



befriended

November/December

2024 Newsletter

Registered Charity no. 1175623



Gail's Gossip

Well winters here! the long dark nights have arrived. So snuggle up and let me tell you what we have to bring you some cheer and make your days brighter!

In October we celebrated our 8th birthday with two fabulous tea parties and heard amazing stories of the impact Befriended is having upon our communities and people's lives.

In November and December we have so much happening for you to join in with. Use the diary at the back of this newsletter which you can tear off and put on your fridge as a reminder of what's going on. On the days where there are blanks, why not plan ahead to visit someone or invite someone to your home, go for a walk or treat yourself to a meal out.

Christmas can be a difficult time if you are grieving. Plan ahead, do something different and include your loved one in your conversations.

Thank you for all your love, support and friendship, you are all so special. I look forward to seeing you at our activities

God bless you Gail x

0300 7727703

office@befriended.org



Gail, Ingrid and Iris at the 8th Birthday tea party

8th Birthday party and AGM

"That was the best AGM I have ever been to. It was fun, entertaining, informative and inspiring" R

"Today was my first time at a Befriended Tea Party and definite not my last. So... many people but everyone was having a good time" says G.

"Our neighbour told us about Befriended Tea Parties so we came to see if we would like it. We loved it and have booked to go on outings, the Christmas lunch and we thought we would be all on our own on Christmas Day, now we will be with BEFRIENDED" P & F

Hurstpierpoint Tea Party

One of the many highlights of launching a new activity is meeting and getting to know new people. "We couldn't believe what a wonderful afternoon you provide. The tea was like going to the Ritz and the entertainment was brilliant. Everyone was so kind and friendly. We loved every minute. Thank you to everyone" Y & S



Tafrina and Martin dancing the Jive

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

BEFRIENDING WEEK

1-7 NOVEMBER

BEFRIENDED IS BEFRIENDING EVERY WEEK OF THE YEAR

Jackie first attended a monthly tea party with her friend Hazel. At the tea parties she heard about our outings to Worth School, Wakehurst and other various places. She also heard about our Community choir so decided she would give it a go. At the choir Jackie met others who attended the Balance classes on a Wednesday so she asked for help to teach Babsie her guide dog the route and arrived successfully.

"My life has changed beyond all recognition since coming to Befriended. I love all the activities we go to, everyone is so kind and friendly but most of all I have so many friends now. When I used to go to town nobody would speak to me or say hello, it was so isolating. Now I meet so many people, I love it and I am so grateful to Befriended to enriching my life. I now want to give back and am befriending a lady who lives on her own who has dementia. She loves Babsie"

Jackie and Babsie



Eva is a wonderful, bright, intelligent, articulate, engaging, inspiring 96 year old young lady. She comes to everything that is offered by Befriended including our choir, exercise class, tea parties, outings, holiday at home, company and Compassionate Conversations. At our recent AGM Eva asked if she could say something and this is what she said *"It is Befriended's 8th Birthday, I am sad that I have only known about it for the past two years, why did you keep it a secret for so long. I have missed out on 6 years of joy!"*

Eva is our greatest evangelist!, She tells everyone about Befriended and all the activities we offer. We all love EVA.

Ron and Margaret were lonely and isolated living in their flat in Haywards Heath. Tammy, a social prescriber from their GP surgery told them about Befriended. They rang and asked if there would be any chance of someone visiting them. Gail took the call and she happened to be doing a chaplaincy service in the home next door so said she would pop in afterwards the following day.

"We were so excited at having a visitor but did not know what to expect. It was wonderful. We shared our story and told Gail that we were Christians but could not get to church anymore. Gail listened, chatted and then prayed for us. We were full of joy and happiness. Our lives have become bareable again. Gail has visited us since and she always has time to take our calls. Befriended has become a life line".



Ron and Margaret

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



office@befriended.org



0300 772 7703



www.befriended.org

BEREAVEMENT SUPPORT



Time to remember our loved ones.

