



## Gail's Gossip

Hiya

Spring has sprung and summer is on its way! Hooray! What a difference it makes to all of us when we have a little bit of sunshine in our life.

We do hope you had a wonderful Easter, we are still wading our way through Easter eggs which is not a hardship at all for Stuart, my husband, he is such a chocoholic. The other day I went to the cupboard to get some chocolate buttons to decorate cakes for Befriended and they were all gone. I called up the stairs to ask Stuart if he knew where the chocolate buttons had gone... a sheepish man came down and confessed he had eaten all the packets of buttons! So for those of you looking for chocolate buttons on your cakes... you know who to blame.

Thank you so much for all your encouragement and news that you share with us. We do really appreciate each and every one of you and all that you contribute to Befriended family.

A special welcome to all our new clients. Befriended is here for YOU!. If there is anything that you are struggling with that a listening ear could help you with, give us a call. We look forward to seeing you at one of our activities

God bless you Gail x

**0300 7727703**

## A Walk at Wakehurst!

We had a glorious walk around Wakehurst, we enjoyed rain, hail, sunshine, warmth, cold but most of all company. We have another walk at Wakehurst planned for the end of May, book your place to enjoy the beautiful gardens and plants alongside good chat.



*Don't forget*

to tell us your birthday so our Befriended Angel can send you a card

We can bring an end to loneliness and isolation through connections

# BEFRIENDED ACTIVITIES

## Compassionate Conversations

A Three week course with facilitated conversations discussing loss, Bereavement, grief, gratitude and an opportunity to share your story. In a small group we build strong friendships based on trust, honesty and confidentiality.

E says "I was in a dark hole for years, this course has changed everything for me". If you are interested in taking part in either of our next two courses please contact Gail - 0300 772 7703



## befriended Bus Trips

We have a number of trips coming up

Sunday 19th May An afternoon at Worth school with the students

Tuesday 28th May Walk at Wakehurst

Thursday 27th June A day trip including making Glow wild lanterns at Wakehurst

August 15th Oliver at Chichester Theatre - part of our Holiday at Home



## befriended Community Choir

Every Tuesday morning we meet at the Methodist Church in Burgess Hill for a sing along to well known and favourite songs. You dont have to be a singer, just come and enjoy singing together. It is a joyful morning. In September we will be launching a new choir in Hurstpierpoint on Tuesday afternoons



## befriended Balance

We are seeing new people joining the balance class every week. It is a brilliant class where you can exercise, stretch and move to your own ability. Helen uses a variety of music and movement to encourage you all. Helen will be at our tea party on 5th May. We will have a new instructor leading the class from September while Helen is on Maternity leave.



## befriended TeaParty

Our Tea Parties are the highlight of the month for many many people. It is where people bring their friends and come and make friends. With a variety of entertainment, Stuart's Quiz, Birthday Basket and a full afternoon tea - what is there not to love. We are launching a new tea party in Hurstpierpoint on the third Sunday of the month in September.



# SPOTLIGHT

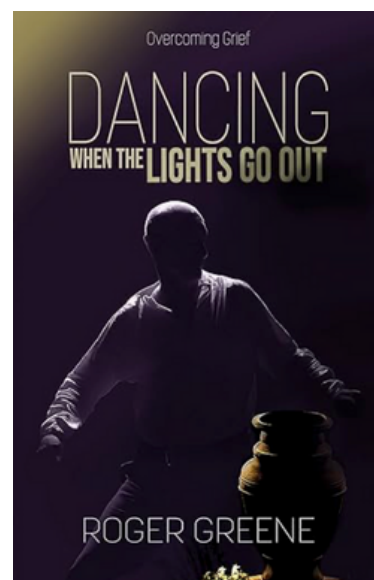
## What's new at our Tea parties

### Befriended Briefs (not the underwear version)

Starting from June George Baxter (who is Chair of Befriended Trustees) is organising and inviting different speakers to come and speak for 10 minutes at the tea party about relevant topics ie A solicitor is coming to talk about writing your Wills, power of Attorney, legacies. Age UK will come talk about benefits you may be entitled to, A GP will talk about health and well-being, the fire brigade will come to give advice at keeping safe in your home etc. These slots are aimed to give you information and signposting. If there is any particular subjects you would like us to cover, please do let us know.

### Rogers Story

One of the beautiful opportunities we have in life as we get older is meeting new people and making new friends. Recently Gail met a lovely man who shared his story with her which has led to numerous conversations and lots of cups of tea. Roger has written a couple of books, one which Gail found truly inspiring about being a Christian in the work place- "How on earth did that happen" (If interested we have some copies) But his most recent book is his story of grief and loss as a carer for his wife for 10 years who was diagnosed with Dementia. His beautiful wife sadly died of Covid-19 early in the pandemic. Roger gives an honest, heart wrenching and real account of his experience. He also gives very good advice and helpful tips in how to navigate the NHS system. Roger was CEO of Princess Royal Hospital for 12 years. Roger will be coming to the tea party in June to share his story. You can buy a copy of his book on Amazon.



