



# befriended

January/February  
2025 Newsletter

Registered Charity no. 1175623



## Gail's Gossip

Happy New Year!

We have so much to tell you in this bi monthly newsletter, it is a challenge to fit it all in. December was jam packed full of wonderful events, people, stories, joy and happiness. We will give you a flavour of what happened.

As we look back on 2024 we are full of gratitude. So many wonderful people have joined Befriended - clients, volunteers, partners and supporters. Thank you all so much for what you contribute, we are loving you being on our journey with us. Everyone makes a difference and together we will bring an end to loneliness and isolation!

We are so excited at what 2025 will bring, we recommence all our activities from Jan 2nd so use the calendar to fill your diaries. Read later in the newsletter all about a new service we have starting this term.

From all of us at Befriended we wish you and all those you love a very very happy 2025. Whatever it brings we hope and pray it is full of joy, hope, peace, contentment, love and friendship.

God bless you. Gail x

0300 7727703

office@befriended.org



Greta and Lillian with Grace from Worth School



A little child from Cheeky Monkeys giving a christmas Card to Alison

## Befriended bringing the generations together

There is something so beautiful at bringing the generations together.

We thoroughly enjoyed a Christmas afternoon tea provided by the students of St Annes House, Worth School. Students said "I am inspired by these beautiful older people, I want to be like them". "The first time I have ever been told 'I love you' was by Greta" - from Befriended.

The little children from Cheeky Monkeys nursery came to sing Christmas songs to the choir members and then gave out Christmas cards they had made to Befriended clients.

Students from Handcross Park School came to perform a beautiful concert, then chatted to the clients. Roger, a Befriended Client was delighted to talk to the students as he used to work at the school many years ago and planted a tree which now is enormous. He has been invited back to the school to visit.



Alan and Margaret enjoying a chat with a student from Handcross park School



A choir ensemble and stringed orchestra from Handcross Park School

**Don't forget** to tell us your birthday so our Befriended Angel can send you a card  
We will bring an end to loneliness and isolation one by one and together



# DECEMBER'S

## BEFRIENDED BRINGS JOY IN ABUNDANCE



*Bishop Ruth Patron of Befriended*

Bishop Ruth Bushyager is proud to be the Patron of Befriended. On the first of December she came to Befriended Christmas monthly Tea Party with over 130 people in attendance. The Befriended Choir, of whom a number are living with dementia, performed a beautiful carol concert led by choirmaster Ira Thomas. Bishop Ruth wore a Christmas Jumper and shared a poem she had written about her Christmas Jumper with the word BELIEVE on it. "This afternoon will be the highlight of my Christmas, a beautiful thing is happening here".



*Hurstpierpoint Christmas Tea party*

A wonderful afternoon full of fun and festivities. Richard Coldicott - Rector of Holy Trinity shared the Christmas Story using the illustration of Christmas tree decorations. A highlight of the afternoon was Nick singing O come all ye faithful. Nick has dementia and has the most beautiful voice.

We had lots of new people come and they were overwhelmed with the afternoon. "I thought I was coming for a cup of tea and a biscuit, but it was a feast for a king, and presents! You are all so kind and generous, thank you!"



*Befriended Christmas Lunch*

86 people attended our Befriended Christmas Lunch at the Hassocks Pub. It was a superb afternoon. We enjoyed a scrumptious lunch, sang carols, had a solo from 11 year old Charlotte. Francis said "Having been so poorly and in and out of hospital, I really wanted to be here today! it is wonderful!" Two new befriendees said "we have only recently joined Befriended and it has changed our lives, we feel we belong to something very special, and this Christmas you have made it unforgettable".



*Burgess Hill Christmas Tea Party with over 130 people & Befriended Community Choir Christmas Carol Concert*



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



0300 772 7703



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



# DELIGHTS

## HEARTWARMING STORIES



*Two friends reunited*

Rosemary and Brenda arrived at the Befriended Christmas lunch and spotted one another across the room. The both gasped at seeing one another as they had not seen one another for many many years. Brenda and Rosemary were in the bed next to one another in Cuckfield Hospital when their sons were born 60 years ago. They lived in the same street and were the best of friends. Brenda moved away and they lost touch until the 12th of December at the Befriended Christmas Lunch "We have not stopped talking all lunchtime and Befriended has brought us back together"



*Alison, Tim and daughter*

Alison is a beautiful woman, married to Tim. They live in Hurstpierpoint and Tim is Alison's main carer with the help of other carers including our lovely Sharon who leads Befriended Balance. Alison normally comes along to our Choir on a Tuesday and Balance on a Wednesday. Alison had been really unwell for a few weeks before Christmas and was sleeping alot. Tim, Alison and their daughter Kath joined us on Christmas Day and Tim said to Stuart "Alison was determined to get here today, and we have made it. Today has been so special for us to be here thank you"



