

SEPTEMBER 2023

VOLUNTEER NEWSLETTER



We would like to extend a very warm welcome to all the Volunteers who have joined us from Dacorum.



WATCH THIS SPACE FOR TRAINING DETAILS!

***COMING SOON - DEMENTIA TRAINING ***



Online First Aid Course

We held our first online first aid course at the end of June which was a success. Feedback we received from the attendees was that they really enjoyed it. Another course will be scheduled for next year.

Meet Esther - Befriending Scheme Coordinator for St Albans, Harpenden & Hertsmere



Esther recently attended a local primary school and spoke to Year 5 children about " How we change as we get older".

VOLUNTEER HIGHLIGHTS



This is Scott, a new Volunteer Befriender who recently met his client Peter. They are both enjoying each other's conversation & company.



Our Volunteer Coffee morning in Cheshunt was a great success and it was lovely for some of our volunteers to share experiences and meet others and our staff members.

Thank you to those who attended. The next one is in Welwyn Garden City on 13th September.



10-3 Club Volunteer helping a client with a Quiz

Here are some quotes about the lovely reasons you volunteer:

"I am sad that the zoom call sessions have to finish - I have enjoyed every one of them and my Mondays will be less rich"

"Pam was a lovely lady; I shall miss visiting her and have many happy memories of the time we spent together. It's very rewarding to know that your visits gave her something to look forward to and made a difference to her life".

HERTFORDSHIRE HEALTH WALKS

Hertfordshire Health Walks are a range of walks for all fitness levels. They are wonderful walks that give people who may be a little bit lonely a reason to get out of the house during the day, meet with others and go on a walk in the company of others.

They have recently set up 3 new First Steps Walks (in St Albans, Letchworth and Borehamwood) which are short social walks for slower walkers and ideal for people who are otherwise not active or who are returning to exercise after illness.

For more information on walks in your area, call: 01992 555888
Office hours: 9 - 11.30am and 2-3pm, Monday to Friday
Email: healthwalks.cms@hertfordshire.gov.uk



Please Join Us For

Morning Tea, Coffee
& Cakes



**Welwyn Garden City Library,
Campus West, AL8 6AJ**

**Wednesday 13th
September**

10.30am - 12pm