We will all have significant dates, anniversaries, birthdays that are reminders for us that our loved one is no longer with us. Attending a short simple service with others who know and understand your loss can bring comfort, peace and hope. On Sunday 10th of November Befriended, in partnership with St Andrew's, invite you to join us at 3pm, St Andrew's Church, Cants Lane, Burgess Hill. The service will be hosted by Felicity of St Andrew's and Gail from Befriended will be speaking. There will be an opportunity to have your loved one's name read out, to light a candle and pause for reflection. It is a safe place for you to be, surrounded by people who know, care and understand. You are welcome to stay and join us for tea and cake afterwards.

Compassionate Conversations

Richard visited his GP seeking help after his mother's passing away earlier this year. He saw a poster in the waiting room about Befriended Bereavement support and pursued following it up. Richard attended Compassionate Conversations Course and found it hugely beneficial. *"being able to talk about my grief and understand some of my feelings and emotions with others has been incredible. to learn about gratitude as well as grief has been a significant turn around in my journey. Thank you and I am so grateful to Befriended."*

The next two Compassionate conversations take place on Thursday 14th, 21st and 28th November 10 am in Burgess Hill and 7 pm in Hurstpierpoint. Please book your place ASAP to avoid disappointment. office@befriended.org



A group of eight people journeying through grief together



Company

Eating together, meeting and making new friendships

"The room was full of laughter, smiles, joy and chatter. I was so nervous at going on my own. I had not eaten out with others on my own since my husband had died and I did not know if I would be able to do it. I got to the door and froze. Gail spotted me and came to welcome me and said I could sit next to her. Phew, I made it in the door!

Why on earth was I so worried, It was wonderful. To enjoy conversation, to meet new people, we laughed, we cried and ate a lovely lunch. I booked for the next one but have also arranged to meet up with two other ladies at the garden centre next week. I do not know what my life would look like without befriended bereavement support" A

Unsubscribe

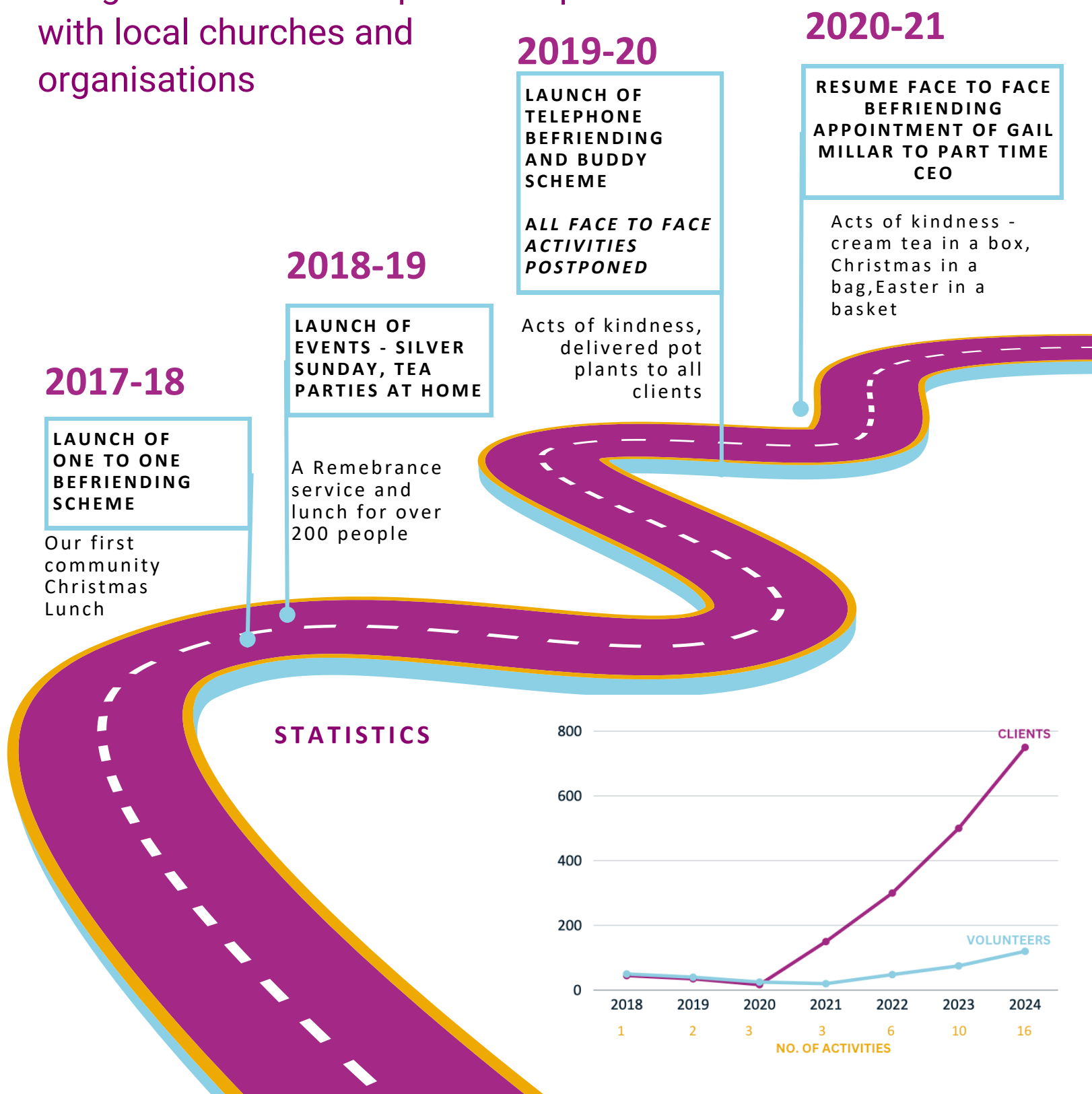
If you no longer wish to receive our newsletter please do let us know either by emailing us at office@befriended.org or call 0300 7727703 and we will no longer send it to you. God Bless



