

Newsletter

Rural Coffee Caravan Information Project

Information
on board

"come in
for a chat..."

September 2010



Levington



Levington, which won the Calor England village of the year in 2008, is a small village with 250 residents living in approximately 100 houses. There is a wonderful community spirit and its residents are very active and involved. Despite having no village stores they have a great village hall which is always in use. We attended their lunch club and were surprised to see how much they already knew about what is going on in Suffolk. We were joined by Anna and Francis (below) from Suffolk Family Carers, who spoke to the villagers about their telephone befriending scheme 'Talk and support' where volunteers call carers, who can be isolated, lonely, exhausted and suffering from stress, for 20 minutes a week. Training is provided and phone expenses are paid. Carers need a friendly voice, especially during the run up to Christmas, so please Call 01473 835409 if you could become a valuable talk and support volunteer.

Levington Village website <http://www.onesuffolk.co.uk/LevingtonPC/>

Digital TV switchover is coming to Suffolk in summer 2011. Garry will be training as a volunteer to give switchover help scheme advice to the people we support. See more about the help scheme in the November newsletter.





Thorpeness is well known as a beautiful part of the Coast and often swamped by tourists. We go there to act as a regular social centre for the full-time residents to meet and find out what is available for them in Suffolk.



Parking outside the shop we are close to Almshouses that house some frail and vulnerable elderly people. They love to visit and they are all keen to keep this unique place in tip top condition and attend the many cultural events held here.



This fine 91 year old fellow lives in Kesgrave but drives 15 miles to Blaxhall for their coffee mornings.

As Remembrance Day approached he looked at advice from the British Legion. They have funded a holiday to Europe where he fought during World War 2 and was held in a P.O.W. camp. We have been able to help him by arranging for a visit from the Legion, when he was worried about his car breaking down. He is also now benefitting from a new heating system provided by warm-front and a home-shield plus visit.



We visited Barningham village hall, where every week they have a social club. They were very interested in the information and remarked that they had never seen so much in one place before! Normally they play board games, sell books and bric-a-brac and having us there was a nice change!

They are lucky enough to have a good shop and plenty of open green space in this village. Because of this lots of elderly people settle here and Garry was busy changing the Ferrules on the end of walking sticks, 7 changed here in one visit alone. These help prevent people slipping over and breaking bones, so we try to raise funds to continue to provide ferrules.

Our website will be updated soon with a better version, new links and for the first time ever you will be able to see all of the upcoming visits of the caravan and camper. Plus listings of all of the villages we visit.

People will also be able to make donations online just by clicking on a button.

We will also be able to make more use of gift aid, enabling us to receive extra money from the government, on donations made by taxpayers. Keep an eye out on the newsletters for more information about the new website.





Did you know we have a stunning team of around 10 volunteers without which we could not operate?

Every now and then we will feature a volunteer in the newsletter. This time it is Jane from Kesgrave.

We also have volunteers in nearly every village we visit who help to advertise our events by putting up posters and delivering our postcards (with details of our visits) through residents' front doors. If you think you could do this in your village or would like us to visit the village please contact Ann Osborn on 01379 670370.

Extensive travel around Suffolk allows us to see its best scenery in all seasons and Garry, a very keen photographer, takes all the photographs for the newsletters. To celebrate our beautiful county we will occasionally include a photo showing the beauty of Suffolk, This time a foggy field at dusk with a bright September moon.



Name/Age/Location:

Where did you find out about the Project?

What's the best thing about volunteering for the project?

What's the best feature of the project?

What is the most useful information carried by the Caravan?

What do you think is the most helpful aspect of the project?

What has been your favourite place you have visited with us?

What is your favourite place in Suffolk?

What is your favourite cake and hot drink?

Jane Cody, 51, Kesgrave.

Saw Garry at the Suffolk Show and he talked me into it!
Exploring Suffolk and meeting lots of interesting people.

Information and expert knowledge.

Where to go for help on almost anything.

Nothing is too much trouble.

Beck Row

Ramsholt

Mother's chocolate sponge cake and mulled wine!