

AGE Concern CHISWICK

Christmas memories

Christmas Lunch: 5th December. Our annual Christmas lunch was hosted by our lovely friends at IMG, Chiswick Business Park. It was an event to remember!

The team at IMG took charge and laid out a sumptuous spread of roast turkey with lashings of gravy, roast potatoes, veg and brussel sprouts, topped off with indulgent mince pies. The tables were laid out beautifully and we even had crackers to make it truly festive

There was also a raffle and a sing-along, enjoyed by the 40 members who attended the year end extravaganza.



Top: Members ready to tuck in!
Above: A fine Christmas spread.
Left: The brilliant IMG team

David says...



A belated Happy New Year to all of you. Your committee's plans for the year ahead include the recruitment of more volunteers so that we can enhance the services that we offer to our Members. This is not an easy task and it will probably take some time to get where we want to be, but we will persevere.

In the last newsletter I mentioned that we would provide sources of information and advice about dealing with the current cost of living challenges. We do have links to online websites which can be provided to anyone who wants them but producing a document has so far not been possible. If you need the advice but have no access to the Internet please raise this with the office and I will follow up.

BIRTHDAY

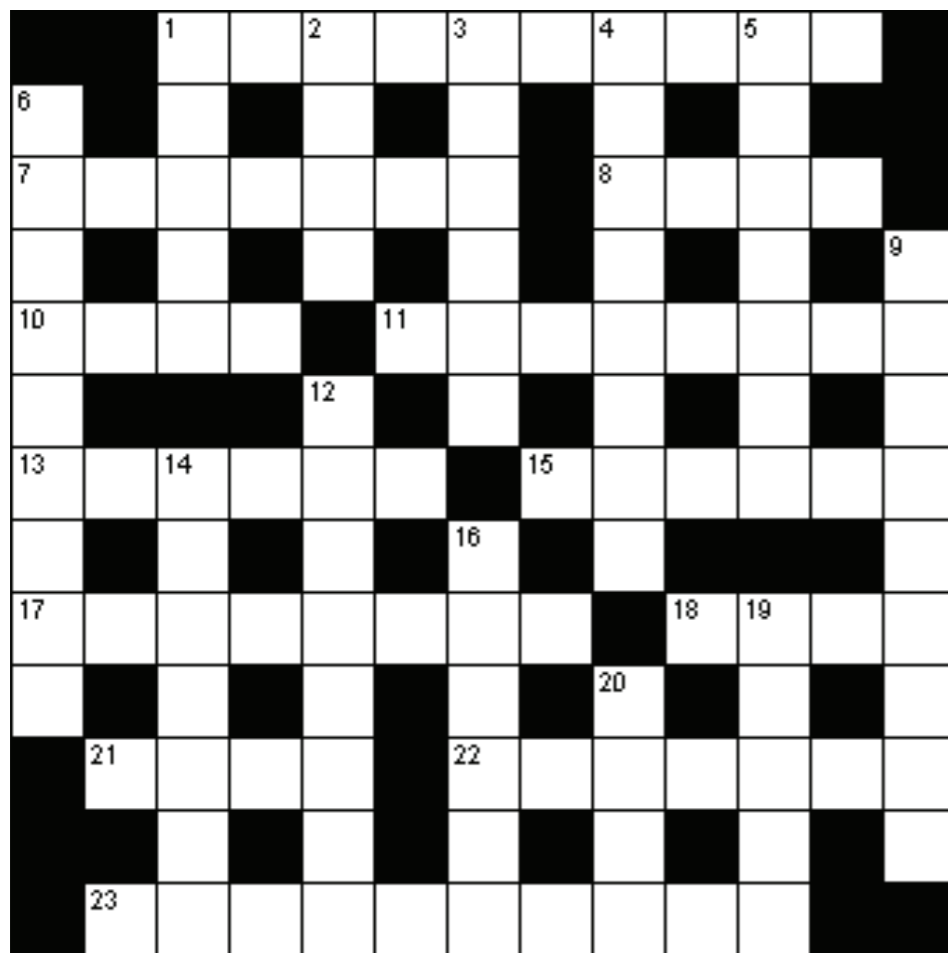
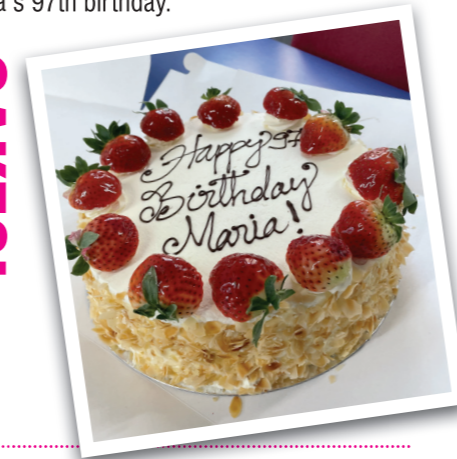


Top: Dot baked, decorated and iced a cake for Kay's 74th. It was delicious!