The journey of Befriended

BEFRIENDED'S VISION

To end loneliness and isolation amongst older people living in Mid Sussex in partnership with local churches and organisations



2017-18

LAUNCH OF ONE TO ONE BEFRIENDING SCHEME

Our first community Christmas Lunch

2018-19

LAUNCH OF EVENTS - SILVER SUNDAY, TEA PARTIES AT HOME

A Remembrance service and lunch for over 200 people

2019-20

LAUNCH OF TELEPHONE BEFRIENDING AND BUDDY SCHEME

ALL FACE TO FACE ACTIVITIES POSTPONED

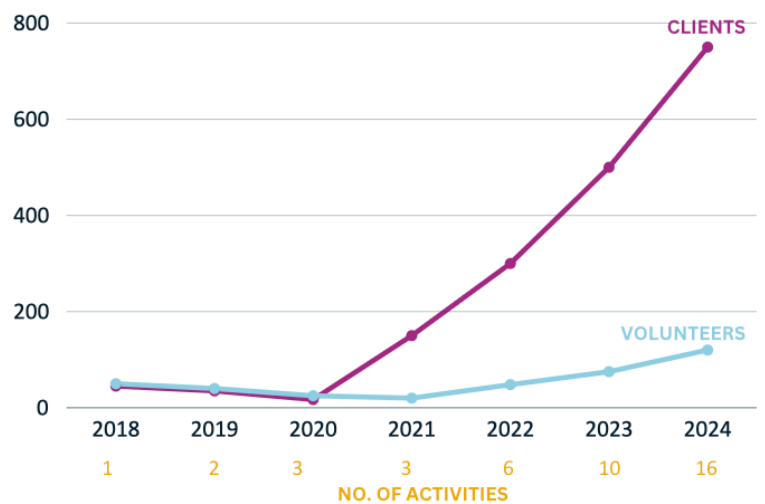
Acts of kindness, delivered pot plants to all clients

2020-21

RESUME FACE TO FACE BEFRIENDING APPOINTMENT OF GAIL MILLAR TO PART TIME CEO

Acts of kindness - cream tea in a box, Christmas in a bag, Easter in a basket

STATISTICS



2017 - 2024

Thank you to all our supporters, funders, clients, volunteers and partners for making Befriended what it is today.

