

Dulwich Helpline Herald

February 2011

Our normal office hours are Monday to Friday 9 a.m. to 5 p.m. – 020 8299 2623
Office hours for Jean Hedden are Mon to Wed – 8 a.m. to 3.30 p.m.

NEW!

Opportunities for Getting Involved with Local Schools!

Exciting *new* opportunities for volunteers and service users:-

We want your stories! Join us and be part of the **Kingsdale School oral history and reminiscence project**; 'All our Yesterdays... and Today's' - share with the 6th Form your experiences of childhood; growing up; wartime memories; foods then and now; holiday experiences; celebrations; games old and new and local history based on the Crystal Palace.... and much more.

Venue: Kingsdale School, Alleyn Park, SE21

Time: Wednesday afternoons from 1.30 - 3.00. Come to all, or some, or a few, as and when you may be free - all welcome.

Start immediately! Just turn up, or for more info **call Jean on 020 8299 4594.**

We want your skills! Join in activities with **Dulwich Village Infants' School**; introduce the pupils to knitting, sewing and other skills; help by listening to their reading and hearing their stories; share your experiences of your own schooldays; be invited to tea and be guests at their assemblies; take an interest in and become involved with a particular class.

Venue: Dulwich Village Infants' School, Dulwich Village, SE21

Timings - irregular but we would keep in touch and let you know as they arise.
(currently proposed: a tea party given by the pupils)

For more information or to express your interest, **call Jean on 020 8299 4594**

New Computer Groups – our **JAGS** computer group continues on a Monday afternoon, and is joined by two new groups both on a Wednesday afternoon, one at **Charter School** on Red Post Hill and one at **Kingsdale School** on Alleyn Park. For more information or to express your interest in any of the groups, please **call Bethany on 020 8299 4430.**



Not forgetting **Dulwich College** – boys from the College are now in their second term of regularly visiting our Kingswood Reminiscence Group, on a Wednesday afternoon. They join in with their own stories and listen to tales from our service users.

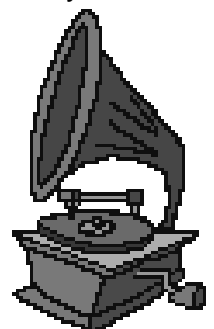
St Luke's Primary School in West Norwood are also looking for local older people to work with their children. Call Jean on 020 8299 4594 for information.

UNWANTED CHRISTMAS GIFTS?!

Then please consider donating them to Dulwich Helpline for our regular raffles that we hold at one of our groups – many thanks.

'LISTENING TO MUSIC'

Following comments received at their recent group evaluation, **the Music Group**



has been renamed 'Listening to Music' as the members felt that the original title did not truly reflect what the members did at their meetings.

The group are keen for more members to join them and the host of the group has written the following:

*"Join us for coffee and music on a Friday morning every other week.
We like tuneful classical music – perhaps a violin concerto, ballet music, piano pieces, and popular singers like Pavarotti, Joan Sutherland, Kathleen Ferrier, Bryn Terfel – or whatever you may like.*

Do come along one Friday morning and see if you like our group and the music we have chosen. You will be very welcome".

If you would like to take up this invitation and go along for a 'taster session' please contact Sue on 020 8299 2888 who will happily make the necessary arrangements.

NEW MEMBERS WANTED!

The following well-established groups are looking for new members: -

The Poetry Group – meets fortnightly on a Tuesday afternoon in Herne Hill. They are looking for new people to read and/or write poetry, based on a different theme each time.

Kingswood Drop-in – meets twice a month on a Thursday morning at Kingswood House, SE21. They meet for a coffee morning, with conversation over tea and cakes, but occasionally have other events too.

Abbeyfield Reminiscence - meets weekly on a Wednesday morning in Herne Hill to discuss their life stories and events with different themes each week – all welcome, particularly those with tales to tell!

Transport may be provided for those who need it for these groups. If you are interested, or just want more information,

please call Bethany on 020 8299 4430.
Thanks!

A POEM FOR YOU

"On suddenly becoming deaf"

No telephone or doorbell rings
No conversation, no radio sings
Do I whisper or do I shout?
What is it all about?
Yesterday all was live and well
Today it is a different tale to tell
Isolated, cut off from the world
Suddenly hurled
Into a new existence
Can't hear what people say
Maybe that's as well
But it's eerie
Silence all around
Something surely must be making some
 sound
Now I'll never know
So to my new condition bow
And let my words on poems flow

E. Planker

TO ALL SERVICE USERS!

Are you free on a Friday afternoon?
Would you like to meet some new people, join a friendly group for conversation and sociability? Here's your chance.....

Come and join the **PAXTON DROP IN GROUP** running every fortnight on a Friday from 1.00 - 3.00 at Paxton Green Health Centre, Alley Park, SE21.

If you are interested, please contact **Jean Hedden on 020 8299 4594** or email jean@dulwich-helpline.org.uk.

Look forward to hearing from you.

FREE VISION EQUIPMENT!

Ergo AlphaVision reader with screen and stand. It allows you to read small print from a book, newspaper etc. You lay it on a shelf and it can be enlarged and shows up on the screen. For more information telephone **Susan Vernon on 020 8693 3971**.

