

Newsletter

Rural Coffee Caravan Information Project

Information
on board

"come in
for a chat...!"

1st Quarter 2011



Ashbocking has some enthusiastic residents who wanted to have somewhere to meet, play games and chat. The Suffolk Wildlife Trust has kindly allowed their headquarters in the village to be used on Saturdays throughout the winter as a venue for a coffee morning. Each visit is different and has a theme. Garry also gives them snippets of the most up to date services and events in Suffolk. We have so far arranged two Fire Security Homeshield Plus visits for elderly residents here.



At a project visit in January, one of our busiest volunteers Carol Birch (right) shows ladies at Barking Social Club pictures of one of our summer outdoor visits to their village. Our volunteers are invaluable to the operation of the project as a whole and we are very grateful to them. More about Carol in the next newsletter. Meet Angela, another volunteer, later in this one.



The villagers in Finningham took up our suggestion to take it in turns to have winter coffee mornings at home and now host some wonderful chat and coffee sessions and look at their cake making skills.....!

They even do book swaps, see below.

We support these events by joining at least one through the winter updating everyone on the many winter initiatives run by our partner agencies.



Hmm.... An early Rural Coffee Caravan perhaps?? Spotted and photographed somewhere in "outback" Suffolk sometime in February.





This is the first year that the project has had the capacity for winter visits. We use the time to link in to existing village events and we like to take representatives from agencies whose information we carry. This is proving to be very popular, especially if there are items to look at, and examine. One organisation that regularly attends our visits is the very friendly and helpful West Suffolk Voluntary Association for the Blind.



Right- the Ladies at Ousden have a talk and interactive session with two members of the organisation Tom and Chris.



Some of the aids and equipment on display are special low energy daylight simulating light bulbs, talking cooking scales and alarm clocks. Also on hand to view were various anti glare eye shields in different tints to aid vision problems related to many sight loss conditions. Large print diaries, phones and writing aids as well as illuminated magnifiers (above left) were some of the favourite items examined. Among the more high-tech items is a talking book device which has books on USB sticks, and a memory pen which speaks when touched on stickers placed on objects.

Below-left West Suffolk Association for the Blind with us on another visit, this time in Hundon village hall
Below-right A 'mouse magnifier' is demonstrated, allowing paper to be viewed in very large format on any TV??



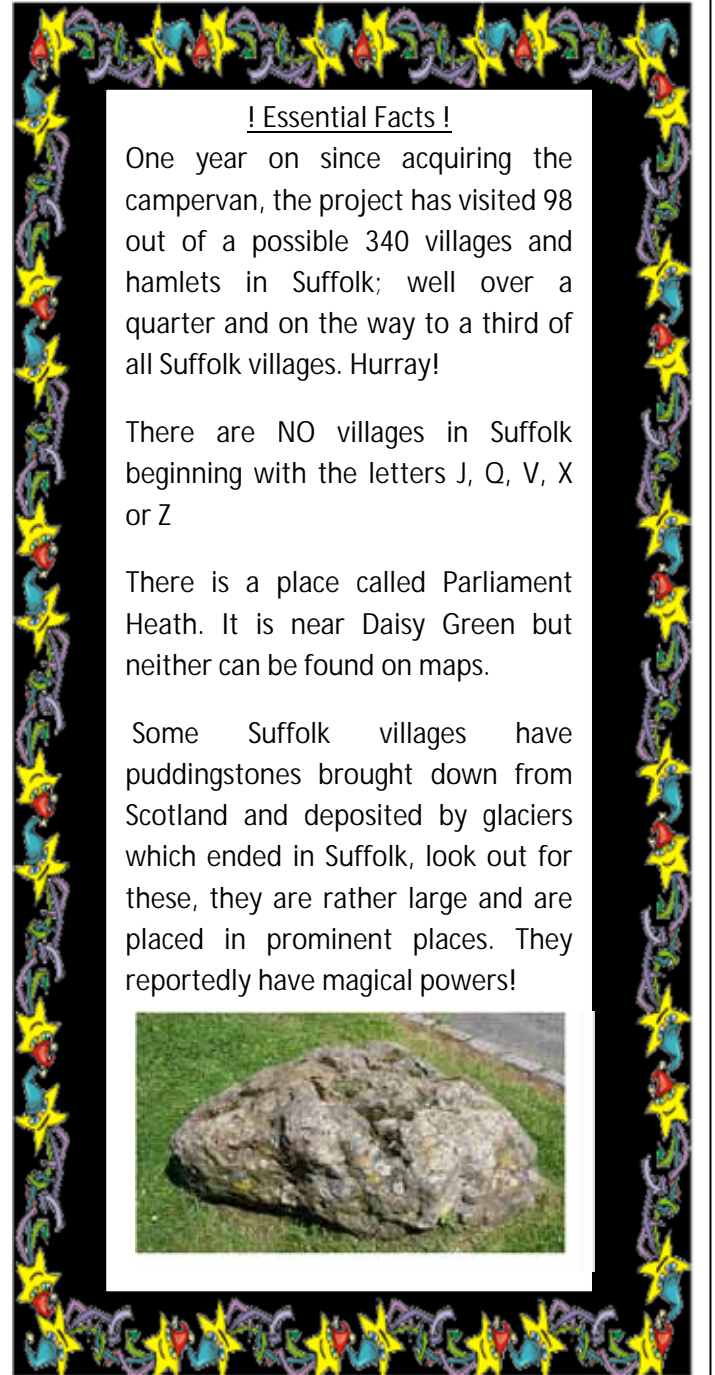
Other services provided are computer training, low vision therapy, holidays, a regular newsletter, Braille classes, entertainment, social events and community workers who carry out home visits to assess needs. To find out about everything this comprehensive and friendly organisation provides call 01284748800 or visit www.wsvab.org.uk



