



Gails Gossip

Hi ya

Happy New Year to you! I do trust that you have had a good Christmas and have been healthy and happy.

Well here we are at the beginning of another year, time definitely goes faster the older you get. At the beginning of the year I always take time to reflect back on the past year and look forward to the year to come.

Last year was a wonderful year in the life of Befriended. At January Tea party we will be showing some photos and videos of some of our activities of the past year. In this months newsletter we have News of all that is new!, a couple of heartwarming stories, what's coming up, and a weekly diary for you to put on your fridge.

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 anyone one of our activities.

God bless you Gail

0300 7727703

HAPPY NEW YEAR



Local GP sees the difference

Befriended makes

A lady went to visit her GP last year who was very sad and depressed. In the GP surgery she picked up a leaflet about Befriended and she attended a Tea Party, then came on one of the Bus trips and joined the choir. The GP contacted Befriended having seen the patient recently to say what a transformation he had seen in this woman. He said "Last year I really did not know what I could do to help her as she was so depressed, I could not believe the change in her whole demeanour". He asked her what had changed in her life and she replied. "I joined this wonderful charity called Befriended".

A phonecall away

Christmas can be a very difficult time especially if you have lost a loved one. Befriended put a post on Facebook over Christmas and a number of people contacted us just for a friendly chat. One gentleman whose wife died in March, rang one of our telephone befrienders. "She was my lifeline this Christmas, I did not want to bother my children as I did not want to spoil their Christmas. Christine just listened and allowed me to talk about my wife. I am so grateful Befriended was there for me this year." The gentleman attended the Bereavement course last year. Our next course starts 24th January 7-9pm in Hurstpierpoint

We can bring an end to loneliness and isolation through connections

WHAT'S NEW

New Venue

befriended Balance

Balance classes to build confidence, strength and stamina, **now** at Burgess Hill Methodist Church. All are welcome 2-4pm

New Songs

befriended Community Choir

Come and join us to sing songs from the musicals. Choose your favourite songs for us to sing with joy together. Everyone is welcome. Tuesday mornings 10-12 Burgess Hill Methodist Church

New volunteers

Volunteer Open Evening

Come and find out about joining our team of amazing volunteers. You can ask questions, hear about all the different activities befriended offers and be part of bringing an end to loneliness and isolation amongst older people living in Mid Sussex

New sponsor

befriended Support

Befriended cannot do what it does without the financial support of individuals, grants and organisations. We are delighted that Parkers Car and Truck Rental have sponsored our monthly Tea Parties for 2024



office@befriended.org



0300 772 7703



www.befriended.org

befriended Balance

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

Resets 10th January

Wednesdays 2pm
Followed by refreshments

£5 donation including refreshments

Inclusive for all abilities, everyone is welcome.

Methodist Church, London Road, Burgess Hill

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

Sing for Joy

befriended community choir

Every Tuesday
10am-12pm

Methodist Church
London Road
Burgess Hill

£5 donation including refreshments

befriended

for more info contact us at office@befriended.org or call 0300 772 7703

befriended

JOIN OUR VOLUNTEER COMMUNITY

Help us to support older people and eliminate loneliness in Mid Sussex

We Need Help With:

- One to one volunteering
- Cake making
- Grant applications
- Fund raising
- Delivering our newsletters
- and much more...

Event on **WEDNESDAY 30th January 2024**
The better the weather, the better the event!

contact us on 0300 772 7703 or office@befriended.org

REGISTER NOW

Come and join us for

Afternoon Tea with **befriended**

3pm - 5pm on the first Sunday of every month
Hosted by Gateway Baptist Church,
Station Road, Burgess Hill, RH15 9EQ

A scrumptious afternoon tea, meeting old and making new friends with a variety of entertainment, quizzes and life scores.

Our next afternoon tea is on:
Sunday 7th January 2024

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

Parkers
Car and Truck Rental

THERE'S MORE

New Bank Account

Support befriended

Your monthly support towards the work of Befriended will make all the difference. Please consider setting up a standing order 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.

New Trustee

Chris Wyles

We are delighted to welcome Chris as a Trustee. Chris is the Partnerships & Outreach co ordinator, Teacher of Games & Boarding Tutor at Worth School



New bereavement course

The Bereavement Journey

Our new course starts on Wednesday 24th January at 7pm. to register please phone, email or register on the links below

<https://zurl.co/Titi>

<https://zurl.co/9jkl>



New whatsapp groups

Befriended Whatsapp

We want to keep In touch with you and let you know the latest news. If you have a mobile phone and use WhatsApp, join one of our groups. Contact the office and we will add you to the group you would like to join.



"You are making such a difference in our community, Well Done!"
Local Councillor

Befriended is amazing! I have so much to look forward to in my week. I really missed you all over Christmas, see you at the tea party - June

Thankyou Befriended for all you do for us, we really love everything you do, it makes our lives better Margaret

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 weekly Diary

January 2024

2 Tues	Chaplaincy Heath Court 2.30-4pm
4 Thur	Grief Cafe Hurst 10-12 Grief Cafe Burgess Hill 2-4pm
7 Sun	Afternoon Tea Party 3-5pm Gateway Baptist Church
9 Tue	Choir 10-12 Methodist Church, Burgess Hill
10 Wed	Befriended Balance BH 2-4pm Volunteer Open evening 7-9pm Hurstpierpoint
15 Mon	Befriended Trustees meeting 7-9pm
16 Tue	Choir 10-12 Chaplaincy Martlet Manor 2.30 - 4pm
17 Wed	Befriended Balance 2-4pm
23 Tue	Choir 10-12 Chaplaincy Wellington, Adelaide & Bletchingley 2.00-4.30pm
24 Wed	Befriended Balance 2-4pm Bereavement Journey Course 7-9pm
30 Tue	Choir 10-12 Methodist Church, Burgess Hill
31 Wed	Befriended Balance 2-4pm Bereavement Journey Course 7-9pm

February 2024

1 Thur	Grief Cafe Hurst 10-12 Grief Cafe Burgess Hill 2-4pm
4 Sun	Afternoon Tea Party 3-5pm Gateway Baptist Church
6 Tue	Choir 10-12 Chaplaincy Heath Court 2.30-4pm
7 Wed	Befriended Balance 2-4pm Bereavement Journey Course 7-9pm
13 Tue	Choir 10-12 Methodist Church, Burgess Hill
14 Wed	Befriended Balance 2-4pm Bereavement Journey Course 7-9pm
20 Tue	Choir 10-12 Chaplaincy Martlet Manor 2.30 - 4pm
21 Wed	Befriended Balance 2-4pm Bereavement Journey Course 7-9pm
27 Tue	Choir 10-12 Chaplaincy Wellington, Adelaide & Bletchingley 2.00-4.30pm
28 Wed	Befriended Balance 2-4pm Bereavement Journey Course 7-9pm
2 Mar	Morning Cafe with Befriended Choir Methodist Church
3 Mar	Afternoon Tea Party 3-5pm Gateway Baptist Church



Contact us to join the Whatsapp groups to get your regular updates

befriended