Above: Birthday Girl Kay.

Below: Cake donated by Piera for Silvana Maria's 97th birthday.

CAKES!



Across

- 1 Link (10)
- 7 Exonerate (7)
- 8 Unwanted e-mail (4)
- 10 Cain's brother (4)
- 11 Member of the family (8)
- 13 Cake-burning king (6)
- 15 Large wasp (6)
- 17 Mixed (8)
- 18 Pal (4)
- 21 River of Egypt (4)
- 22 Copy (7)
- 23 Comprehend (10)

Down

- 1 Hereditary class in India (5)
- 2 Invalid, not binding (4)
- 3 Made level (6)
- 4 One who makes a will (8)
- 5 Formal speech (7)
- 6 Boat with two hulls (9)
- 9 Autumn month (9)
- 12 Bring back (8)
- 14 Mode (7)
- 16 Dangers (6)
- 19 Listened to (5)
- 20 Capital of Peru (4)

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Members really enjoyed the trip to the Longacres garden centre at the end of November. Check our activity calendar for details of the next trip.



SPECIAL ACTIVITIES

THURSDAY TALKS

Thursday 16th February: 12 noon

A short talk by a representative of Scottish and Southern Electricity about Priority Services Registers. All energy suppliers and network operators are legally required to keep a register of vulnerable customers. He will explain who is eligible and how to get your name recorded.

Thursday 2nd March: 11.30 am

Hounslow's Community Solutions team will come to talk about how this service can help you access information on various topics: *'The CS team plays a vital role in supporting residents across the borough. It works by linking residents up with a wide range of services in the community including advice services, skills classes, health and wellbeing services and social events.'*

Thursday 16th March: 11.30 am

A performance by ArtsEd students who will put on a show including performances on piano, cello and singing.

(All talks are free to attend.)

DAY TRIPS

Wednesday 22nd February

Squires, Shepperton

Cost £10. Please contact Barbara for details.

A NEW INITIATIVE

Ear wax removal clinic.

Thursday 16th February

We have a new occasional service starting. Nashart Be is a trained practitioner in suction ear wax removal. She will check your ears and remove wax if needed. A follow up appointment can be made for 23rd February.

The charge (for both ears) is £15 to check and an extra £30 to remove any wax. You need to treat your ears with oil daily for a week beforehand. Please book your half hour slot with Barbara.

MORE CHRISTMAS MEMORIES

Christmas Tea

Open to members and attended by about 40, the Christmas tea was another occasion to enjoy the seasonal festivities. This event was organised by some of our favourite volunteers - Gayla, Rubina and Emma to name a few.

A nice tea with festive treats was laid out, enjoyed while volunteer Scott played Christmas carols on the piano. There was even a sing along to get everyone in the mood!



Christmas Wrapping Party

Organised by the Co-op for charity Heston Skaters and Families, we held a party at which several of our members came together to wrap up donated pressies for disadvantaged children. It was a lovely morning with the added feel good factor of contributing to a child's happiness. The charity sends its heartfelt thanks to all involved. The picture at the bottom shows the Co-op's donation cheque to the Friendship Club. It was over £2,000 and we are, of course, extremely grateful!



EVENTS SCHEDULE

Standard Activities

Monday 20th February

Monday 6th March

Monday 13th March

Line Dancing 10.30 – 11.30

Keep Fit 12.00 – 13.00

Bingo 13.30 – 15.30

Thursday 16th February

Thursday 2nd March

Thursday 16th March

Yoga 10.15 – 11.00

Bingo 13.30 – 15.30

Thursday 20th February

Thursday 9th March

Thursday 16th March

Yoga 10.15 – 11.00

Arts, Crafts &

Games 11.15 – 13.00

Bingo 13.30 – 15.30

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