



befriended

Sept/October

2024 Newsletter

Registered Charity no. 1175623



Gail's Gossip

Well I am another year older since our last newsletter but age is just a number!. I have the joy of hanging out with lots of people in their 90's and they inspire me with their youth, vigour and passion for life!.

What a busy month we have had in August, it was meant to be a quiet catching up period and turned into one of the busiest and best months yet for Befriended. In this newsletter we will tell you all about our August activities and also share some stories of the impact Befriended has had and continues to have on older people living in Mid Sussex.

In September we launch not one but two new activities in Hurstpierpoint and welcome lots of new volunteers to the Befriended family. We are also so excited introduce two new people to you - Susan Dyke our Operations Co ordinator and Sharon Gilbert our new Balance instructor. **Huge congratulations from all of us at Befriended to Will and Helen Fletcher on the safe arrival of their baby Son Isaac**

Sadly we have had a number of clients pass away over the past month or so. We pass on our sincere condolences to all the families and loved ones. Every client means so much to us and we miss them.

Thank you for all your cards, flowers, messages of thanks, it is really appreciated! We look forward to seeing you at one of our activities
God bless you Gail x

0300 7727703

office@befriended.org



OLIVER - PLEASE GAIL, WE WANT SOME MORE (outings)!

54 of us thoroughly enjoyed a day trip to see Oliver at Chichester Theatre.

"The whole day was fantastic, we had a fabulous ride on an old London double decker bus across the downs. We stopped at Arundel Baptist Church for a beautiful lunch including tons of home made cakes provided by Befriended before, continuing on to Chichester. The show was amazing!, the children and the singers were unbelievable. It was a wonderful day" says C.

"Today was the first time I have been on a Befriended outing and it was superb. Everything and more was thought of and provided. Everyone was so friendly. I chatted with Gail and will be joining other Befriended activities " says S

It is wonderful to be able to provide a day out for so many who otherwise would not leave Burgess Hill or surrounding villages. A Big thank you to the folks at Arundel Baptist Church for providing a welcome space and drinks for us. Thanks to a generous donation we were able to subsidise the cost of the day for everyone. See later in the newsletter about outings later in the year.



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'S IMPACT

BEFRIENDED IS ALL ABOUT FRIENDSHIP



Ann Malins at Befriended Tea Party

Ann was matched with Tafrina as a Befriender in 2018. A very special friendship formed between these two extraordinary ladies. If it hadn't been for Befriended their paths would probably have never crossed. Tafrina would either go to Ann's house once a fortnight for a chat and a cuppa or sometimes they would go for a coffee at a garden centre. During Covid they would do the crossword over the phone which was an activity they continued to do. When Ann was unwell, Tafrina would visit her in hospital and keep in regular contact with her. One of the activities Ann used to love was the Befriended Tea Parties and special events like the jubilees, Christmas, Easter etc; so Tafrina used to bring her, sometimes Ann's family would also come. Ann loved Befriended, She supported befriended financially and would often send a note or message of thanks expressing her appreciation. Sadly Ann recently died, our sincere condolences go to all Ann's family and friends. Befriended was privileged to be invited to take part in her funeral. Tafrina says *"It was a special relationship and Ann became a part of my life. I miss her already"*. Linda - Ann's daughter said *"we found a card on Mums chair from Befriended that she cherished with a bible verse on it. Befriended meant so much to her - Thank you!"*



Dennis Piper Singing at Befriended

Dennis - a cheeky chap, a loveable rogue. Gail has known Dennis for over 20 years and they were both very fond of one another. Dennis, a brilliant musician, loved entertaining people. He played the accordion and enjoyed nothing more than getting a room full of people engaged in a sing along. In recent years Dennis has been quite poorly and desperately lonely, very low and sad. He invited Gail to his flat to talk about his funeral, he did not know where or who might take his funeral due to no longer attending a church. Gail encouraged him to come along to the Tea parties which he loved, she then asked him if he would like a befriender to visit him regularly. *"Oh yes please"* replied Dennis. Gail matched him with a lovely man called Mark little knowing the miraculous change that would bring to Dennis's life. Mark began to visit Dennis regularly, and then offered to take Dennis to church. Dennis came alive. His smile and his cheeky laugh returned but most of all his outlook on life due to knowing people cared about him. Dennis aged 96 died a few weeks ago, but he died happier and more content due to knowing he was loved. We will miss Dennis very much but he loved Jesus and believed he was going to heaven to be with him.