*D & Puppet*

A small team from Befriended led carol services in a few care homes before Christmas. Neil and Shirley told the Christmas story using puppets. Diana a resident said, I have seen many many nativities over my life time and today was the best. You have made my Christmas"



*Ron and Val first trip out in years*

Ron and Val have not left their home for years, they ventured out with Befriended on an outing to Eastbourne "I cant believe we are here, we have had a wonderful bus trip, fish and chips in a restuarant and now we are in a theatre for a pantomime, we must be dreaming" said Ron and Val. "Befriended is amazing and has brought us life"



*Befriended Team taking Christmas services in Care homes*



*Befriended outing with 66 people to Snow White panto in Worthing*



# BEFRIENDED NEWS

## Coming Soon!

Many of our clients are either carers of their loved ones living with neuro-cognitive disorders or are living with it themselves. Befriended has wanted to offer support but has not had the expertise or resources. Recently a new volunteer who is an expert with vast experience in the NHS has offered her time to Befriended to be part of a team in providing a cafe. We are gathering a team of people with experience and knowledge and hope to launch CAFE NEURO in the next couple of months.. WATCH THIS SPACE!

## Thank you

Thankyou to everyone who sent Christmas cards, notes, gifts and letters of appreciation over the last few weeks, all have been hugely appreciated and your very kind messages of thanks warm our hearts and encourage us to keep doing what we are doing

## 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.

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

**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!

**office@befriended.org**

**0300 772 7703**

**www.befriended.org**



The poster features a yellow background with a purple and white bunting banner at the top. The word 'befriended' is written in a white, lowercase, sans-serif font with a small smiley face above it. Below it, 'Coming Soon' is written in a smaller, purple, sans-serif font. The main title 'Cafe Neuro' is written in a large, blue, sans-serif font, slanted upwards. Below the title, there is a purple box containing white text: 'A warm and welcoming space offering support, signposting and a listening ear for those caring for and living with major neurocognitive disorders'. At the bottom of the poster, there is a purple box with white text: 'Mondays at The Salvation Army Hall in Burgess Hill'. At the very bottom, in a smaller font, it says 'For more information contact office@befriended.org www.befriended.org. 0300 772 7703'.

### Join us on

Facebook Befriended.org  
Instagram Befriended\_org  
Whatsapp community  
<https://www.befriended.org>

## Befriended Values

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

# Befriended Monthly Diary

## January 2025

|    |  |    |   |
|----|--|----|---|
| 1  | <b>Happy New Year!</b>   | 16 | Compassionate Conversations 10.30am Burgess Hill<br>Compassionate Conversations 7pm Hurstpierpoint  |
| 2  | Bereavement Cafe 12-2pm<br>St Andrews Church, Cant's Lane, Burgess Hill                                    | 17 | Company Meal - The Woolpack, Burgess Hill 12.30pm   |
| 3  |  | 18 | Community volunteer fair, Martlets, Burgess Hill  |
| 4  |  | 19 | <b>Afternoon Tea Party Court Bushes, Hurstpierpoint 3-5pm</b>   |
| 5  | <b>Afternoon Tea Party Gateway Baptist Church Burgess Hill 3-5.15pm</b>                                    | 20 |   |
| 6  | Befriended Trustees meeting 7.30pm   | 21 | Community Choir Methodist Church Burgess Hill 10-12<br>Community Choir Village Centre Hurstpierpoint 2-4pm  |
| 7  | Community Choir Methodist Church Burgess Hill 10-12<br>Community Choir Village Centre Hurstpierpoint 2-4pm | 22 | Befriended Balance Methodist Church Burgess Hill 2-4pm  |
| 8  | Befriended Balance Methodist Church Burgess Hill 2-4pm   | 23 | Compassionate Conversations 10.30am Burgess Hill<br>Chaplaincy Wellington, Adelaide & Bletchingly 2-5pm<br>Compassionate Conversations 7pm Hurstpierpoint |
| 9  |  | 24 |   |
| 10 |  | 25 |   |
| 11 | Befriended Outing - Scrooge-The Musical. Henfield Village Hall. 6pm  | 26 |   |
| 12 |  | 27 |   |
| 13 |  | 28 | Community Choir Methodist Church Burgess Hill 10-12<br>Community Choir Village Centre Hurstpierpoint 2-4pm  |
| 14 | Community Choir Methodist Church Burgess Hill 10-12  | 29 | Befriended Balance Methodist Church Burgess Hill 2-4pm  |
| 15 | Befriended Balance Methodist Church Burgess Hill 2-4pm   | 30 | Compassionate Conversations 10.30am Burgess Hill<br>Compassionate Conversations 7pm Hurstpierpoint  |

