



Vintage Volunteering

(Formerly known as **RSVP Outer London North**)

Registered Charity No 1122265

Our new website is under construction at

www.vintagevolunteering.org.uk

NEWSLETTER 2016

September



Dear Volunteer,

It has been a busy summer for all of us on the Board and, as the result of lots of reflection and discussion, we have made some big changes that we want you to know about. Most importantly, we are changing our name. Having been RSVP Outer London North since founding, we have also been a part of CSV (which is now Volunteering Matters). The Board has decided that our charity is best served by being independent and have therefore dissolved our relationship with Volunteering Matters. This will change absolutely nothing in the way we operate, how we volunteer, who we are or our charity number, except we must change our name.

We have settled on '**Vintage Volunteering**' as a name that reflects our 100% volunteer-led activity and our membership of a more 'vintage' class. We have had a good reception to this change so far and hope you like it too. Our new name was accepted by the Charity Commission on 6 September 2016 and we are now busily informing everyone involved with our charity and changing our letterhead/logo/website, etc to reflect the new us.

In the interim, if you have any questions or comments, please do not hesitate to get in touch with any one of us. Our organisation's new email address is vintagevolunteering@outlook.com but, for a while, you will still be able to use rsvpbar-net2010@hotmail.co.uk

Chess and Friendship – what happened next

You may remember this article from the previous Newsletter. Well, it turned out to have a few consequences, including 2 more volunteers taking up chess as part of their activities. The first volunteer is now playing chess with a gentleman in sheltered accommodation and reports that he is enjoying the games and that his chess is improving as a result. He hopes to be good enough to beat his new friend soon!



The second volunteer is a reading helper in a school who has now started a lunch-time chess club for the kids. This is an informal roll-up and the volunteer reports that the kids are very competitive and eager to learn. Schools are generally very supportive of this kind of activity and I should say that I too run a lunch-time chess club in the school in which I was originally a reading volunteer, we have purchased 6 second hand chess sets for the school to use and we regularly get 12 to 15 kids so I sometimes have to turn them away. I stipulate that they must at least know the moves as teaching from scratch is not so easy in a group – usually they have picked it up from their grandparents! I have also started an “improver’s class” after school so I can teach some general tactics to a few of the better players. They are turning into real tigers and perhaps next term we’ll enter the Delancey Schools Chess Challenge.

And the final consequence of the earlier article is that, as you can see on this Newsletter, Jody has given me the title of “Chess Project Leader”. So if anyone knows anyone who would like to do something similar as a volunteer, or who would like someone to visit them for a game, please let me know. As mentioned in the previous article, it doesn’t have to be chess – drafts or backgammon or similar would also be fine.

I look forward to hearing from you!

John Worroll

Contact us at

Vintage Volunteering c/o Friend in Need Community Centre,
East Barnet Baptist Church, Crescent Road, East Barnet, EN4 8PS

Email: vintagevolunteering@outlook.com

Telephone No: 075 4638 8433

Barnet Seniors' Assembly (BSA) is a voluntary organisation that works closely with Barnet Council, the NHS and other public sector organisations in order to influence policy plans and practices. BSA ensures that widely held concerns of older people are put to and kept before the authorities who take the decisions. BSA believes that by working in partnership with others it can make Barnet a better place for all. BSA has a social programme of outings, monthly meetings with speakers in various parts of the borough, in addition to holding two main Assemblies per year.

The next Assembly will be held on Sunday 2nd October (see below for details). For information on our successful spring event, please visit www.barnetseniors.org.uk

Membership is just £5 per person per year. To become a member of this expanding organisation and to ensure that you receive regular copies of this magazine please send your name and address together with £5 per person (cheques payable to BSA) to: Sue Packman, BSA Secretary, 7 St Augustine's Court, Somerset Road, EN5 1SZ. For further information phone 020 3778 0151 or email: bsabarnet@outlook.com

Barnet Seniors' Insider is a non-profit making free newspaper published six times a year by Barnet Seniors' Assembly. Barnet Seniors' Insider welcomes contributions for publication from individuals and community groups. We have a network of volunteer deliverers and are hoping that soon every home in your area receive a copy. If you do not get a copy delivered, or if you would like to help delivering in your area, or you get two copies, please contact distribution@barnetseniors.org.uk or call Rahul on 020 3778 0151

INSPIRE+

Our groups have been very active during the summer and had lots of fun.

HYDE COURT

Held an afternoon of floral arrangements using artificial flowers followed by a delicious tea provided by Margo.



On 8th September they held a Vera Lynn afternoon tea party. We heard about Vera Lynn's life researched by Andrew Pearlman and he was able to produce an insight into her life and achievements along with photographs and recordings. We had thirteen people who joined in and enjoyed the afternoon.



GOODWIN COURT

An afternoon tea party was arranged by our volunteers and held at Goodwin Court on September 15th in aid of Macmillan Nurses. We played Bingo, guessed the weight of the cake, had a very active raffle and ate a lovely tea. All of these activities, in addition to generous donations from Goodwin Court residents, raised £450 for the charity. Needless to say, a good time was had by all and there was talk of another charity fun raiser in the Spring. Many thanks to everyone who made such generous donations, helped on the day and donated items for the raffle.



Projects working together

Our volunteer group is made up of many different projects which provide voluntary services to very different groups of people. We had the chance to see three of these projects work together when **INSPIRE+** met **Home Knitting** and the Royal Free **Neuro-Rehab Centre** at Egware Hospital.

As part of our INSPIRE+ work we visit Wilmot Close regularly, calling Bingo and doing quizzes. We organised a 'Home Knitting' basket for the residents and several of them have taken it up with enthusiasm, providing bags full of knitted squares every month. When we heard that the NRC was in need of a cheerful blanket we knew we had the goods!

