

Welcome to our new volunteers For more details about new volunteers and their roles please see the noticeboard at Arkwright House or visit www.55plus.org.uk Volunteering. Without you we could not provide the services we do.

**We are proud to announce our 2016 conference theme is
Hospital Discharge – How can we make it better?**

This conference is in partnership with Lancashire Teaching Hospital NHS Foundation Trust and is focussing on making Hospital Discharge for older people a better experience. We will hear from a speaker on frailty and the difficulties that presents on discharge and also our own "Take Home and Settle "service who are working in Preston and Chorley hospitals and making a positive difference to older peoples experiences on discharge.

There will also be a workshop where both service users and professionals can examine the best ways to improve the service.

10.30am Friday 18th November 2016 Lunch included

The Lancastrian Suite, Chorley Town Hall, Chorley, Lancashire, PR7 1DP

Please book your place by calling 01772 552850 or email events@55plus.org.uk

Phone a Friend scheme from one who knows: "I decided to volunteer for Age Concern Central Lancashire because I wanted to support older people in the local community so they could feel valued and to help ease their loneliness. I feel that every person deserves a friend and someone they can talk to, which is why I became a telephone befriender and feel so passionate about this role. I look forward to catching up with every person each week and enjoy finding out how their week has been. A weekly phone call can make such a big difference to a person's day and I feel like I've made many good friends." **Monnie.**

As you know we have volunteers of all ages, one of our student volunteers has voiced her thoughts from the Promoting Independence team for you all to see how everyone benefits from volunteering.

Wednesday 14th December 2016, Charnely Fold Music Night, starts at 5.45pm with a traditional hot pot tea and crusty bread with mince pies and hot drink to follow, a chance to chat and get into the Christmas spirit before the singing begins.

Come and join us for a music and meal evening. For anyone who loves singing or listening to music this is an evening not to be missed. Our singer for the evening is Annette, she will entertain you until 8.30pm. Tickets £5.00 available in advance from Charnley Fold. Contact Alison Price 01772 620876 Volunteers are supporting the event and we thank them for their extra hours.

Shop Life, we have a new charity shop at Ashton and new volunteers are just joining – if you know anyone would like to be involved in any of our shops please do let me know.

There are two main roles in the shop, front of house and back of house so if anyone wants to talk to me (Sylvia 01772 552865) about it or indeed the shop manager they can call/call in for more information.

Nail Clipping Service. It may be some time since you thought anything about this role and you may have more time or the desire to do something different. If you or anyone you know is interested in volunteering in this service please do look at the vacancy www.55plus.org.uk or for an informal discussion please ring Sylvia on 01772 552865.

Calling new volunteers Have you had your introduction into the organisation which is the overview of our services? If you have not yet been invited, and want to choose a date in advance, just leave me a message on 01772 552865 with what date and who you are. Current choices are: 12:30pm Thursday 17th November 2016, 10:00am on Wednesday 23rd November 2016 or 3.00pm on Tuesday 29th November 2016 (these sessions are all informal and take just less than an hour).

Grand Reopening : Following significant investment there was a grand reopening of the Market Place shop once the refurbishment work had been completed on Wednesday 12th October 2016. The event was attended by the Mayor of Preston and you may have seen an article in the Lancashire Evening Post.

Health and Safety update

The committee meet next on 15th November 2016 and if you have questions or queries please do ask your local representative to find out the answers for you. If you don't know who is your local rep please ask your manager.

Ron Hutchinson our Fundraising Consultant tells me he is settled in post and busily planning a calendar of events which will include a Golf day, a Sportsman's dinner, a Community dining experience and a Ball. For more information about the events and Ron please see the next flyer.

Just in time to start the festive mood we have **Glitz and Glamour** - at Leyland shop. Thursday 10th November 6:00pm to 8:00pm. Join the team for a drink and nibbles and be the first to preview our Christmas clothing range, accessories, gift and Christmas stock.

LANCASHIRE WELLBEING SERVICE

Practical support towards a better quality of life

Thousands have benefited from first year of the Lancashire Wellbeing Service

In September we marked our first anniversary of operation, during this year the Lancashire Wellbeing Service has supported over 6,000 residents to make positive changes to their lives. Read more about this article by clicking [here](#).

Did you see us on 'That's Lancashire TV'. If not, click [here](#) to view.

We are recruiting for Lancashire Wellbeing Service volunteers throughout Lancashire, if you or somebody you know may be interested please click [here](#) for more information.

We hope you enjoyed the November 2016 edition of the Arkwright Flyer. If you would like to write an article for our website please email us at volunteering@55plus.org.uk, or call us on 01772 552850.