



befriended

December

Registered Charity no. 1175623

Newsletter 2023



Gails Gossip

Hi there,

I do hope you are doing well, keeping warm and safe.

It is such a privilege to be leading Befriended. I have the joy of meeting such wonderful people and hearing such amazing stories of courage, resilience and hope.

Through all of our activities we get to meet people who are journeying through all of life ups and downs. It may be bereavement or ill health, change of circumstances or feeling lonely. It is great to be able to offer support and friendship in all these circumstances.

In this month's newsletter we have a couple of people stories, activity updates as well as all our news and information about what is happening around Christmas. Don't forget to put the dates on the back page in your diary

Befriended is here for YOU!. If there is anything that you are struggling with that a listening ear could help you with, or you have good news to share give us a call. We would love to see you at one or more of our activities.

0300 7727703



Befriended honors a life

John Browne has been one of Befriended's greatest supporters. He and his wife Angela, have attended many of our events and they have been great encouragers. John has been unwell for few months and sadly passed away mid November.

John leaves behind a wife, two daughters - Diane & Tina, (Diane is a trustee of Befriended), 4 grandchildren and 6 great grandchildren. We thank God for his life and we will continue to remember the family and loved ones in our prayers.

Befriended gives life

"Our life has changed so much since we found Befriended" says Jill

Jill and Chris started coming to the Befriended Tea Parties 18 months ago.

"We love the tea parties and wouldn't miss them for anything. We especially love the musical entertainment. Chris

knows all the words and it is lovely to see him joining in"

"We so appreciate all that is done for us all by Befriended.

This year we have enjoyed going to see Sound of Music with Befriended Bus Trips and more recently we thoroughly enjoy attending the Community choir each week. It is such fun".

"We know Befriended is there for us no matter what,"

Both Jill and Chris struggle with health issues but are always so positive and grateful. They are much loved within Befriended, Jill makes beautiful handmade cards and they are great encouragers and supporters of Befriended.

All our clients become friends as we get to know each of them over time, we care about them and grow to love them

We can bring an end to loneliness and isolation through friendship



BEFRIENDED ACTIVITIES

Bereavement Support

Bereavement and or loss are one of the hardest experiences we go through in life. "There is no shortcut to grief, the only way is through" The bereavement journey course is a 6 week course with an optional 7th week. it is a 2 hour session with videos and group time, sharing with others who understand.

P says "It was really hard to face my grief but the course has helped me so much, I know I am not alone in my experiences"

The next course starts January 24th. Book via Befriended office

If you have lost a loved one and finding this time of year especially hard, why not drop in to the Bereavement cafe for a friendly chat

The next Bereavement Cafe is Thursday 7th December



befriended
Bereavement
Café

A safe place to chat about grief, loss, and your loved ones

First Thursday of every month
Starting 5th October in two locations

10am - 12pm The Melting Pot Café, Court Bushes Community Hub, Hurstpierpoint	2 - 4pm The Mustard Seed Café, St Edwards Church, Burgess Hill
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befriended Balance

Move, stretch and groove your way to improved physical confidence, wellbeing and mental health.

Inclusive for all abilities, everyone is welcome.



£5
per session

With Helen Fletcher,
Dance & Exercise Practitioner

Wednesday afternoons at 2pm
Burgess Hill Methodist Church, London Road, Burgess Hill
followed by soul care relaxation and refreshments

For more information, contact office@befriended.org
www.befriended.org 0300 772 7703

Befriended Balance

"If you don't use it you lose it" says Les who is in his nineties and comes to Befriended Balance every week

Befriended Balance is a friendly exercise, stretch class specifically for building confidence, strength and stamina. If you have or experience instability or are recovering from a fall, this class is for you!

You can do the exercises at your ability either sitting or standing.

We are joined by students from Worth School each week who support and join in with the class.

NEW VENUE

Hurstpierpoint Methodist Church is closing so we are moving to

Burgess Hill Methodist Church as from January 2024

Why not come and join us in the new year. We would love to see you and we know that you will benefit from the exercises.



Sing for Joy

**befriended
community choir**

Befriended Choir

Alan says "I love coming to Befriended Choir, I wouldn't miss it"

We have a great time singing together on Tuesday mornings. Everyone is welcome. In the new year we will be back singing well known favourite songs and hymns.

