

Gail's Gossip

Hello, how are you doing? Sadly, the shorter nights are drawing in and it may soon be time to put away our summer sandals. We hope you have had a good summer and enjoyed the sunny days. Stuart and I had a lovely holiday in Bude where we swam in the sea for the first time in many years. We also cycled along the Camel trail to Padstow where we enjoyed fish and chips. A highlight was an evening's entertainment by a famous group of Cornish singers singing sea shanties.

We have lots to tell you in this month's newsletter, so many activities happening this term and we look forward to welcoming you to all or any of them.



Befriended Community Choir



What a brilliant morning we have together, carers, people living with dementia, old, young, male, female.. Everyone is welcome. Here are a few of the comments

"Fantastic morning" said Jane,

"It was brilliant, full of fun and joy" says Sue

"I can't sing but I thoroughly enjoyed it and will be going every week" Jill

"It was great to see everyone so happy and having a good time" Methodist

Church volunteer.

"It was very emotional, seeing my Dad singing with such gusto and so happy" J

"The choir was excellent today, so needed in the Burgess Hill community, such fun and a lovely warm energy. Thank you so much" Carer

"I loved every minute, everyone participated fully, we had a lot of laughter, and we will keep it fresh every week". Ira - Choir leader

We have composed our own Befriended Choir song which we will learn and sing every week as well as singing your requests and favourites.

If you have any percussion instruments that you would like to donate to our choir, please do let us know... Tambourines, shakers, etc

Come and join us - Tuesday mornings at 10am Methodist church in Burgess Hill. All are welcome.



Befriended Outings

Befriended has a block booking for **Joseph the Musical** by Wings Youth Choir who came to sing to us at our September Tea Party

Saturday 28th October at 2pm Burgess Hill School for girls. I am sure it will be a wonderful afternoon.

Glow Wild Sunday 10th December at Wakehurst Place. Leaving Burgess Hill at 3.30pm

Places are limited so Reserve your tickets early at any of our activities or call us



Silver Sunday Tea Party 1st October



Silver Sunday is the national day to celebrate older people so of course there is nothing better Befriended wants to do than to join in the celebrations because we love older people. You are all welcome to come and join us on Sunday 1st October at 3pm at Gateway Baptist Church for a full afternoon of food, friendship, thanksgiving and amazing entertainment by choiranKo.

“Befriended tea parties are brilliant, they are the highlight of my month, I have told so many of my friends and we all look forward to it. The food is first class and we love Befriended people, they are all so kind” Carol



Sad News One of our wonderful volunteers – Colin Carter, who was the welcoming face at our tea parties, came every month to help set up as well as visiting some clients sadly passed away recently. He was diagnosed with Pancreatic Cancer and died 9 weeks later. Please remember his family is your thoughts and prayers.

Befriended Bereavement Cafe

The café will be a safe place for you to pop in, have a cuppa and a chat with friendly people who have experienced loss, grief, or bereavement. Grief is not something to do alone, keeping memories alive and processing feelings is a healthy and healing part of the journey. Come on down and tell us your story.



The Bereavement Journey Course



The bereavement journey course is a 6-week course with an optional 7th week aimed at supporting those going through grief, loss and or bereavement.

Some of the subjects we look at are loss, the pain of grief, obstacles to the grief journey, coping with change and moving forward. The optional 7th week looks at

questions around faith.

The next Bereavement Journey course starts on the 18th October at the Millar's House in Hurstpierpoint.

10am – 12pm. If you would like to attend, please either sign up using this link

<https://thepoint.churchsuite.com/events/ybafueoc> or call 0300 7727703

Befriended Balance



It is great to have a new group of students join us at Befriended Balance from Worth School. Eden, Emma, Sophia, Sally and Briana come with Chris Wyles each week.

Sally says *“we love having the students from Worth, they are so lovely and its good to do the exercises with them each week”*

Gill told the students *“Befriended is my life line, I don't know what I would do without befriended”*

“We love everything Befriended does and the one thing that happens at every befriended activity is tea and cake” D

You are welcome to join us at our weekly exercise class on Wednesday afternoons at 1.30pm at the Methodist Church in Hurstpierpoint.

Volunteers are always needed, if you have a spare hour or so you can make such a difference – call us today or sign up via our website to join our growing charity.