2021-22

LAUNCH OF MONTHLY TEA PARTY
COMMISSIONING OF ANNA CHAPLAINS
LAUNCH OF BEREAVEMENT SUPPORT

New patron Bishop Ruth Bushyager

2022-23

CORONATION CHAMPION AWARD
350 BEFRIENDED BLANKETS DELIVERED
LAUNCH OF BEFRIENDED BALANCE
INTERGENERATION PARTNERSHIP WITH WORTH SCHOOL

Coronation & Jubilee events

2023-24

CEO APPOINTED FULL TIME
LAUNCH OF BEFRIENDED COMMUNITY CHOIR
LAUNCH OF BEFRIENDED BUS TRIPS

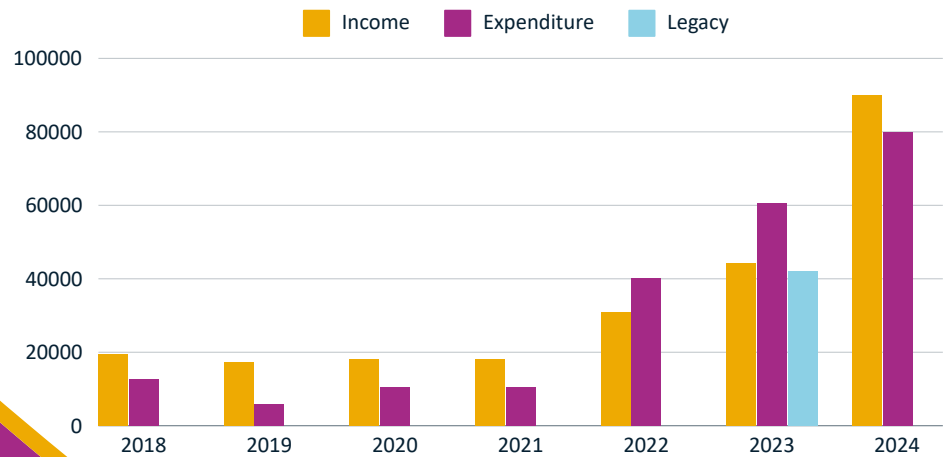
Outings and bus trips - Worth, Wakehurst, Chichester

2024

LAUNCH OF HOLIDAY AT HOME
LAUNCH OF COMPASSIONATE CONVERSATIONS
LAUNCH OF BEREAVEMENT CAFE'S
LAUNCH OF BEFRIENDED 'COMPANY'
AWARD OF INCUBATOR PROGRAMME

Launched a 2nd monthly tea party
Launched a 2nd community choir
Relaunched community Christmas lunch

FINANCES



BEFRIENDED NEWS

Competition Final

November 13th 6-9pm at St Peters Church, Notting Hill, London, will be hosting the Competition final evening. A number of Befriended Trustees past and present will be supporting Gail as well as close friends and family. Sally Alison, a



Champion for Compassionate conversations will be attending the two year incubator training course alongside Gail.

There are four other worthy winners of the competition. We are all winners in so much as we have already won a place on the two year training incubator but one of the 5 finalists will be awarded additional funding of £20,000.

If you would like to attend the evening to support Gail please do contact the office for more details

Christmas Day

Befriended Community Christmas Lunch.

You are more than welcome to come join us for a fun festive Christmas Day. Welcome drinks from 12pm. Four course home made Christmas meal. All and everyone is invited. Please do let us know asap if you would like to join us.

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

 *Communication*
Befriended.org

 **Befriended_org**

 Befriended Whatsapp community

 **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

Chalk Cliff Trust £5000 - General funds

GEM £7000 - Compassionate Conversations

Anonymous - £5,000 - general costs

Henry Smith - £25,000 - Salary costs

Gift Aid £2500

We are able to claim gift aid on small donations up to £30.00. Please do let us know if you are a tax payer so we can claim another 25% on all small donations.

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.