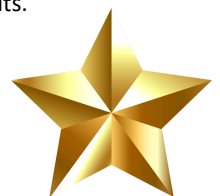


Rachel with her lovely Evelyn

Rachel is our longest serving Befriender and active volunteer! Woo Hoo!!! She was matched with a lady who specifically asked for someone with a pet. Rachel had a little dog called Petal. They first met in 2017, clicked straight away and chatted easily for over an hour. Rachel has grown to really love Evelyn, especially having lost all her own grandparents in the time she has known her. Rachel has been through her own difficult journey with mental health, self esteem and self worth. Building a relationship with Evelyn has really helped to give purpose, value and knowing you can make a difference to someone else's life. Rachel says *"Elderly people need to be loved and not forgotten about"*. Evelyn is now in a care home, but still enjoys Rachel's visits.

Rachel you are a superstar!

Congratulations on being our longest serving volunteer!



Thankyou to all our volunteers for making life so much better for others!



office@befriended.org



0300 772 7703



www.befriended.org

AUGUST ACTIVITIES

Holiday at Home

What are we going to do with ourselves during the long summer break when there are no Befriended activities on? This was the question posed to Befriended as the summer approached. So Befriended, as with all they do, responded by trialing an idea. A two day Holiday at Home was offered and 27 people came on day one and 25 on day two. It was a phenomenal success and everyone thoroughly enjoyed their day.

The day included exercises with Sharon, singing with Simon or Ira, Lunch, Garden games including giant Jenga hook a duck, boules, hoopla, giant dominoes. We had puzzles, colouring, crosswords, wordsearch, a quiz, a thought for the day and ended the day with Icecreams. There was a lot of fun and laughter. One of the many highlights was having a 96 yr old and 94 year old playing boules together and using a walking stick to play giant jenga.

Some of the comments on our feedback forms were

"You have given me the best day I can remember since losing my husband". says A

"The hardest part of the day was leaving" says M

"Today was full of love care, laughter, friends, fun, food and was fantastic. says G

" Today was second to none". Says J

" "I never thought I would ever feel joy like I have today ever again" says B

"What an utterly brilliant day - Befriended has surpassed itself yet again" says R

"Can we have this every month?" says C "No!" replied Gail

"We loved coming to your home, you are so welcoming and hospitable" Says E

" I don't remember when I laughed so much" says J



Exercise class at Holiday at home



Our young 90+ year olds playing boules

Due to the success of Holiday at Home and from the incredibly positive feedback we have received, we plan to run Holiday at Home again next year so watch this space, book your place and volunteers be ready.

Company

Company was launched in August in response to a number of people who have attended our bereavement support groups saying how hard they find it to go out socially to eat.



Eating together, meeting and making new friendships

VOLUNTEERS

An event like Holiday at Home doesn't just happen. A lot of work, preparation, planning, printing and cooking is done before it starts. **BUT** what makes it successful is having a great team of volunteers on the day. A team who are willing to do whatever is needed whether that be washing up, making tea, playing games, sitting chatting, leading singing or exercises... Everyone contributes to making it an enjoyable time. Befriended would like to thank Stuart and Gail for opening their home, Neil and Shirley, Sarah, Heather, Lorraine, Liz, Elaine, Sharon, Simon, Ira, and Sam.



Enjoying eating lunch together

Twenty people came to the launch and there was no shortage of eating, drinking and chatting. It was very special to see people enjoying one another's company. Most had not met one another before, some had met through Compassionate Conversations courses. The group have decided to trial meeting on the third Friday of each month at lunchtime. The next meet up will be on Friday 20th September at The Railway Pub in Burgess Hill 12.30pm. If you are on your own and would enjoy meeting and making new friends, then just let us know and we can add your name to the list.

If meeting at a Pub or restaurant you pay for your own meal and drinks. If meeting at someone's home we ask for a donation of £10 and bring a bottle.

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 NEWS

Welcome to Susan

We are so delighted to introduce you to Susan. Susan is the new Operations Co-ordinator for Befriended. Susan will be doing alot of the organising behind the scenes 'stuff' for example the booking of venues, organising of events, answering emails, processing our volunteer applications and co-ordinating our face to face befriending scheme etc. Some of you will have met Susan at the holiday at home. Those who haven't yet will get the opportunity to meet her at our various activities as she will be visiting them all during September. We are sure that you will give her a warm welcome to the Befriended family as she is very much looking forward to getting to know you all.

