, please go to the website: [www.adams-vital.co.uk](http://www.adams-vital.co.uk) or you are welcome to call me with any questions: 07899945015.**



We don't usually advertise products but we know Kate through our Christmas outreach work.

Impact Initiatives are offering one-to-one help and support to learn how to use a computer tablet. You may want to learn how to send emails, do your shopping or learn how to do something online, we can help you do that!

We are flexible as to what would work for you and the help you might need, so please feel free to give us a call to learn a little more!

**Please call us on 01273 322 947.**



## TECHNOLOGY

*Are you online?  
Would you be interested  
in an online Zoom group?*

If the answer is yes please contact [info@tttb.org.uk](mailto:info@tttb.org.uk) or call and leave a message on the voicemail 01273 737710 and one of the team will get back to you.





Ropetackle Cinema in Shoreham have launched a new programme of 'Relaxed and Dementia Friendly Screenings'. Films are shown once a month on a Monday afternoon. Each film will have a technician in attendance as well as a good number of volunteer stewards. Ropetackle Cinema won a prestigious award from the BFI (British Film Industry) to put on this short programme of nine films which are deemed Relaxed and Friendly (with a focus on people experiencing any form of memory loss). This means in practice that some auditorium lights will remain on, and there will be a relaxed attitude to any noise. **The films will start at 2pm but there will be a cup of tea available as from 1.30pm. If you would like to know more about this initiative, please contact 01273 464440.**

## Groups

Although we had to sadly postpone our groups in January and February 2022 due to the continued spread of Covid-19 including among our staff team, our group befriending events are up and running in various locations and via the telephone.

We are also delighted that our monthly Church services will resume in April 2022 as well.

To find out more please contact the team via [info@tttb.org.uk](mailto:info@tttb.org.uk) or by calling the office and leaving a message 01273 737710. One of the team will get back to you!



## TEETH POEM

by Selina

Keep me clean and use me well,  
Just feed these four and they won't tell  
About the food I eat  
Like spuds, greens, peas, and meat  
Sliding past and down my throat  
All chewed up and ready for  
That big opening past my jaw  
And throat and gullet as it tumbles,  
Here comes food the stomach mumbles.

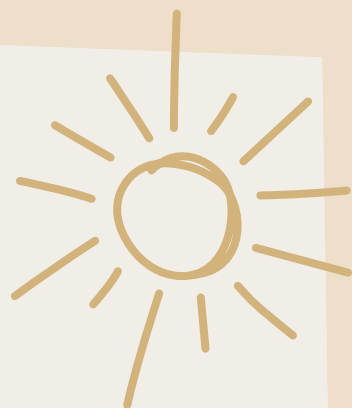


Selina

## Kindness and Happiness

Shared by scheme member Helen Mason  
inspired by various writers and poets

A kind word costs nothing but is beyond prize,  
A warm smile is the universal language of kindness,  
Happiness is not getting what you want. It is enjoying what you've got.  
You can't wind the clock back, but you can wind it up again.



A cauliflower is a cabbage with a college education!

by an 'onlooker'



## The way ahead

by Chaplaincy Befriender Ian

**“Don’t worry about anything; instead pray about everything. Tell God your needs – and don’t forget to thank Him for his answers! If you do this, you will experience God’s peace.” Philippians ch4: v6-7**



40 days after Jesus’ birth, Mary and Joseph went to the temple in Jerusalem for Mary’s purification and to present their firstborn to the Lord, and they met Simeon and Anna. Simeon was an old man. God had revealed to him that he wouldn’t die before he had seen the Messiah, the promised Saviour. When Simeon saw Mary and Joseph’s baby, he recognised Him as the Messiah and prophesied over Jesus and his mother.

Anna was an elderly widow who spent a lot of time in the temple. She was a prophet – in other words, she heard from God. When she saw what was happening, she praised the Lord and told everyone about this child – that He was the Messiah.

Simeon had prophesied to Mary that, metaphorically, a sword would pierce her heart. Jesus started life homeless, was misunderstood, unjustly condemned, and died a criminal’s death. And Mary would have to watch her son as He died.

**The Christian life is simple, but not easy. Jesus said, “In this world you will have trouble, but take heart. I have overcome the world.” John ch16: v33.**

We will have difficulties. For us, following Jesus will mean disruption, inconvenience, changes. But Jesus can help us through.



