

NEIGHBOURLY CARE

Our quarterly newsletter

VOL. 2, ISSUE 1

DECEMBER 2020

Top stories in this newsletter



Bayham Road is to house an AED defibrillator



Health Promotion—
Two Cancer Awareness
Talks



Project Updates—
Befriending; Digital
inclusion; Community
hubs



Partners—
See what our partners are
doing in the community

Bayham Road re-opening (from 3 December)



We continue to work hard to ensure our Bayham Road office is a Covid Secure Workplace and a safe space for our community activities. We encourage visitors to the centre to use the NHS Track and Trace App.

We have arts and crafts, an advice service, drop-in digital troubleshooting, strength and balance exercises, health promotions, volunteer meetings and various user groups to accompany a new defibrillator due for arrival in the new year.



Health Promotion



Cancer Awareness Talks—Our talks aim to encourage people to make choices that could reduce their risk of cancer and increase the chances of detecting it early—<https://www.cancerresearchuk.org>

Falls Prevention Exercises—FREE, 10 weekly sessions to support your strength and balance function, offering “*a fine balance between the gentle and the enthusiastic...ideal, in fact*” JD, participant

“*Through Zoom...it has helped me a lot with my mobility and my mood. I feel more connected to the community, energetic and positive now*” TG, participant

Projects



Digital Inclusion—our National Lottery grant is almost half way through supporting over **80 members** via Zoom to those wanting to learn how to use a tablet device and safely navigate the internet, free of charge. We have **4 delivery partners** supporting the project and **8 volunteers**

“*I am not afraid to turn on the tablet, because in my mind I would have deleted everything...I never wanted to learn anything, I am so happy with the encouragement from all the teachers that were so patient with all of the class...thank you all.*” JR, participant

“*Thank you Neighbourly Care for starting digital inclusion sessions so we stay connected*”. SG, participant

Befriending—we have supported **484 members** using a grant from Independent Age, ranging from telephone and one-to-one services supporting isolated and lonely members. One volunteer goes the extra mile, literally, on a safe walk around the park to keep a member happy and energised

Partners



The Hurricane Club—returned to Bayham Road in October offering weekend social activity and support provisions for members of the West Indian community, both face to face and via telephone

Ex-British Gurkhas Assoc. of Ealing—exercise classes, wellbeing activities, English language classes and cross cultural relationship building activities

Ealing Oldies Network—have organised Zoom classes for exercise, crafts and book discussions for members to keep in touch and offer support where it is needed

Thank you to many of our partners for their continued commitments to keeping their communities safe at this time.

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www.neighbourly-care.org

Centre open: Mon-Fri 10am to 4pm

Registered Charity Number 1065772

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