

# Newsletter

Registered charity number 1105384

## Inform

Hello,

In this edition, I want to tell you about the incredible work of our volunteering programme and introduce you to one of the newest members of staff, Tak Tang. Tak, who has a strong background in Befriending services, works alongside our Volunteering Manager, Kourtney. We have seen a fantastic response from both new and existing volunteers to provide both practical and emotional support for over 250 Merton residents over the last three months.

We pay tribute to both Kourtney and Tak for their hard work and expertise and to our wonderful volunteers. I include a special message of thanks from our Ambassador, Councillor Brenda Fraser, below.

I hope you are all staying as well as you can.

Take care, **Rob Clarke**, Chief Executive

As Ambassador for Age UK Merton, I wanted to contact you to show my appreciation to our volunteers for their tireless work at this unprecedented time. I apologise for my physical absence but this is due to Covid-19 and all the procedures to which we have had to adhere. As we listen to the media and watch TV, we are bombarded by gloom. However, your courage and inner resolution have not gone unnoticed. Thank you to all the volunteers and staff members who have given their time and effort to build dikes of courage at this time of fear. Let us strive upward and onward as we look forward to a brighter and safer tomorrow.

Regards to all, Brenda  
**Cllr. Brenda Fraser**, Ambassador to Age UK Merton

**For practical or emotional support because of Covid-19 call Merton Community Response Hub on 020 8685 2272.**



### USEFUL CONTACTS

#### General queries

020 8648 5792 or  
07542 284 914

#### Information & Advice

*Pensions, welfare benefits,  
social care, health, housing,  
and transport*  
07840 378 560 or  
07547 020 106

#### At Home

07783 644 828 or  
07736 621 572

#### Community Helpline

020 8685 2272

**If you're feeling unwell  
and need help call 111**



*Sarah and Rudi chatting to Beryl during lockdown*

## Inspire

Noel is one of our befriending volunteers who has been with us for two years. We asked him about his experience of volunteering.

My inspiration for volunteering was based on my own experience of isolation / loneliness. Even though I have a loving family, I felt a bit lonely and wanted to help someone. What I enjoy most about volunteering is that people are pleased to see me and I get a lot out of it myself.

I've learnt so much whilst volunteering... the strength and power of human feeling and that people need comfort and interaction. I'm pleased to be part of their journey. It's an honour to be invited into someone's home and for them to share details of their life with me.

I would recommend becoming a befriender... it's an eye opener and you can see the joy you bring.

**What have you been doing to keep your mind and body active? If you have any top tips we'd love to share them.**



### You will need

- 10 toilet rolls — without the toilet paper!!
- Paint and brushes (optional)
- Colouring pens
- Coloured tape (optional)
- Small ball

### Instructions

1. Paint or decorate your toilet roll in whatever fancy pattern you like!
2. Use coloured tape or pens if you don't have paint. If you are using paint, let the paint dry.
3. Set up your 'pins' in a triangle and you're ready to go! The aim is to knock all the pins down.
4. Play against other members of your household in competition or try to beat your own score if playing alone!

## Ask

**The Big Knit is back.** If you'd like to knit some mini hats for us, we would be very grateful. We have patterns and wool... if you need them, give us a call.