What are your hopes and plans for 2022? Are you anxious, concerned about the future, worried that things will never be the same again? Simeon and Anna were old, but they were still attuned to God, learning from Him, listening to Him, praying, waiting. Even in our later years, let's be like Simeon and Anna, awake to God in our daily activities. How do we stay close to God? By reading the Bible and bringing everything to Him in prayer.

**"Your Word is a lamp to my feet and a light to my path." Psalm 119; v105.**

*So, let's make time for God in our daily routine,  
and take comfort from the words of this old song:*

*I know who holds the future, and He'll guide me with His hand.  
With God things don't just happen; everything by Him is planned.*

*So, as I face tomorrow with its problems great and small  
I'll trust the God of miracles, give to Him my all.*



# As it was for me

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



Ken & Chrissie

## The clinic

I was regularly away from that school on Pomona Street.

Nurses came to school, examining the youngsters for whatever problem was in vogue at the time! Mostly their time was spent with those that had the shame of infested hair or were undernourished more than was normal. They'd look too at problems that were pointed out by parent or teacher.

As far as they were concerned my eyes had been sorted. I'd been to the clinic, with Mum I think, and had the drops. The drops were necessary for them to carry out their examination, but made it impossible for me to see! Then I'd been packed off to an optician with a prescription and a note.

They found out about my ears and sent me with Mum to another clinic down Orchard Street, just off Leopold Street, right in the centre of Sheffield. We were told that children who had suffered from meningitis often had my kind of ear discharge.



But it was my brother who'd had meningitis, along with pneumonia, and recovered. Yet there I was, not with the disease, but the after effects!

The nurse was tall, thin, middle-aged with a sharp face, and wore glasses. Her loose white smock drooped from shoulders which seemed to have been rounded by a lifetime of bending over children's ears. The back of her smock lifted to behind her knees, whilst the front, weighed down by bulging pockets, almost touched the floor!

During examination she used the same kind of instruments that doctors use today.

Image of a nurse and boy from late 1930s  
The New York Public Library on unsplash.com

After all there's no point in changing something that works. The little 'scope' was always cold. The softening-drops always tickled and warmed my ears, as I kept my head tilted with one ear up. It was always an age before she came back to syringe and swab the ear. Then she repeating the action on the other side, never giving my stiffened neck time to relax!

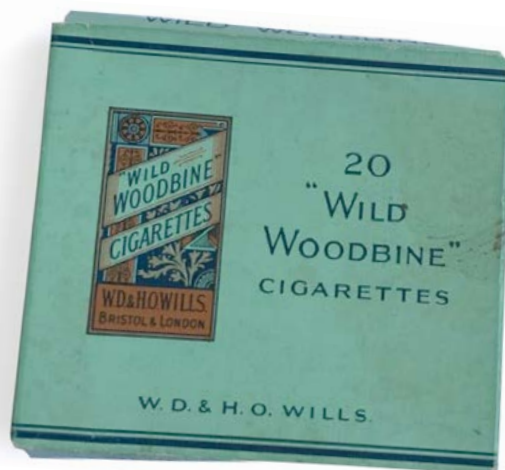
When she'd finished both ears, she'd tick my card and send me to the desk for the next appointment. Then they settled for a twice-weekly visit 'until further notice', on the strict understanding that my ears had drops in and were swabbed out every day.

I became used to kneeling with one ear or the other on mother's lap. And to visiting that busy clinic building with its draughty corridors.

Between the clinic's doors in the corridors there were chunky brown and black dividers, built there to form secondary waiting areas. The draughts were permanent too! Seemingly caused by the always-open windows. These let in air along with the 'good, old-fashioned, Sheffield soot'.

There was no clash of opinion, cold air was fresh, fresh air was good for you. Smoke wasn't really anybody's problem!

*After all, almost every man smoked, even in the children's clinic. Those ubiquitous green, open ended, paper packets which when full held five Woodbines, plus a cigarette card for the young lads to save, were in evidence on the floor.*



So, unless you were a washerwoman or a housewife on Mondays, why would great spots of smearing soot bother you?

There were hot-water radiators though, to try to warm the place in winter. They must have been installed in the year dot! And this must have been when first they started making the gas-coke, which was shovelled in to fire almost every boiler in the city.