Singing is so good for you mentally, emotionally, spiritually and physically.

Come and join us Tuesdays 10 am at Burgess Hill Methodist Church

A Story - What does it feel like to be old?

The other day, a young person asked me: - What did it feel like to be old? I was very surprised by the question, since I did not consider myself old.

When he saw my reaction, he was immediately embarrassed, but I explained that it was an interesting question. And after reflection, I concluded that getting old is a gift.

Sometimes I am surprised at the person who lives in my mirror. But I don't worry about those things for long. I wouldn't trade everything I have for a few less gray hairs and a flat stomach. I don't scold myself for not making the bed, or for eating a few extra "little things." I am within my rights to be a little messy, to be extravagant, and to spend hours staring at my flowers. I have seen some dear friends leave this world, before they had enjoyed the freedom that comes with growing old.

-Who cares if I choose to read or play on the computer until 4 in the morning and then sleep until who knows what time?

I will dance with me to the rhythm of the 50's and 60's. And if later I want to cry for some lost love...I will!

I'll walk down the beach in a swimsuit that stretches over my plump body and dive into the waves letting myself go, despite the pitying looks of the bikini-wearers. They'll get old too, if they're lucky...

It is true that through the years my heart has ached for the loss of a loved one, for the pain of a child, or for seeing a pet die. But it is suffering that gives us strength and makes us grow. An unbroken heart is sterile and will never know the happiness of being imperfect.

I am proud to have lived long enough for my hair to turn gray and to retain the smile of my youth, before the deep furrows appeared on my face.

Now, to answer the question honestly, I can say: -I like being old, because old age makes me wiser, freer!-

I know I'm not going to live forever, but while I'm here, I'm going to live by my own laws, those of my heart.

I'm not going to regret what wasn't, nor worry about what will be.

The time that remains, I will simply love life as I did until today, the rest I leave to God.

Lunyta 🌙 — in Oldsmar, Florida.



“ I have come so that they may have life, and have it more abundantly.

John 10:10
The Bible

Thank you!

from you

*Thankyou for organising the Joseph Trip
We had such a wonderful afternoon and we really appreciate all that you did for us. G*

It was my first time at the tea party and I thoroughly enjoyed it. what an amazing tea. I shall definately be coming each month V

The choir means so much to me, I am so grateful for all that Befriended does P

My Befriender is so special to me. I cannot thank you enough for introducing me to her. She is an angel E

We love Befriended Chaplains coming in each month, they have become friends to us staff as well as the residents Wellington House



To all our amazing volunteers, supporters, encouragers, givers and pray'ers

We love you and are so grateful

THE INTERN

A favourite movie is 'The Intern'. I highly recommend it to you over the festive season, it's a great feel good movie.

Without spoiling the movie for you, it is basically the story of an older man with lots of skills and experience helping out a very busy business woman who is overwhelmed with work and life.

Befriended has grown rapidly over the last two years for which we are so grateful to God for. It proves that there is such a huge need and what we are doing is needed, appreciated and valued.

BUT it is all done with one full time worker!

Just think how much more we could do with more!!!

When I watched this movie recently I just wondered if there might be someone out there who would love to get involved, share their knowledge wisdom and talent, who has a couple of days a week to spare.

We are so grateful for all the support we are getting whether that be through providing cakes, or ingredients for cakes, donations, giving time, volunteering etc

We need some regular help with our admin, systems, outings, fundraising and finance. If this is you please do call us on 0300 772 7703 for a chat or email gail@befriended.org



My young assistant hard at work

2024 VISION

In 2024 we want to make life better for hundreds and hundreds more older people living in Mid Sussex.

We want to be able to provide more Tea Parties, outings, balance classes, bereavement support, choir sessions, chaplaincy in care homes and most of all to visit more lonely, isolated people in their homes.

Do you want to be part of this vision?

Together lets make Mid Sussex the best place to live if you are over 65!

If you can support us financially that is fantastic, 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!

If you know of a business or organisation who may like to sponsor one of our activities please do let us know.

HELP!