On a morning in July, two of our Wilmot residents (Angela and Glad) who provide 'home knitting' were taken up to the weekly Coffee Morning at the NRC. There they were able to appreciate the very different kind of work that we do, and see a very different kind of life from their own. As they chatted with some of the patients and volunteers, they were impressed with the positive and cheery environment that is part of the NRC. They presented their blanket to the Matron who was very pleased to accept it.

We understand the NRC could use a couple more blankets in the autumn so knitting is underway!



A BIG "THANK YOU"

To Barnet Brookside Methodist Church who have donated £100 raised from their coffee morning for our knitting project.

Also to Mill Hill Waitrose for including us in their green token scheme in July, resulting in a cheque for £305.'

Together in Barnet Night Shelter

As the Shelter Coordinator for the Together in Barnet (TiB) Night Shelter it is my job to liaise between the shelter guests, the staff at Homeless Action in Barnet (HAB), the venue coordinators and the volunteers. The TiB Night Shelter has been providing cold weather overnight accommodation in Barnet since 2003 and was initially set up in response to the death of a homeless man in Barnet. Seven churches started the shelter and it ran for two months. The shelter has expanded several times since then and became a registered charity in 2014. It works in partnership with HAB, the day centre who work with and empower homeless people to gain access to housing and other services. HAB assess and refer the guests to the Night Shelter on a daily basis, and these referrals reflect that the shelters are entirely volunteer run.

We currently have sixteen venues involved with the shelter and other communities providing vital volunteers. This includes four Synagogue venues, a Synagogue and Church partnership and twelve Church venues. So far this season, since the 12th of October 2015, we have accommodated forty-eight guests and through accessing the support and services at HAB, twelve have moved on into secure housing. Our guests and volunteers are as vibrant and diverse as the community around them. We cater for single men and women, from 18 to 80 and so far we have had a painter, a pianist, a plumber, a builder, a lorry driver, a support worker, and many more walk through our doors.

We meet people's basic needs, offering safety, shelter from the cold, a bed for the night and an evening and morning meal. However, in my opinion, the most important thing the Night Shelter offers is human connection. In one of the biggest cities in the world where sometimes it may seem that we have lost our sense of community, every night for 6 months, doors are opened to strangers in need and, alongside their fellow Barnet residents, they share an important experience. The Night Shelter offers people experiencing homelessness who may feel marginalised, alone and so far apart from the community, a space to be themselves again. For the volunteers it offers a chance to have their stereotypes and views on what a 'homeless person' is completely shattered. Often they experience the shocking realisation that walking down any high street in the country, the person walking past you, may very well have nowhere to go that night. Together, the 'volunteer' and the 'homeless person' shed these titles and instead become chatters, diners, Jenga players and chess opponents.

The reasons why someone finds themselves homeless are as numerous and varied as there are people unfortunately in this situation. For the first time in TiB's history we began the season with a waiting list of suitable guests. As a result of this we are hoping to be able to extend the amount of time the shelter is able to stay open. This season the shelter will run from October to May, 5 weeks longer than in previous years. However, we are actively looking for venues that could offer their building and/or communities to volunteer for next season in order to be able to extend our offer even further. So, if you think you know of a community venue that would be suitable and/or if you would like to become a Night Shelter volunteer then please do get in touch.

Amanda Weiss – Shelter Coordinator
07757404876
Amanda@togetherinbarnet.org.uk

Knitting Groups



Dates of meetings 2016/17 as follows:

Wesley Hall, Fridays 10 am—12 pm

Oct 7th, 21st
Nov 4th, 18th
Dec 2nd, 16th, 30th
Jan 13th, 27th

This group is now overseen by Ann tel: 07765443907

South Friern Library, Colney Hatch Lane, N10

First Saturday in each month 10—12 am

Colindale Community Club, The Hyde Church, Varley Parade, NW9

They meet every Tuesday 10.00-12 noon and have a full programme of activities, including knitting. The knitting takes place at the end of the morning club session and is then continued at home.

If you are interested in joining them please contact Aurora on 020 8205 5159 for more details.

The Peoples' Community Library Friern Barnet

Every Thursday from 1pm –2.30pm

Goodwin Court, Church Hill Road, East Barnet

Meet alternative Tuesdays from 2-3.30 pm. If you are interested in joining them please contact Lynn on 020 8361 6761.

MEMORY LANE SINGING CLUB
Celebrating 23 years of singing in the community

It's Showtime!



Friday 28 October 2016 at 11 am to 12.30 pm

St Mary's Parish Hall, Hendon Lane, Finchley Central N3 1TR

You are welcome to bring your carers, friends and family to enjoy a selection of popular songs

Free of charge

Our hall is very spacious and has disabled access

We can accommodate wheelchair users

Tea and biscuits will be served

Please RSVP to Valerie on 020 8458 4508 or email v.cowan@hotmail.co.uk

We need to know numbers so we can sit groups together

AGE UK

Looking for something new to do? Why not try AgeUK Barnet who have plenty to offer.

Their booklet "What's on?" is available by phone 020 8431 1420 or 020 8432 1415 or by email: info@ageukbarnet.org.uk. Or alternatively find it online at www.ageukbarnet.org.uk

Activities include Cookery for Men, Computer classes and exercise classes etc. For the green fingered there's a brand new gardening group and older men are also invited to get handy with a new Men in Sheds project.

Find details of social groups and lunch clubs in your area.

A new service has been launched in Barnet linking older residents to trusted traders. Trades-people are checked by Age UK London staff and customer references are obtained for each member. Further details of the new programme can be found on line.

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