Dates for your diary

October	1 st	Silver Sunday Tea Party
	3 rd	Befriended Community Choir – every Tuesday at 10 am
	4 th	Befriended Balance – every Wednesday at 1.30pm
	5 th	Befriended Bereavement Cafe 10am. Court Bushes Hurstpierpoint Befriended Bereavement Cafe 2pm St Edwards Church, Burgess Hill
	18 th	The Bereavement Journey Course, 10am, Millars House, Hurstpierpoint
	25 th	The Bereavement Journey Course wk 2
	28 th	Joseph The Musical – Burgess Hill School for Girls
November	1 st	The Bereavement Journey Course wk 3 Befriended Balance – every Wednesday at 1.30pm
	2 nd	Befriended Bereavement Cafe 10am. Court Bushes Hurstpierpoint Befriended Bereavement Cafe 2pm St Edwards Church, Burgess Hill
	5 th	Monthly Tea Party – Gateway Baptist Church 3pm
	7 th	Befriended Community Choir – every Tuesday at 10 am
December	3 rd	Christmas Celebration Tea Party
	10 th	Glow Wild – Wakehurst place Sunday Afternoon
	25 th	Befriended Community Christmas Lunch

Your support makes all the difference

One of Befriended's key values is generosity. We want to always be generous in what we do, how we do it and who we give it to. Everyone is valued and special to us, we want all our services to be accessible and open to all. *A special thank you to one of our clients who donates ingredients for us to make cakes!*

Are you able to support us, enabling us to continue making life better for more and more older people living in Mid Sussex? Giving as little as £5.00 a month can make all the difference. We promise you your money will be well used.

You can set up a regular payment each month of £5.00, £10.00, £20.00, £50.00 or £100.00.

Or you can give a one-off gift. To. **Befriended Acc Number 67281668. Sort code 08 92 99**

Please do let us know if you are a taxpayer and we can then claim gift aid on your giving.

Thank you so much, we are so so grateful. Everyone doing a little goes a long way!

Thank you so much for being a part of Befriended and a special thank you to all our volunteers for all they do in making a difference to the lives of others.

Thank you for all your encouragement, friendship, prayers.

God bless and much love to you and those you love

Gail and all the team at Befriended. xx

**Making life better for others,
one smile at a time**



Registered Charity no. 1175623

Unsubscribe

If you no longer wish to receive our newsletter please do let us know either by emailing us at office@befriended.org or call 0300 7727703 and we will no longer send it to you. God Bless

Befriended Brain Teasers

- 1st October Come and celebrate Silver Sunday with us & join in Befriended's 6th Birthday Celebration at our afternoon tea party.
- 2nd October Grab a cuppa, have a read this month's newsletter and see if you know all the answers.
- 3rd October Come to Befriended Community Choir at The Methodist Church, London Rd, Burgess Hill
- 4th October In which novel does the character Long John Silver appear?
- 5th October Today we are launching our grief café, drop in for a cuppa and chat about your loved ones in a friendly and welcoming environment.
- 6th October What make of car is the Silver Ghost?
- 7th October How many years is the silver wedding anniversary?
- 8th October What is the chemical symbol for silver
- 9th October Sing-a-long to your favourite tunes then tell us what they are so we can learn at choir
- 10th October Grandparents Day Today! Spend time connecting with your grandchildren, pick up the phone or write them a letter.
- 11th October What does it mean to be born with a silver spoon in your mouth
- 12th October Who had a 1967 hit with the song Hi-Ho silver lining?
- 13th October How much is 1 gram of silver worth? £1, 60p, or £1.20
- 14th October Call a friend or family member for a chat and a catch up.
- 15th October Which country is the leading producer of silver?
- 16th October Can you come up with words that rhyme with silver?
- 17th October Have you booked your tickets for Joseph the Musical? Call us and book today
- 18th October Today is the launch of the Bereavement course, come and join us if you have lost someone you loved and make some new friends.
- 19th October Are silverfish insects, fish, or crustaceans?
- 20th October How old is Silver Sunday? 10, 12 or 15 years old?
- 21st October Book to come on our Christmas Befriended Bus Trip to GloWild at Wakehurst Place
- 22nd October Which South American country takes its name from the Latin word for silver?
- 23rd October Do some drawing today or anything creative.
- 24th October Add November's afternoon tea to your calendar.
- 25th October Befriended Balance is on today, move a bit more today with some gentle chair exercises along to your favourite music
- 26th October Pick up the phone and call someone for a chat
- 27th October Humans can ingest silver, true or false?
- 28th October Today is Joseph the Musical with Wings Youth Theatre at Burgess Hill school for girls
- 29th October Don't forget the clocks go back, so enjoy the extra hour in bed.
- 30th October Which year did the Queen celebrate her silver jubilee?
- 31st October Celebrate all that is good, make a gratitude list.