### A letter from a grateful family

Sadly our aunty passed away recently and in going through her things we found her diary and in it she wrote "Befriended is the best thing that has happened to me since Doug has died, having \*\*\* visit me regularly is my lifeline. She takes me to the tea parties and all the wonderful events, I dont know where I would be with out Befriended" Thankyou so much to all of you at befriended for making our Aunties life so much better  
Jim and Sue

### Befriended to the rescue

Having recently had a clear out in my loft I had lots and lots of material that I had no longer had use for. I asked Befriended if they could help. They came to my house, took photos, advertised the material and the next day a lovely lady came and was so grateful for fabric as her son makes puppets.

Thank you Befriended x



Unsubscribe

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

# BEFRIENDED NEWS

## Thank you

Befriended is absolutely delighted to have received a Mid Sussex applauds award. Thank you so much for nominating us. The award takes pride of place in the office. Well done to all of us!



## A visit to No 10 in May

Gail is very excited to have received an invitation to attend a reception for Inspiring Women at No 10 hosted by Rt Hon Laura Trott MBE MP, Chief Secretary to the Treasury. How very special to have been nominated. The story will be in the next issue.

## THANK YOU!

All we do in Befriended is funded by your donations and grants. Please help us to make more of a difference!

If you are able we would really value your partnership in setting up a regular payment each month which enables us to plan and budget. You can set up a regular payment of £5, £10, £20, £50 or £100.

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 giving a little goes a long way!

## Big thank you to Lucy

We are so grateful to Lucy for ALL she has contributed to Befriended over the last 18 months. I am sure many of you will have spoken to her at some point. She has been such a blessing and we thank God for all she has done and pray Gods blessing on her and her family for the future.

## New Role

### Operations Lead

Befriended has grown exponentially in the last two years having increased its clients by 300%, volunteers by 300% and referrals by 250%. We started with one service - face to face befriending and now we offer Ten services. In the next year we are planning to replicate some of our services in other locations. For all this to happen we need the right person to join the team. We are looking for someone who loves Befriended, thrives on detail, planning, processes and procedures.

The role is two days a week based from home, working alongside the CEO. Please email below to find out more or with your expression of interest.



[office@befriended.org](mailto:office@befriended.org)



0300 772 7703



[www.befriended.org](http://www.befriended.org)

**Befriended Values**  
Love, Friendship, Joy,  
Hope, Faith, Valued,  
Care, Support

# Befriended weekly Diary

May 2024

June 2024

2 Thur	Grief Cafe Hurst 10-12 Grief Cafe Burgess Hill 2-4pm	2 Sun	Afternoon Tea Party 3-5pm Gateway Baptist Church
5 Sun	Afternoon Tea Party 3-5pm Gateway Baptist Church	4 Tue	Choir 10-12 Chaplaincy Heath Court 2.30-4pm
7 Tues	Choir 10-12 Chaplaincy Heath Court 2.30-4pm	5 Wed	Befriended Balance 2-4pm Compassionate Conversations 7-9pm
8 Wed	Befriended Balance 2-4pm	6 Thur	Grief Cafe Hurst 10-12 Grief Cafe Burgess Hill 2-4pm
9 Thur	Compassionate Conversations 10-12	11 Tue	Choir 10-12
14 Tues	Choir 10-12	12 Wed	Befriended Balance 2-4pm
15 Wed	Befriended Balance 2-4pm	18 Tue	Choir 10-12 Chaplaincy Martlet Manor 2.30 - 4pm
16 Thur	Compassionate Conversations 10-12	19 Wed	Befriended Balance 2-4pm
19 Sun	Worth School afternoon outing 2.30pm	25 Tue	Choir 10-12 Chaplaincy Wellington, Adelaide 2-4
21 Tue	Choir 10-12 Chaplaincy Martlet Manor 2.30 - 4pm	26 Wed	Befriended Balance 2-4pm
22 Wed	Befriended Balance 2-4pm Compassionate Conversations 7-9pm	27 Thur	<b>Day out</b> Glow wild balloon making at Wakehurst 10.30-12 Lunch at the Millars Life stories with Worth Students
23 Thur	Compassionate Conversations 10-12	4 July	Grief Cafe Hurst 10-12 Grief Cafe Burgess Hill 2-4pm
24 Fri	Watoto choir - Holy Trinity HPP	6 July	<b>Befriended Choir at Hurst Fair 2pm</b>
28 Tue	Walk at Wakehurst 10.30 Chaplaincy Wellington, Adelaide 2-4	7 July	Afternoon tea 3-5pm
29 Wed	Compassionate Conversations 7-9 pm		



Join the Whatsapp groups to get your regular updates