

Newsletter

Rural Coffee Caravan Information Project

Information on board
"come in for a chat..."

JULY 2010



Suffolk Family Carers held a mini pamper day for Carers in need of respite from caring for a relative, for a small donation they received foot massage, Reiki, shoulder massage and manicures. The Campervan was on hand outside to provide somewhere for the people to sit and chat whilst waiting for their treatment, and to browse the information. Recently a carer telephone befriender service has been launched too.



The Caravan visits Finningham and some of the regulars join for a good chat and catch-up. A representative from Suffolk Family Carers recently gained a couple of Finningham villagers as telephone befrienders calling people who are isolated caring for a family member.



Left-A Local lady from Redlingfield receives a free hands free can opener from the coffee caravan. This is one of two kindly donated by JML specially designed for use by people with arthritis and handling problems. An e-mail explaining The Rural Coffee Caravan Information Project prompted the donation.



Above-Right- A Lady from Hopton drop in centre who benefited from a Homeshield plus visit.

Below- Hopton drop in centre and lunch club, most people here still live in their own homes but come for the social aspect, visiting these places is very worthwhile as most of the information carried by the Rural Coffee Caravan Information Project is targeted at helping people to remain independant in their own homes for longer.





The Project was on hand at the Peoples Community Garden in Ipswich for the Vegetable Games. The event was well attended by over 400 people, Mayor of Ipswich, Councillor Jane Chambers visited us along with Derrick Holder (Chair-Ipswich Allotment Holders Association) and Councillor Robin Vickery (Chair-Allotment Service Panel IBC). Project volunteer Carol Birch (below right) helped Garry the Project Officer serve countless teas and coffees resulting in over £50 donations to the Project. This event was also earmarked as a place to try and recruit volunteers to come out with the Project and help at village visits. Two reliable volunteers were found!





Eye Community Wellbeing Centre offers a social space to local elderly residents that live independently in their own homes. It also offers a hot meal (Summer BBQ this time) and keeps an eye on the health of the users. Many come from surrounding villages and are bussed in. The information we provide was outside for them to browse along with lawn games and the alfresco dining. The event was also attended by dementia workers and carers.

Campervan 3 Month progress update.

- 3 Local link recruited to Age concern
- 20 Police Direct messaging subscriptions
- 6 British Heart Foundation magazine subs
- 3 Various specific services to Age UK
- 3 Homeshield plus home visits to vulnerable
- 1 Telephone befriender given to a lonely lady
- 1 Suffolk at home library service
- 6 Coffee Caravan Volunteers recruited
- 43 People linked in to a service to date

Villages and events visited in the first 3 months of operation

17 villages (some more than once)

8 are new villages

15 Events

13 are new events

Total people using the CHAI Campervan service;
573 at 37 visits