The huge, ugly-brown radiators were as tall as me when I first started attending that clinic. They were almost as thick as I was too, if I pressed my back hard against the wall. I'll never forget this place!

# Mrs B's Holiday

By Joanna Harper

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"What on earth am I going to do in the country?" she muttered. "Count sheep?"

Mrs Bhandari was not happy. She was on her way to stay with her son Sandeep and his family in their new house, surrounded by fields full of animals and people she didn't know.

Mrs B and husband Arjan had come to England back in the sixties and had settled in London. Now Arjan had gone, it had been decided that she must not be left alone. She liked staying with Sandeep because she felt safe and looked after by his kind wife, Sally. But that was before they moved.

"We've got your new room ready, Ma," said Sally enthusiastically. "Not too many stairs and views on to the moat."

So here she was at last with Sandeep helping her out of the Land Rover and Sally greeting her in a bright apron and hands covered in flour.

"I'm baking bread," smiled Sally. "And we've found some great local farm shops for fruit and veg."

As they proudly showed her over the house, she decided she would call it a mansion.

They went from one lounge to another, drawing room to sitting room and she lost track of the number of bedrooms. But it was the staircases she found difficult and there were far too many stairs.

"Now I've seen every room, don't ask me to go anywhere but the kitchen and my bedroom," she announced over lunch.

"It won't do my legs any good going up and down all day. And as for the garden..."

"We'll have plenty to do all week," Sally said. "We can go into town and see the shops, and we've invited neighbours to come for dinner on Wednesday so you'll have people to meet."

The town was small and the shops were full of fudge and gifts for the tourists who filled the little tea rooms and local restaurants.

"We could go inside the cathedral," suggested Sally. "There's an interesting exhibition on ancient scrolls."

"I think I've seen enough," said Mrs B quickly and headed for the car.





So they went back to the house and she spent the afternoon in the conservatory flicking through old magazines and snacking on biscuits until she was called for supper.

That night she slept fitfully and was woken by the screeches of owls and other strange noises. In the morning she breakfasted with Sally.

“Ma, I have to pick up food for the dinner party,” said Sally, “so we can take a drive around.”

There wasn’t much else to do so Mrs B got herself into the car. At the shop she was introduced to the owner who insisted on telling her about the local farms and the benefits of organic produce.

“Too much information,” muttered Mrs B under her breath and got back into the car.

Sally drove her past large barn conversions, more mansions and strangely shaped bushes and hedges.

“It’s like a set from Midsomer Murders,” Mrs B whispered to Arjan.

Sally stopped the car as they passed a couple sweeping their front drive.

“This is my mother-in-law,” Sally said. “She’s looking forward to meeting all of you neighbours tomorrow.”

A horsey looking woman with large front teeth put a grubby hand through the window. “Nice to meet you, I’m Anne,” she said in a snooty voice. “Have you been introduced to Hari yet, the dark man who runs the Spar shop?”



Sally coughed and revved the engine. "See you tomorrow then," she said and quickly drove off. "Sorry about that Ma," she said blushing. "Most of our neighbours are not – you know..."

"Anne's a bit outdated with her language," said Mrs B. "People of colour' is what they say now, isn't it?"

They spent the afternoon in the garden. Mrs B dozed whilst Sally weeded the large border. When Sandeep came home, Sally told him what a fun time they'd had.

"It's not so bad Ma, this country life," he said. "If you decide to stay longer, we could convert one of the downstairs rooms for you."

The evening was pleasant as they looked through old photographs together and reminisced about the old days. When she went to bed, she slept soundly and awoke feeling refreshed and positive.

"I have to start baking and cooking this morning Ma, ready for the dinner tonight," Sally announced at breakfast. "Are you alright amusing yourself today?"

"Of course," she replied. "Don't feel you have to entertain me. I'll peel all the vegetables." "That's already been sorted by the shop," Sally said.

Wasting money again, she thought and felt lonely and useless. At home she would be meeting a friend or chatting to shopkeepers but here there was no-one to talk to. Or maybe there was...

"I'm off for a walk," she announced after a light lunch.

"But Ma, you don't know your way around," Sally said anxiously, stirring a large pot.

"Don't fuss," Mrs B said and stepped out of the hot, steamy kitchen, through the gates and on to the track. The breeze was chill and there was a strong smell of manure in the air. She would show them she was still able and didn't need to be organised. But very soon her neat shoes were covered in something brown and she had been scratched by the overhanging greenery.