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

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 Diary

November 2024

1 Fri		16 Sat	
2 Sat	Beauty and the Beast - Wings theatre group Burgess Hill School for girls 2.00-4.30pm	17 Sun	
3 Sun	Afternoon Tea Party Gateway Baptist Church Burgess Hill 3-5.15pm Choir & Ko	18 Mon	
4 Mon	Befriended Trustees meeting 7.30pm	19 Tues	Community Choir Methodist Church Burgess Hill 10-12 Community Choir Village Centre Hurstpierpoint 2-4pm
5 Tues	Community Choir Methodist Church Burgess Hill 10-12 Community Choir Village Centre Hurstpierpoint 2-4pm	20 Weds	Befriended Balance Methodist Church Burgess Hill 2-4pm
6 Weds	Befriended Balance Methodist Church Burgess Hill 2-4pm	21 Thurs	Compassionate Conversations 10.30am Burgess Hill Compassionate Conversations 7pm Hurstpierpoint
7 Thurs	Bereavement Cafe - Court Bushes, HPP 9.30-11.00 Compassion Cafe St Andrews's Burgess Hill 12-2pm Volunteer Training - The Millars 7.00-9.00pm	22 Fri	
8 Fri		23 Sat	
9 Sat		24 Sun	Hurstpierpoint Tea Party, Court Bushes HPP 3-5pm
10 Sun	Time to remember service, St Andrews Church, Burgess Hill 3pm.	25 Mon	
11 Mon		26 Tues	Community Choir Methodist Church Burgess Hill 10-12 Community Choir Village Centre Hurstpierpoint 2-4pm
12 Tue	Community Choir Methodist Church Burgess Hill 10-12 Chaplaincy - Heath Court 2.30pm	27 Weds	Befriended Balance Methodist Church Burgess Hill 2-4pm
13 Weds	Befriended Balance Methodist Church Burgess Hill 2-4pm Compassionate Conversations Competition Final - London	28 Thur	Compassionate Conversations 10.30am Burgess Hill Chaplaincy Wellington, Adelaide & Bletchingly 2-4.30pm Compassionate Conversations 7pm Hurstpierpoint
14 Thur	Compassionate Conversations 10.30am Burgess Hill Compassionate Conversations 7pm Hurstpierpoint	29 Fri	
15 Fri	Company Meal - The Railway, Burgess Hill 12.30pm	30 Sat	

Join the Whatsapp groups to get your regular updates



Befriended Diary

December 2024

1 Sun	Afternoon Tea Party Gateway Baptist Church Burgess Hill 3-5.15pm Befriended Christmas concert with Befriended Choir and Bishop Ruth Bushyager	16 Mon	
2 Mon		17 Tues	
3 Tues	Community Choir Methodist Church Burgess Hill 10-12 with Cheeky Monkeys Community Choir Village Centre Hurstpierpoint 2-4pm	18 Weds	Befriended Christmas Lunch - The Hassocks 12.30pm
4 Weds	Befriended Balance Methodist Church Burgess Hill 2-4pm	19 Thurs	Chaplaincy - Carol singing at Wellington, Adelaide and Bletchingly - Haywards Heath 2-4.00pm
5 Thurs	Bereavement Cafe - Court Bushes, HPP 9.30-11.00 Compassion Cafe St Andrews's Burgess Hill 12-2pm	20 Fri	
6 Fri		21 Sat	
7 Sat	Glow Wild, Wakehurst, 4pm	22 Sun	
8 Sun	Afternoon tea with the students at Worth School 2pm departure from Gateway Baptist Church	23 Mon	
9 Mon		24 Tues	
10 Tues	Community Choir Methodist Church Burgess Hill 10-12 with Childrens Choir - Handcross Park School Christmas carol concert - Heath Court 2.30pm	25 Weds	Community Christmas lunch with Befriended 12 pm onwards, Village Centre, Hurstpierpoint
11 Weds	Befriended Balance Methodist Church Burgess Hill 2-4pm	26 Thurs	
12 Thurs	Befriended Bus Trip - Snow White Eastbourne Leave Gateway Baptist Church 11 am	27 Fri	
13 Fri		28 Sat	
14 Sat		29 Sun	
15 Sun	Hurstpierpoint Tea party - Carol Concert 3-5pm Court Bushes, Hurstpierpoint	30 Mon	
		31 Tues	

Join the Whatsapp groups to get your regular updates