Join the Whatsapp groups to get your regular updates



# Befriended Monthly Diary

February 2025

|    |   |    |   |
|----|---|----|---|
| 1  |   | 16 | Afternoon Tea Party Court Bushes, Hurstpierpoint 3-5pm  |
| 2  | Afternoon Tea Party Gateway Baptist Church Burgess Hill 3-5.15pm  | 17 | Half Term 17-21st   |
| 3  |   | 18 |   |
| 4  | Community Choir Methodist Church Burgess Hill 10-12<br>Community Choir Village Centre Hurstpierpoint 2-4pm                                  | 19 | Befriended Balance Methodist Church Burgess Hill 2-4pm  |
| 5  | Befriended Balance Methodist Church Burgess Hill 2-4pm  | 20 | Compassionate Conversations 10.30am, The Brow Surgery, Burgess Hill<br>Compassionate Conversations facilitators Training 7pm Hurstpierpoint             |
| 6  | Bereavement Cafe 12-2pm<br>St Andrews Church, Cant's Lane, Burgess Hill   | 21 | Company Meal - The Railway Burgess Hill 12.30pm   |
| 7  |   | 22 |   |
| 8  |   | 23 |   |
| 9  |   | 24 |   |
| 10 |   | 25 | Community Choir Methodist Church Burgess Hill 10-12<br>Community Choir Village Centre Hurstpierpoint 2-4pm  |
| 11 | Community Choir Methodist Church Burgess Hill 10-12   | 26 | Befriended Balance Methodist Church Burgess Hill 2-4pm  |
| 12 | Befriended Balance Methodist Church Burgess Hill 2-4pm  | 27 | Compassionate Conversations 10.30am Burgess Hill<br>Chaplaincy Wellington, Adelaide & Bletchingly 2-5pm<br>Compassionate Conversations training 7pm HPP |
| 13 | Compassionate Conversations 10.30am, The Brow Surgery, Burgess Hill<br>Compassionate Conversations facilitators Training 7pm Hurstpierpoint | 28 |   |
| 14 |   | 29 |   |
| 15 |   |    |   |

Join the Whatsapp groups to get your regular updates







# Befriended Smiles



**befriended**  
*Making a difference one smile at a time*



# WHAT ELSE IS HAPPENING

**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](mailto:office@befriended.org)  
[www.befriended.org](http://www.befriended.org) 0300 772 7703



*Sing for Joy*



**befriended community choir**

### Tuesday Afternoons

term time  
**2-4pm**  
Village Centre  
Hurstpierpoint

£5 donation Afternoon tea and cake included

All are welcome Come together and sing for joy

7th, 21st, 28th January, 4th, 25th February  
4th, 18th, 25th March, 1st April

**befriended**

For more information contact [office@befriended.org](mailto:office@befriended.org)  
[www.befriended.org](http://www.befriended.org) 0300 772 7703

**Hurstpierpoint Afternoon**

January/February 2025 Newsletter

**befriended**

3pm-5pm at  
Court Bushes community Hub  
Willow Way, Hurstpierpoint, BN6 9TH

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

All are welcome

Our afternoon tea is on  
**3rd Sunday of each month**

Come and join us

For more information contact [office@befriended.org](mailto:office@befriended.org)  
[www.befriended.org](http://www.befriended.org) 0300 772 7703

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 Afternoon tea and refreshments

Our next afternoon tea is on:  
**JANUARY 5TH & FEBRUARY 2ND**

For more information, contact [office@befriended.org](mailto:office@befriended.org)  
[www.befriended.org](http://www.befriended.org) 0300 772 7703

**Company**

*When eating out becomes a joy again*



**3RD FRIDAY OF THE MONTH**  
**12.30PM**  
**ALL ARE WELCOME**  
Please book and choose your meal  
[office@befriended.org](mailto:office@befriended.org)  
January - The woolpack  
February - The Railway

*Sing for Joy*



**befriended community choir**

Every Tuesday  
10am-12pm

All are welcome

Methodist Church  
London Road  
Burgess Hill

£5 donation including refreshments

Come and join us and be filled with joy

**befriended**

for more info contact us at [office@befriended.org](mailto:office@befriended.org) or call 0300 772 7703

**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

Restarted 4th September

Inclusive for all abilities everyone is welcome

Methodist Church, London Road, Burgess Hill

For more information, contact [office@befriended.org](mailto:office@befriended.org)  
[www.befriended.org](http://www.befriended.org) 0300 772 7703

**Compassionate Conversations**

*Looking at loss in life*



Facilitated conversations discussing Past and Present Grief and Gratitude Bereaved and Believe

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

**Compassionate Conversations**

*Looking at loss in life*

When: Thursdays 16, 23 and 30 January

Where: Burgess Hill and Hurstpierpoint

What time: 10 am and 7 pm

0300 772 7703 [www.befriended.org](http://www.befriended.org)

We look forward to journeying with you

**befriended**

Coming Soon

## Cafe Neuro

A warm and welcoming space offering support, signposting and a listening ear for those caring for and living with major neurocognitive disorders

**Mondays at The Salvation Army Hall in Burgess Hill**

For more information contact [office@befriended.org](mailto:office@befriended.org)  
[www.befriended.org](http://www.befriended.org) 0300 772 7703