Suffolk Volunteer

Angela

Waterson



! Essential Facts !

One year on since acquiring the campervan, the project has visited 98 out of a possible 340 villages and hamlets in Suffolk; well over a quarter and on the way to a third of all Suffolk villages. Hurray!

There are NO villages in Suffolk beginning with the letters J, Q, V, X or Z

There is a place called Parliament Heath. It is near Daisy Green but neither can be found on maps.

Some Suffolk villages have puddingstones brought down from Scotland and deposited by glaciers which ended in Suffolk, look out for these, they are rather large and are placed in prominent places. They reportedly have magical powers!



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?

"Angela Waterson, 60 (usually feel younger), Carlton Colville".

"Spoke to Garry at the Suffolk Show and he was quick to follow it up!"

"Being part of the process in helping people access services which lead to a better quality of life."

"Up to date information, e.g. – Digital Switchover".

"Advice on benefits – Some very genuine people would otherwise miss out".

"Enables people in rural areas to have fellowship with others they would not normally meet".

"St James, South Elmham".

"Walberswick".

"Lemon polenta cake and decaffeinated tea".



Left – We had 2 tables heaving with leaflets at the highly successful Soup-a-lunch at Shotley village hall with over 60 people attending. Over the winter we have made our first visits with the project in the Babergh area of the Shotley peninsula. Over the last few months the project has visited existing clubs at Chelmondiston, Harkstead, Stutton and Bentley. New territory for us!

Below- another visit to a craft morning in Ashbocking, this time knitting, look at these wonderful knitted characters!



Left and below

Success After Stroke (SAS) has been running for over 10 years. It meets at the Stevenson Centre in Great Cornard 5 days a week, offering different activities. The group aims to help stroke survivors get on with their lives in a positive manner.

On our visit with the campervan we distributed free books as well as useful literature on disabled holidays and easy access accommodation in England.

To get the best out of SAS members need to be motivated and to be willing to contribute to the group. They have a wide range of ages and degrees of disability amongst this energetic and sympathetic group. If you are a stroke survivor or a carer/partner or if you know of someone, who you think may benefit from their support, please call **Val Scott** on **01473 829271** or **Viv Bourne** on **01787 212233**





Above

Stutton Church, home of the 'Soup and Roll' club that was visited on a Saturday with the campervan. They liked it so much that we are arranging an outdoor visit in summer.

Left

Volunteer Jason King dispenses some information at Hundon coffee morning. Having not explored much outside Ipswich, he enjoys visiting small village communities.

Below

Hundon Coffee morning with Jason at our display in their stunning new village hall.



The inside of Stutton Church; these side rooms make great spaces to have a Saturday 'Soup and Roll' meeting.



Above - Kids face painting at the "Love Your Heart community lunch" in Ipswich, organised by the Town and Bridge project.

Below - Julie Stokes (Immediate right of pink box) organises this great fun event aimed at promoting health + fitness





This event had free healthy food, dancing and exercises. It was also attended by PCSOs giving out safety info. The Deputy Mayor of Ipswich also dropped by to meet everyone. We were on hand to provide access to information and advice.

Garry was also able to witness the talent of the "Keep on Rocking" singers. This led to their appearance centre stage at our Golden Age Fair in Woolpit on April the 1st (about which, more next time)