FUNDRAISING EVENTS

SATURDAY 19TH MARCH

We have a **brand new exciting event** for you! In conjunction with **Rosebery's Auctioneers & Valuers**, together with **local business people**, we are holding an



ANTIQUES DISCOVERY DAY and ARTS & CRAFTS SALE

This will be at **Herne Hill Baptist Church, Half Moon Lane** and people are invited to bring along their **"family heirlooms"** for valuation by Rosebery's experts. **If subsequently people decide, on the day, to consign an item to auction, Rosebery's will kindly donate 5% of the price achieved to Dulwich Helpline!**

In addition, **local business people will be there selling their various delightful "arts and crafts" items**, so they'll be plenty of interest for everyone! **See enclosed flyer for more details.**

If any of our service users would like to attend this event, we may be able to arrange volunteer transport for you. Please contact us by Friday 4th March if you'd be interested in going.

Homemade "goodies" needed!

We shall need lots of **homemade cakes, cooked quiches, and homemade preserves** (jam, jelly, marmalade, chutney) to sell at the event – **can you help please?**

Equally, if you produce or sell **"arts & crafts"** items and you would be **interested in having a stall (£30 per table)**, please contact **Caroline on 020 8299 2623 or email her at caroline@dulwich-helpline.org.uk for more information.** **Thank you!**

SUNDAY 10th APRIL - 6 p.m.

The vibrant **James Allen Community Orchestra** will be performing another

concert in support of Dulwich Helpline. The concert will take place in the **Holst Hall** at **James Allen's Girls' School, East Dulwich Grove, SE22.**

The programme will feature **Mozart's Sinfonia Concertante for violin and viola K.364 (soloists: Caroline Davis and Kay Dickson)** and **Dvorak's Symphony No. 7 in D minor.**

Tickets priced at £7 (£5 concessions) are available by sending a cheque (payable to JAGS) and stamped-addressed envelope to "Music Dept, JAGS, East Dulwich Grove, London SE22 8TE". The last concert was very well attended, so buy your tickets early!

SUNDAY 17TH APRIL - LONDON MARATHON

We are delighted to report that **our bid for a free place in this year's LONDON MARATHON has been successful!**



Our runner will be **JAMES GODBER**, a **member of the Dulwich Runners** since 2003. However, he has spent much of the past 5 years living and working in Beijing (hence the panda!) for the British Embassy. James is excited to be running the London Marathon, and **very pleased to be supporting Dulwich Helpline.** He hopes to complete what will be only his second marathon (the first was in Beijing in 2007) in around 3 hours.

A Sponsorship Form is enclosed with this Newsletter and we would be really grateful if you, your friends, family, colleagues, acquaintances etc could please sponsor James – many thanks.

SUPPORT FOR OUR WORK

Our sincere thanks go to:-

Abacus Cards – for donating all the Christmas cards that we send each year to our service users and volunteers.



for donating a wonderful 3-course feast for 35 diners in November which raised the excellent sum of **£865**. Many thanks Harry!

Mary Norsworthy for donating **£133** from a recent Charity Bridge Day.

Brian Green for a wonderful illustrated talk on Victorian Dulwich Village, and to **Dulwich Picture Gallery** for “donating” The Linbury Room for this event which raised the very good sum of **£576**.

Dulwich Youth Orchestra whose sale of refreshments at their December concert raised the sum of **£119**.

Everyone who gave at our Christmas collection day at Sainsbury, Dog Kennel Hill and to our **volunteer collectors**, who survived bitterly cold weather conditions! The total of donations came to **£639**.

Local group “Fun Raisers” whose Christmas wreath making event raised the magnificent sum of **£1,385**.

Concordia Chamber Choir whose wonderful Christmas Carol Concert in Christ’s Chapel, Dulwich Village raised **£673**.

Angela Burgess and the **Dulwich Luncheon Club** whose December Charity Lunch raised **in excess of £2,600**.

Everyone who gave to our **CHRISTMAS APPEAL**. The response was tremendous and the Appeal has raised **more than £4,000!**

We are also grateful to those of you who have sent in other donations since our last Herald. If anyone would like to donate to our work with isolated older people, please send your cheque or postal order (made payable to “Dulwich Helpline”) and address it to **“FREEPOST DULWICH HELPLINE”**. Thank you!

Equally, if you would like to support us on a regular basis by joining our **Friends of Dulwich Helpline** scheme, (or you know someone who would!) please contact us for a **Friends Scheme leaflet**.

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Incidentally, if you’ve sent us a donation at any time, and you’re a UK tax payer, you can increase the value of your donation by 28% (at no extra cost to you!) by completing a Gift Aid Form. Please contact Caroline Dunmall on 020 8299 2623 if you would like one sent to you.

FAREWELL TO FRIENDS

Since our last Herald Newsletter, we have learned that several people connected to Dulwich Helpline have sadly died. We would therefore like to mark with sadness the passing of:



**Grace Arnold
Lillian Andrews
Sheila Gubbins
Marjorie Groves
Rose Petit
George Ackland
May (Clara) Austin**

We send our sincere condolences to their families and friends.

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