



Falmouth Day Centre Christmas Newsletter

Merry Christmas from Lucy, the staff & volunteers from Falmouth Day Services.

Dates for your diary

- ✓ 10th December Marlborough School Christmas concert
- ✓ 13th December Christmas fête, donations wanted
- ✓ 16th December, Christmas dance and party week
- ✓ Mondays, 1300 – 1500, IT and biscuits, learn new computer skills
- ✓ 1st Wednesday of the month, Church service
- ✓ Wednesday mornings, Exercise and fitness
- ✓ Thursday afternoons, Sports and chair exercise
- ✓ Fridays, Hairdressing for the community
- ✓ Fridays, Holistic therapies – Reflexology, Indian head massage
- ✓ Alternative Fridays, Dance project

With thanks

Summer Fête: A huge thank you to all the people who supported, helped and came to attend. We had a glorious day with beautiful sunshine and we raised just over £1000.

Harvest Festival: We held our annual Harvest Festival at the Day Centre. We had a large table of produce, fruit and vegetables, Baker Tom loaves of bread, homemade quiches, fresh farm eggs and a range of tinned meats for all to enjoy. Thanks for the memories & lovely conversations and everyone who took part in the raffle.

Sustainability: A group of students came in from Falmouth University to facilitate three focus groups. We assessed some products they are developing for a major computer company. They asked the groups to comment on the product designs. They also brought a number of products to gauge how easy they are to open and read. The students thanked us for our input and how helpful we were in promoting a smaller carbon footprint.

Welcoming new faces

We are so happy to welcome some new faces to Falmouth Day Centre.

Sandra: Who is our Outreach Worker, supporting individuals in the community, tackling loneliness and isolation. The Outreach Worker role is funded by the National Lottery.

Sue: Who has joined us as a Volunteer Administration Assistant.

Bev: Who has joined the wonderful Care Team.