Susan's working hours will generally be Tuesday, Wednesday and Fridays 9.30 - 2.30pm. her email is susan@befriended.org.



Sponsor

If you, someone you know, a local church or a local business would like to sponsor one or more of Befriended activities please do encourage them to speak to us.

You could sponsor

Newsletters@£3000 a year or £500 per newsletter bimonthly

Compassionate Conversation Course £500 a course

Compassionate Conversation Training kit £50 per kit

Compassion Cafe £100 per month

Bus Trips £1000 a trip subsidy

Communication

Join us on

Facebook [Befriended.org](https://www.facebook.com/Befriended.org)

Instagram [Befriended_org](https://www.instagram.com/Befriended_org)

Whatsapp community

<https://www.befriended.org>

 office@befriended.org

 0300 772 7703

 www.befriended.org

Funding and giving

Befriended could not do what it does and would not exist if it were not for the financial provision from very kind and generous people.

Recently we have been blessed with grant awards from
Hurstpierpoint Charity Shop £1000 - Holiday at Home & outing
Mid Sussex District Council - £5000 for Hurstpierpoint Tea Parties

Gatwick Foundation Fund - £5000 - Operation Co ordinator

Anonymous - £10,000 - general costs

Henry Smith - £25,000 - Salary costs

We receive around £12,000 in donations at our activities

We receive around £10,000 in donations from individuals.

Befriended's annual budget now sits around £100,000 a year

We have a shortfall of about £30,000

At a recent event it was highlighted that many of us no longer carry cash which can make making small donations more difficult. As we are heading more and more to a cashless society, Befriended has made it possible for you to make donations at our activities using your card. You can decide how much you would like to donate and tap your card. You can make a donation online using our bank details below or you can set up a regular payment. Please please do let us know if you are a tax payer as we can then claim another 25%.

We are committed to ending loneliness and isolation amongst older people living in Mid Sussex - let's do it together! We need you too!

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!

Befriended Values

Love, Friendship, Joy,
Hope, Faith, Valued,
Care, Support

Befriended weekly Diary

September 2024

October 2024

1 Sun	Afternoon Tea Party Gateway Baptist Church Burgess Hill 3-5pm	1 Tue	Community Choir Methodist Church Burgess Hill 10-12 Community Choir Village Centre Hurstpierpoint 2-4pm Compassionate Conversations Millars HPP 7pm
3 Tues	Community Choir Methodist Church Burgess Hill 10-12 Chaplaincy Heath Court 2.30pm Befriended Trustees 7.30pm	2 Weds	Befriended Balance Methodist Ch Burgess Hill 2-4pm
4 Wed	Befriended Balance Methodist Church Burgess Hill 2-4pm	3 Thurs	Compassion Cafe St Andrews's Burgess Hill 12-2pm Bring your lunch and we can eat together Chaplaincy Heath Court Haywards Heath 2.30pm
5 Thurs	Compassion Cafe St Andrews's Burgess Hill 12-2pm Bring your lunch and we can eat together	6 Sun	Afternoon Tea Party Gateway Baptist Church Burgess Hill 3-5pm
10 Tues	Community Choir Methodist Church Burgess Hill 10-12	8 Tues	Community Choir Methodist Church Burgess Hill 10-12
11 Weds	Befriended Balance Methodist Church Burgess Hill 2-4pm	9 Weds	Befriended Balance Methodist Ch Burgess Hill 2-4pm
12 Thurs	Compassionate Conversations Burgess Hill 10.15am	10 Thurs	Compassionate Conversations 10.00am Venue tbc Compassionate Conversations 7pm Venue tbc
15 Sun	Hurstpierpoint Afternoon Tea Party Court Bushes 3-5pm	15 Tue	Community Choir Methodist Church Burgess Hill 10-12 Community Choir Village Centre Hurstpierpoint 2-4pm
17 Tues	Community Choir Methodist Church Burgess Hill 10-12 Community Choir Village Centre Hurstpierpoint 2-4pm Compassionate Conversations Millars HPP 7pm	16 Weds	Befriended Balance Methodist Ch Burgess Hill 2-4pm
18 Weds	Befriended Balance Methodist Church Burgess Hill 2-4pm	17 Thurs	Compassionate Conversations 10.00am Venue tbc Compassionate Conversations 7pm Venue tbc
19 Thur	Compassionate Conversations Burgess Hill 10.15am	18 Fri	Company Lunchtime meal, Venue tbc 12.30pm
20 Fri	Company Lunchtime Meal, The Railway Burgess Hill 12.30pm	20 Sun	Hurstpierpoint Afternoon Tea Party Court Bushes 3-5pm
24 Tue	Community Choir Methodist Church Burgess Hill 10-12 Community Choir Village Centre Hurstpierpoint 2-4pm Compassionate Conversations Millars HPP 7pm	22 Tues	Community Choir Methodist Church Burgess Hill 10-12 Community Choir Village Centre Hurstpierpoint 2-4pm
25 Weds	Befriended Balance Methodist Church Burgess Hill 2-4pm	23 Weds	Befriended Balance Methodist Ch Burgess Hill 2-4pm
26 Thur	Compassionate Conversations Burgess Hill 10.15am Chaplaincy Wellington House Haywards Heath	24 Thurs	Chaplaincy Wellington House Haywards Heath 2pm
2nd Nov	Beauty & the Beast 2pm Burgess hill School	31 Thurs	Compassionate Conversations 10.00am Venue tbc Compassionate Conversations 7pm Venue tbc
7 Dec	Glow Wild 4 pm Wakehurst		
12 Dec	Snow White 11 am - 7 pm Eastbourne		