At last she stumbled out of the lane. She was glad to be back on tarmac as her feet hurt and a blister was forming. About fifty yards further on she spotted the 'Spar' sign and she stopped in front of the shop window to tidy her hair and brush the leaves from her clothes. She took a deep breath and went in.

"Good morning, can I help you?" A cheery voice came from the gloom of the adjoining kitchen. A tall man 'of colour' wearing a turban and neat clothes came towards her smiling.

Very soon she'd introduced herself and was sitting at a small table sharing a pot of chai with some delicious home-made scones.

"I know exactly where your husband worked," he was saying, "but they've changed the block into smart offices. And as for the café on the corner, it's another nail bar!"

They laughed and shared memories of London. Hari had made the move to the country when his wife died two years ago and now helped his son run the shop and café. They chatted on as he served customers and Mrs B made herself useful by clearing tables and making pretty coloured price labels for new products. She was exhausted but happy when she looked at her watch.

"My goodness, it's 4 'o'clock. Time flies when you're busy," she muttered to Arjan and slipped away as Hari went to answer the phone.

Outside it was getting dark and cold and she wished she'd brought her stick. After a while the path divided into two but both ways looked unfamiliar. She smelt the rain before she felt large drops on her face and hair.

"I must carry on," she whispered and chose the left hand path.

Soon the drizzle turned to heavy rain and the muddy track became more slippery. With a sigh she plonked herself down on an old log under an overhanging tree.

"I can't go on, Arjan," she muttered. Her feet hurt too much in shoes that were soaked through.

As she gave in to tears, she felt something rough and wet lick her hand. A large black dog sat down next to her followed by the neighbour Anne and her husband.

"We've been worried about you," Anne said kindly and put a jacket around Mrs B's shivering frame. "Sally told us you'd disappeared so we got Sanjo to sniff you out."

It wasn't far to the house but due to the poor light and high hedges, the chimneys and roof couldn't be seen from the path.

"Ma, thank goodness you're ok," Sally said as she ran out to greet her. "We thought you'd fallen into the moat or been kidnapped or something."

"I think I'll get washed and take my supper upstairs," Mrs B said. "I don't feel I can face the party tonight."

"I understand," Sally said kindly. "I'll pop in later to see if you need anything."



Mrs B slumped into the armchair. "Arjan, what am I doing here? I'm a fish out of water. They probably all think I'm senile, getting lost and dirty. But most of all I feel useless."

Fresh tears came and she sobbed for a while. Then she threw on some dry clothes and sat in the big armchair by the window. She would tell them that she was happier at home. Sally would understand.

An hour later the doorbell chimed as the first of the visitors arrived. Another ring. It was the lady vicar with a bunch of flowers.

She couldn't see the last caller knock so she opened her bedroom door so she could hear what Sandeep was saying.

"Sally, it's the chap from the Spar shop. I told him Ma's in no fit state to see anyone. She needs to rest."

Then Sally interrupted Sandeep and called up the stairs. "Ma, it's Hari from the shop. He says you know him. He wants to speak to you."

With her heart beating fast, Mrs B replied, "Send him up."

She heard soft steps and there he was, smiling down at her.

"Mrs B, you disappeared before I could offer you a lift home," he said. "Are you ok?"

She explained she'd walked back, got a little lost and they'd all made a fuss over nothing.

"I thought you were a capable sort of woman," Hari said.

The next afternoon he called again and they had tea and freshly baked scones from the shop.

"I want to ask you something before you disappear back to London," Hari said as he stood to leave. "Would you consider helping out in the café at weekends? It can be lonely in there and it was so good to hear fresh ideas. Our talks made me realise how much I miss my old life and being with like-minded people."

She told him she would talk it over with her family. Hari bent over and kissed her hand. "Thank you, good lady," he said and closed the door behind him.

"What do you think Arjan?" she asked her husband. "I've got nothing to lose. The shop has potential and there are one or two changes I'd like to make - but there's plenty of time for that."



# From London to Brighton There to Stay

by Cecilia Abdeen

It's the month of June 2018  
Here I come from London City  
To Brighton Town.

Loaded up with all my bags  
All bundled up in one small van –  
With Patrick the driver  
My good Irish friend.