**In order to maintain and multiply all that we do we need some help.
In 2024 we will be looking for a superstar to join the Befriended team.
Help us to fund and find our**



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

December

WHAT'S ON

January

Sunday

3

Christmas Afternoon Tea Party
3.00-5.00
Gateway Baptist Church, Station
Road, Burgess Hill

Tuesday

5

Befriended Community Choir
Carol Concert 10-12
Methodist Church
London Road, Burgess Hill

Tuesday

5

Befriended Chaplaincy Carols
at Heath Court
2.30 - 4.00
Heath Court, Haywards Heath

wednesday

6

Befriended Balance
1.30-3.30
Hurstpierpoint Methodist
Church
Cuckfield Road, Hurstpierpoint

Thursday

7

Befriended Bereavement Café
10.00
Court Bushes, Hurstpierpoint
2.00
St Edwards Church, Burgess
Hill

Sunday

10

Befriended Bus trip
Afternoon tea - Worth School
Glow Wild - Wakehurst place
2.00pm Gateway Baptist
Church
Burgess Hill
£30

Tuesday

12

Christmas Celebration Lunch
1.00-4.00
Court Bushes Community
Centre
Hurstpierpoint
Donation £20

wednesday

13

Befriended Chaplaincy Carols at
Wellington House, Adelaide &
Bletchingly
2.00 - 4.00
Haywards Heath

wednesday

19

Befriended Chaplaincy Carols
at Martlett Manor
2.30 - 4.00
Haywards Heath

Tuesday

2

Befriended Chaplaincy at
Heath Court
2.30 - 4.00
Heath Court, Haywards Heath

Thursday

4

Befriended Bereavement Café
10.00
Court Bushes, Hurstpierpoint
2.00
St Edwards Church,
Burgess Hill

Sunday

7

Afternoon Tea Party
3.00-5.00
Gateway Baptist Church, Station
Road, Burgess Hill

Tuesday

9

Befriended Community Choir
10-12
Methodist Church
London Road, Burgess Hill

wednesday

10

Befriended Balance
2.00-4.00
Methodist Church
London Road, Burgess Hill

wednesday

10

Volunteer enquiry and training
7.00-9.00pm
Hurstpierpoint

Tuesday

16

Befriended Community Choir
10-12
Methodist Church
London Road, Burgess Hill

wednesday

16

Befriended Chaplaincy at
Martlett Manor
2.30 - 4.00
Haywards Heath

wednesday

17

Befriended Balance
2.00-4.00
Methodist Church
London Road, Burgess Hill

wednesday

24

**Bereavement Course
Hurstpierpoint**

December with Befriended Let's celebrate Christmas together

Sunday 3rd December
3.00pm

Christmas Tea party
with
Carols by Befriended Choir



Sing for Joy

Tuesday 5th
December
10 am

Befriended
community
choir

Silent Night! Holy Night
And they... found Mary, and Joseph, and the babe lying

1. Si - lent night! ho - ly night!
2. Si - lent night! ho - ly night!
3. Si - lent night! ho - ly night!

Methodist Church
London Road, Burgess Hill

Come and join us for Befriended
Community Choir Carol concert
with the children from Cheeky Monkeys
10am - 12pm including refreshments
Burgess Hill Methodist Church
London Road
Burgess Hill
All are welcome

We wish you and your loved ones a very Happy Christmas and blessed New Year
from all of us at Befriended xxx

befriended

CHRISTMAS CELEBRATION

Tuesday 12th December 1pm
Court Buses, Willow Way, Hurstpierpoint

MENU

Starters

Melon Spheres with Coulis drizzle
Christmas soup with bakery delight

Main Course

Roasted Crown of Turkey with Cranberry Sauce and Gravy
Honey glazed Gammon
Kilted sausages, Sage & onion balls,
Roasted Potatoes and parsnips
Sprouts with bacon, Glazed Carrots, Garden Peas
Grilled Salmon with Lemon Butter

Dessert

Christmas Pudding with Brandy Sauce, Custard or Cream

Trifle

Drinks

Tea, Coffee, Mints, Mince Pies

followed by
Entertainment

Merry Christmas

£20
Donation

0300 7727703
office @
befriended.org

Call us on 0300 7727703 or email office@befriended
to book your space

We would love to have you join us for our
Christmas celebration Lunch.
We will have lots of food, make lots of friends,
have lots of fun.

Thanks to a generous donation this event has been subsidised