Join the Whatsapp groups to get your regular updates



WHAT ELSE IS HAPPENING

NEW

befriended
Compassion Café
 A safe place to chat about grief, loss, and share stories about your loved ones.



First Thursday of every month
 St Andrews Church, Cants Lane, Burgess Hill
 12-2pm

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



Sing for Joy

befriended community choir
Tuesday Afternoons
 term time
2-4pm
 Village Centre
 Hurstpierpoint

£5 donation

Come join us and be filled with joy

17th, 24th September, 1st, 15th, 22nd October
 5th, 19th, 26th November, 3rd December

befriended

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

Hurstpierpoint Afternoon Tea party with **befriended**

3pm-5pm
 3rd Sunday of very month
 at
 Court Buses, Willow Way
 Hurstpierpoint

a scrumptious afternoon tea, quizzes, birthday celebrations, making friends, information, advice and great entertainment

15th September, 20th October, 24th November, 15th December

For more information contact office@befriended.org
www.befriended.org 0300 772 7703
 *Nov tea party is the 4th Sunday

Befriended Outings Autumn 2024

Beauty and the Beast – Wings youth theatre

Date: Saturday 2nd November
 Venue: Burgess Hill School for Girls
 Time: 2pm
 Donation: £12.00

Glow Wild. (fully booked) waiting list

Date: Saturday 7th December
 Venue: Wakehurst Gardens
 Time: 4pm
 Donation: Free

Snow White Christmas Pantomime

Date: Thursday 12th December
 Venue: Devonshire Theatre
 Time: 11am - 7pm
 Donation: £50 includes ticket, transport and cooked Lunch

Befriended Christmas celebration Lunch

Date: Wednesday 18th December
 Venue: The Hassocks Pub, Hassocks
 Time: 12.30pm
 Donation: £30 for 4 course meal

Your donation confirms a booking
 call 0300772 7703 or
 email office@befriended.org



Sing for Joy

befriended community choir

Every Tuesday
 10am-12pm

Restart 3rd September

Methodist Church
 London Road
 Burgess Hill

£5 donation including refreshments

Come and join us and be filled with joy

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

befriended



Company
 When eating out becomes a joy again



If you are on your own and would like to join a friendly group of people for a meal and a chat come and join us at our monthly social

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

Date: Friday 20th September
 Venue: The Railway Pub
 Time: 12.30pm

befriended

befriended Balance

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

£5 donation per session

Wednesdays 2pm
 Followed by refreshments



Restarts 4th September

Inclusive for all abilities everyone is welcome

Methodist Church, London Road, Burgess Hill

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

Compassionate Conversations
 Looking at loss in life

When Thursday Sept 12, 19, 26th

Where Burgess Hill

What time 10.15 am

0300 772 7703 www.befriended.org **befriended**
 We look forward to journeying with you

Compassionate Conversations
 Looking at loss in life

When Tuesday 17th, 24th Sept, 1st October

Where The Millars, Hurstpierpoint

What time 7pm

0300 772 7703 www.befriended.org **befriended**
 We look forward to journeying with you

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 stories.

Free donation to help cover the session

Our next afternoon tea is on:

1st Sept, 6th Oct

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