The sun was shining  
Thank goodness for that.  
Arriving we did start to unload,  
And unpack chairs, tables, the lot.  
  
Oh can I see a future here  
In Brighton by the Sea?  
For me it is too close  
For me to see.





# Morning Has Broken

by Eleanor Farjeon shared by anonymous

Morning has broken like the first morning  
Blackbird has spoken like the first bird  
Praise for the singing, praise for the morning  
Praise for them springing fresh from the world  
Sweet the rains new fall, sunlit from Heaven  
Like the first dewfall on the first grass  
Praise for the sweetness of the wet garden  
Sprung in completeness where His feet pass  
Mine is the sunlight, mine is the morning  
Born of the one light, Eden saw play  
Praise with elation, praise every morning  
God's recreation of the new day  
Morning has broken like the first morning  
Blackbird has spoken like the first bird  
Praise for the singing, praise for the morning  
Praise for them springing fresh from the world.



# IF DECEMBER PASSES WITHOUT SNOW

by anonymous



If December passes without snow, we indignantly demand to know what has become of our good old-fashioned winters and talk as if we had been cheated out of something we had bought and paid for; and when it does snow, our language is a disgrace to a Christian nation. The little snowdrop is a welcome sight each year in early Spring, its nodding white flowers promise that the floral year is about to begin. The legend is that Eve was weeping in her barren garden when an angel comforted her by blowing onto a snowflake and turning it into a snowdrop.

## Honouring and Remembering our Scheme Members

It is never easy to say goodbye...

**Ria Barton**

**Anthony Lintott**

**Alma Rowlands**

**Jean Bibby**

**Doreen Oakley**

**Gillian Smith**

**Vic Blake**

**Geoffrey Payne**

**Peter Trussler**

**Teresa Elliot**

**William Percy**

**Shirley Williams**

**Pat Gaterell**

**Peter Pope**

**Bill Green**

**Glynn Rose**

**Jennifer Hassal**

**Margaret Lambert**

*Rest In Peace*





## Final word

*New year, new plans on the horizon!!*

Whilst reinstating our group befriending events has kept us very busy – especially because the number of people who would like to attend continues to grow – we are keen to move forward with other projects. To help us do that we are looking for scheme members and volunteers to be involved in the following:

### Members Panel

We are thankful to our current members panel – scheme members Helen, Liz and Beryl. Our members panel also include volunteers and Friends of the Charity so thank you Paul, Sharon, Lisa and Balbir for your contributions over the past few years. We are however looking to expand the team so please get in touch if you are interested in joining us. We have limited places available so it will be first come first served.

#### BE A VOICE

Giving your perspective on subjects such as ageing, loneliness and other related topics.

#### CONTRIBUTING

Thoughts and ideas towards projects and charity developments.

#### REPRESENTING

The charity within other groups i.e. Ageing Well Brighton and Hove steering group.

#### PARTICIPATING

In videos, podcasts, surveys and research for the charity and established partners.



## The Ageing Journey Project

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### AIM

The aim of the project is to capture the wisdom of people in their later years, by learning from their experience of the ageing journey; understanding how they embrace and come to terms with the changes throughout their life.

### OBJECTIVE

By capturing their voices we will develop resources and training to be made available for all ages to build resilience and encourage a more positive mindset to ageing and ageing well.

*To find out more about the Members Panel and/or the Ageing Journey project please contact us via [info@tttb.org.uk](mailto:info@tttb.org.uk) or call and leave a message on 01273 737710 and one of the team will get back to you. We would love to hear from you!*

Thank you and farewell to Ruth Lewis who has been helping us on a freelance basis with some of our group events and the Ageing Journey Project. Thanks for your support during a busy time Ruth.



# Thank you so much for reading this newsletter!

**We hope that you have enjoyed the contributions from  
our members and volunteers as much as we have!**

The team and I are thankful for everyone who is part  
of the Time to Talk Befriending community and look  
forward to opportunities to connect with you all as we  
continue to stay together and recovery together.

Take care and keep in touch.  
Many blessings Emily

## FOLLOW US ON SOCIAL MEDIA!



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

**Time to Talk**  
**Befriending**  

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**in the heart of the community**

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T: 01273 737710

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**[www.tttb.org.uk](http://www.tttb.org.uk)**

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